

**1. Read the text. Match each tip (a-g) with its heading (1-8). There is one extra heading.**

- |                        |                            |
|------------------------|----------------------------|
| 1) Restrict Me         | 5) Shut It Down            |
| 2) Start Small         | 6) Box It Up               |
| 3) Try Working Offline | 7) Day of Rest             |
| 4) One Charge Only     | 8) Notification Not Needed |

**2. Read the sentences and write T (true) or F (false). If there is no information in the text, write NG (not given).**

- ..... a) Being reliant on our smartphones may have serious consequences.
- ..... b) You can't limit yourself online with a phone-usage app.
- ..... c) Charging your phone once each day will stop meaningless web surfing.
- ..... d) Turning off notifications extends your phone's battery.
- ..... e) Mobile phones cause no distractions at the dinner table at all.
- ..... f) If you have a media-free weekend, you'll have time for other things.