

The New Normal: How Devices Affect Daily Life

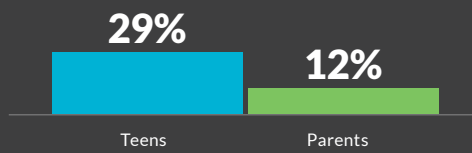
Parents and teens share their experiences dealing with phones and tablets



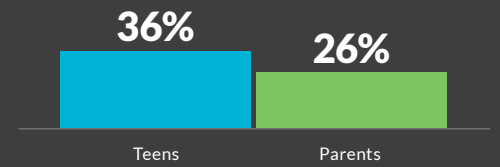
Screens and sleep

Lots of people check their phones during the night.

Percent of parents and teens who sleep with a mobile device in bed:



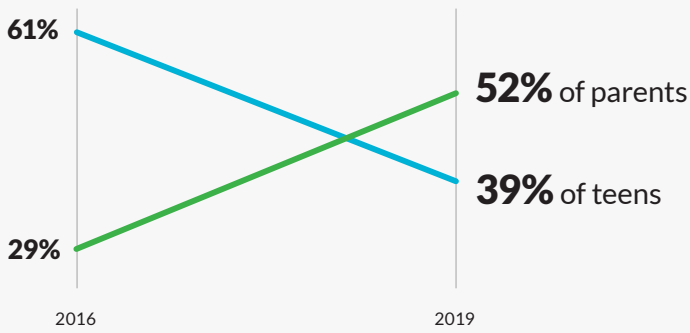
Percent of parents and teens who wake up to check their mobile device at least once during the night:



Who cares about screen time?

Parents are far more concerned about the time they spend on mobile devices than they were in 2016. **Teens?** Not so much.

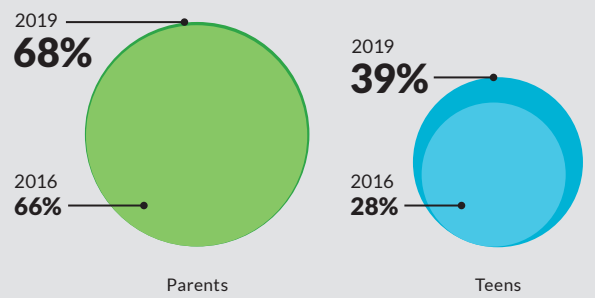
Percent of parents and teens who think they spend "too much" time on their devices:



Mom! Are you listening to me?

More teens wish their parents would get off their devices than in 2016.

Percent of parents and teens who believe the other spends "too much" time on their mobile device:

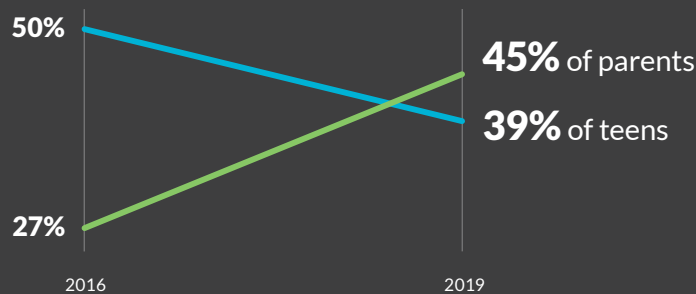


Feeling "addicted"

Parents are increasingly the ones who feel "addicted" to their devices.

Teens don't feel "addicted" as much as they used to.

Percent of parents and teens who feel "addicted" to their mobile device:



In many homes, everyone feels "addicted" to their device.

56% of teens with a parent who feels "addicted" to their device feels addicted themselves.

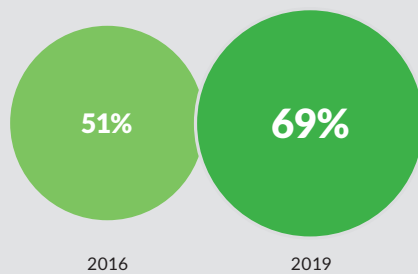


Daily distractions

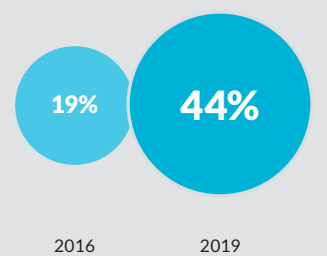
54% of parents and **58%** of teens feel distracted by their own mobile device at least once a day.

And parents and teens are much more likely than they used to be to think the **other** is distracted:

Percent of **parents** who feel **their teen** is distracted at least once a day by their mobile device:

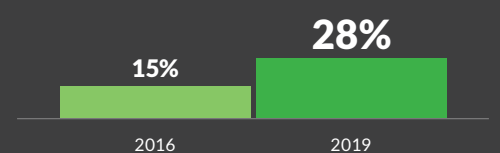


Percent of **teens** who feel **their parent** is distracted at least once a day by their mobile device:



Are devices harming relationships?

Parents today are more likely to say that their teen's use of a mobile device has hurt their relationship than they were in 2016.



But most parents (**55%**) and teens (**72%**) say the other's use of a mobile device has had **no impact** on their relationship with each other.

Methodology: Lake Research Partners designed and administered this mixed-mode survey using professional telephone interviewers February 2 to February 27, 2019, and an online platform February 19 to March 1, 2019. The survey reached a total of 1,000 parents and their children nationwide (paired interviews of 500 parents and 500 children between the ages of 12 and 18). Of the 1,000 completes, 43% (n = 428) were conducted by phone and 57% (n = 572) were conducted online. The telephone and online data were combined and weighted overall to be representative of the actual population of parents and children. The margin of error for each sample is +/-4.4%.