

# We Check Our Phones

To understand how much we rely on phones for time I kept track of everytime I looked

6:30 am 8:52 am 9:00 am 9:47 am 10:01 am 12:21 pm  
3:34 pm 4:30 pm 5:03 pm 5:45 pm 6:24 pm 7:56 pm  
8:12 pm 9:25 pm 10:38 pm 11:17 pm



Checking the time became a very detached and **impersonal** experience that occurred roughly every hour.

Now, about one of every two Americans uses a cellphone; subscriptions have grown 800% over the past 10 years.