

YouGov Survey: Phone Use



Sample 1129 U.S. adult citizens
 Conducted May 23 - 26, 2025
 Margin of Error $\pm 3.8\%$

1. On average, how many times, if at all, do you check your smartphone when you are doing the following activity?

	Never	1-2 times	3-4 times	5-6 times	7 or more times	Don't know	Not applicable – I don't do this activity
When you are in a 30-minute meeting at work	40%	16%	6%	1%	2%	2%	33%
When you are eating a meal with others	35%	34%	10%	3%	6%	3%	7%
When you are on a date	33%	18%	5%	2%	2%	3%	36%
When you are spending time with a friend	22%	40%	12%	4%	7%	6%	8%
When you are eating a meal alone	15%	33%	18%	9%	16%	3%	5%
When you are watching a movie or TV show at home	11%	34%	20%	11%	15%	4%	5%

2. When you go to sleep, where do you typically leave your smartphone? Please select the option that best applies.

On my bed next to me	20%
Directly next to my bed (i.e., on a nightstand or side table)	53%
Somewhere else in my bedroom	10%
In another room	11%
Other	1%
Don't know	1%
Nowhere in particular	2%

3. How often, if ever, do you use your smartphone to browse the internet / use apps (i.e., not for an alarm clock) within 10 minutes of falling asleep at night?

Always	22%
Often	21%
Sometimes	19%
Rarely	16%
Never	20%
Don't know	2%

4. How often, if ever, do you use your smartphone to browse the internet / use apps (i.e., not for an alarm clock) within the first 10 minutes of waking up?

Always	23%
Often	21%
Sometimes	22%
Rarely	17%
Never	16%
Don't know	1%

5. For the following question, please consider leisurely / non-work related smartphone use (e.g., social media apps, texting, games, etc.)... What is the longest amount of time you think you could comfortably go without your smartphone for personal use?

An hour or less	8%
A few hours	22%
A full day	17%
A few days	13%
A week	6%
A few weeks	6%
One month	3%
Three months	1%
Six months	1%
One year	1%
More than a year	12%
Don't know	10%

6. On an average day, do you feel like you check your phone...?

Much more often than I'd like to	20%
Somewhat more often than I'd like to	20%
About as often as I'd like to	50%
Somewhat less often than I'd like to	3%
Much less often than I'd like to	1%
Not sure	5%

7. Do you ever wish you could take a break from your phone to focus on other activities?

Yes, and I often do	39%
Yes, but I rarely or never do	24%
No	31%
Not sure	5%

8. When you wish you could take a break from your phone, is it more often because you want to take a break from...?

Asked of people who are employed and wish they could take a break from their phone

Work-related phone use	11%
Non-work-related phone use	37%
Both	49%
Not sure	2%

9. How easy or difficult would you find it to take a break from your phone if you wanted to?

Very easy	31%
Somewhat easy	34%
Somewhat difficult	24%
Very difficult	7%
Not sure	4%

10. Which, if any, of the following have you done to take a break from your phone? Select all that apply.

Turn off notifications	37%
Use "Do Not Disturb" mode	33%
Completely power off my phone	27%
Put my phone in another room	26%
Delete apps that are distracting	25%
Set aside phone-free times of the day	15%
Use an app to track or limit screen time	6%
Other	3%
None of the above	17%

11. To what extent do you agree or disagree with the following statement?

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Don't know
I waste too much time using my smartphone	17%	29%	22%	15%	15%	2%
Not having my phone with me makes me feel anxious	13%	29%	21%	15%	20%	2%
I think I could be more productive if I didn't have my smartphone with me	12%	20%	33%	18%	15%	3%
Smartphones have strengthened my relationships with other people	11%	23%	36%	13%	14%	3%

12. Does your phone have a mostly positive or mostly negative effect on the following?

	Mostly positive	Mostly negative	No effect	Not sure
Your knowledge of current events	67%	3%	22%	7%
Your personal safety	48%	4%	38%	9%
Your relationships with others	43%	10%	37%	10%
Your creativity	38%	9%	41%	11%
Your overall happiness	36%	11%	40%	12%
Your ability to relax	33%	19%	39%	9%
Your productivity	30%	23%	37%	10%
Your mental health	26%	17%	42%	16%
Your work-life balance	23%	12%	53%	12%
Your physical well-being	23%	16%	51%	11%
Your stress levels	22%	20%	47%	12%
Your self-esteem	21%	11%	58%	10%
Your ability to focus	18%	31%	41%	10%
Your attention span	16%	34%	40%	10%
Your sleep habits	13%	32%	48%	7%

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Interviewing Dates	May 23 - 26, 2025
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.051 to 5.043, with a mean of one and a standard deviation of 0.806.
Number of respondents	1129
Margin of error	± 3.8% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	63 questions not reported.

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1A. Frequency of Phone Checking — When you are in a 30-minute meeting at work

On average, how many times, if at all, do you check your smartphone when you are doing the following activity?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Never	40%	41%	40%	37%	40%	45%	38%	42%	35%	33%	*
1-2 times	16%	18%	14%	17%	20%	17%	8%	14%	16%	23%	*
3-4 times	6%	7%	4%	10%	9%	4%	0%	4%	11%	6%	*
5-6 times	1%	1%	1%	2%	1%	0%	0%	1%	2%	1%	*
7 or more times	2%	3%	1%	2%	4%	3%	0%	2%	2%	4%	*
Don't know	2%	2%	2%	6%	2%	0%	1%	2%	4%	2%	*
Not applicable – I don't do this activity	33%	27%	39%	26%	23%	32%	53%	35%	29%	31%	*
Totals	100%	99%	101%	100%	99%	101%	100%	100%	99%	100%	*
Unweighted N	(1,124)	(519)	(605)	(306)	(289)	(316)	(213)	(734)	(144)	(174)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Never	40%	40%	39%	42%	37%	46%	34%	43%	48%	45%	42%	34%	47%
1-2 times	16%	15%	16%	17%	17%	15%	15%	17%	17%	14%	16%	17%	15%
3-4 times	6%	6%	5%	5%	5%	5%	6%	6%	5%	5%	6%	6%	4%
5-6 times	1%	1%	0%	1%	1%	1%	0%	0%	2%	2%	0%	0%	1%
7 or more times	2%	3%	2%	2%	2%	2%	2%	3%	4%	1%	1%	4%	1%
Don't know	2%	2%	3%	1%	2%	1%	3%	1%	1%	2%	1%	2%	2%
Not applicable – I don't do this activity	33%	33%	34%	32%	36%	31%	40%	31%	23%	30%	33%	36%	31%
Totals	100%	100%	99%	100%	100%	101%	100%	101%	100%	99%	99%	99%	101%
Unweighted N	(1,124)	(406)	(401)	(317)	(480)	(356)	(429)	(318)	(259)	(205)	(236)	(420)	(263)

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1B. Frequency of Phone Checking — When you are eating a meal with others

On average, how many times, if at all, do you check your smartphone when you are doing the following activity?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Never	35%	37%	34%	15%	24%	42%	57%	43%	15%	23%	*
1-2 times	34%	32%	37%	43%	38%	32%	25%	31%	41%	40%	*
3-4 times	10%	11%	9%	16%	13%	10%	2%	8%	14%	18%	*
5-6 times	3%	3%	3%	6%	5%	2%	2%	3%	6%	3%	*
7 or more times	6%	8%	5%	8%	10%	6%	0%	4%	12%	10%	*
Don't know	3%	3%	4%	6%	5%	1%	2%	4%	3%	3%	*
Not applicable – I don't do this activity	7%	6%	8%	6%	5%	6%	13%	8%	9%	3%	*
Totals	98%	100%	100%	100%	100%	99%	101%	101%	100%	100%	*
Unweighted N	(1,126)	(522)	(604)	(306)	(289)	(316)	(215)	(736)	(144)	(174)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Never	35%	31%	40%	34%	36%	42%	33%	37%	36%	44%	39%	31%	34%
1-2 times	34%	33%	30%	41%	32%	38%	30%	39%	40%	34%	32%	33%	38%
3-4 times	10%	15%	9%	7%	15%	6%	10%	8%	11%	8%	9%	12%	10%
5-6 times	3%	3%	4%	2%	3%	2%	4%	3%	3%	3%	2%	4%	4%
7 or more times	6%	7%	8%	4%	5%	3%	9%	5%	4%	2%	5%	10%	3%
Don't know	3%	3%	5%	2%	2%	2%	4%	2%	3%	4%	4%	3%	4%
Not applicable – I don't do this activity	7%	9%	5%	9%	6%	7%	10%	7%	3%	5%	8%	7%	8%
Totals	98%	101%	101%	99%	99%	100%	100%	101%	100%	100%	99%	100%	101%
Unweighted N	(1,126)	(405)	(402)	(319)	(479)	(358)	(431)	(319)	(257)	(206)	(236)	(421)	(263)

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1C. Frequency of Phone Checking — When you are on a date

On average, how many times, if at all, do you check your smartphone when you are doing the following activity?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Never	33%	39%	26%	34%	31%	33%	33%	34%	28%	33%	*
1-2 times	18%	17%	18%	27%	21%	16%	9%	17%	20%	21%	*
3-4 times	5%	6%	5%	10%	8%	4%	1%	4%	12%	8%	*
5-6 times	2%	2%	2%	4%	4%	1%	0%	2%	3%	2%	*
7 or more times	2%	3%	2%	3%	4%	3%	0%	2%	5%	5%	*
Don't know	3%	3%	3%	4%	6%	2%	1%	4%	2%	3%	*
Not applicable – I don't do this activity	36%	29%	43%	18%	27%	41%	57%	38%	30%	28%	*
Totals	99%	99%	99%	100%	101%	100%	101%	101%	100%	100%	*
Unweighted N	(1,125)	(521)	(604)	(306)	(289)	(316)	(214)	(736)	(144)	(173)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Never	33%	27%	35%	35%	27%	34%	31%	34%	30%	45%	32%	31%	26%
1-2 times	18%	23%	14%	18%	20%	17%	13%	22%	25%	17%	17%	16%	23%
3-4 times	5%	5%	6%	5%	5%	4%	7%	6%	2%	5%	5%	6%	5%
5-6 times	2%	2%	3%	1%	2%	1%	3%	1%	3%	4%	2%	2%	1%
7 or more times	2%	4%	1%	2%	2%	1%	4%	1%	1%	2%	2%	3%	1%
Don't know	3%	2%	4%	3%	3%	2%	3%	2%	4%	3%	2%	3%	4%
Not applicable – I don't do this activity	36%	37%	37%	36%	41%	39%	39%	34%	35%	25%	40%	38%	39%
Totals	99%	100%	100%	100%	100%	98%	100%	100%	100%	101%	100%	99%	99%
Unweighted N	(1,125)	(406)	(401)	(318)	(480)	(356)	(431)	(318)	(258)	(205)	(236)	(421)	(263)

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1D. Frequency of Phone Checking — When you are spending time with a friend

On average, how many times, if at all, do you check your smartphone when you are doing the following activity?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Never	22%	23%	20%	10%	20%	21%	36%	24%	9%	20%	*
1-2 times	40%	39%	41%	45%	31%	42%	43%	40%	42%	40%	*
3-4 times	12%	10%	15%	19%	15%	11%	5%	11%	16%	20%	*
5-6 times	4%	5%	4%	7%	5%	5%	1%	4%	6%	3%	*
7 or more times	7%	9%	4%	7%	11%	7%	1%	6%	8%	9%	*
Don't know	6%	6%	6%	8%	9%	6%	4%	7%	8%	4%	*
Not applicable – I don't do this activity	8%	6%	9%	3%	9%	8%	10%	8%	11%	5%	*
Totals	99%	98%	99%	99%	100%	100%	100%	100%	100%	101%	*
Unweighted N	(1,127)	(521)	(606)	(306)	(289)	(317)	(215)	(737)	(144)	(174)	(72)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Never	22%	16%	27%	22%	21%	23%	22%	21%	23%	27%	21%	19%	24%
1-2 times	40%	45%	35%	42%	40%	44%	37%	45%	42%	36%	45%	41%	37%
3-4 times	12%	14%	9%	15%	16%	11%	12%	13%	12%	12%	9%	14%	14%
5-6 times	4%	6%	4%	4%	6%	3%	3%	3%	8%	7%	5%	3%	3%
7 or more times	7%	7%	9%	5%	6%	4%	9%	6%	6%	4%	5%	11%	4%
Don't know	6%	4%	9%	6%	5%	7%	6%	5%	6%	7%	7%	5%	8%
Not applicable – I don't do this activity	8%	9%	8%	6%	6%	7%	11%	7%	3%	8%	8%	7%	9%
Totals	99%	101%	101%	100%	100%	99%	100%	100%	100%	101%	100%	100%	99%
Unweighted N	(1,127)	(405)	(402)	(320)	(480)	(359)	(430)	(319)	(259)	(206)	(236)	(422)	(263)

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1E. Frequency of Phone Checking — When you are eating a meal alone

On average, how many times, if at all, do you check your smartphone when you are doing the following activity?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Never	15%	19%	12%	5%	10%	19%	25%	18%	8%	14%	*
1-2 times	33%	33%	32%	26%	28%	34%	45%	34%	29%	32%	*
3-4 times	18%	17%	19%	23%	19%	21%	10%	15%	27%	20%	*
5-6 times	9%	8%	9%	13%	12%	8%	3%	8%	10%	13%	*
7 or more times	16%	16%	17%	27%	23%	13%	4%	16%	17%	19%	*
Don't know	3%	2%	4%	4%	5%	1%	2%	4%	2%	1%	*
Not applicable – I don't do this activity	5%	4%	6%	2%	3%	4%	11%	6%	6%	1%	*
Totals	99%	99%	99%	100%	100%	100%	100%	101%	99%	100%	*
Unweighted N	(1,124)	(520)	(604)	(306)	(289)	(316)	(213)	(734)	(144)	(174)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Never	15%	13%	18%	15%	15%	18%	16%	15%	11%	21%	16%	14%	13%
1-2 times	33%	30%	36%	32%	33%	34%	33%	39%	30%	27%	37%	31%	36%
3-4 times	18%	24%	14%	18%	20%	19%	15%	18%	26%	23%	13%	17%	22%
5-6 times	9%	9%	8%	11%	9%	8%	10%	7%	10%	7%	9%	10%	10%
7 or more times	16%	17%	16%	16%	18%	11%	15%	15%	18%	14%	17%	20%	12%
Don't know	3%	2%	4%	2%	2%	3%	4%	2%	2%	2%	3%	3%	4%
Not applicable – I don't do this activity	5%	5%	5%	6%	4%	6%	8%	3%	4%	6%	4%	5%	4%
Totals	99%	100%	101%	100%	101%	99%	101%	99%	101%	100%	99%	100%	101%
Unweighted N	(1,124)	(405)	(402)	(317)	(480)	(356)	(428)	(319)	(259)	(206)	(234)	(422)	(262)

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1F. Frequency of Phone Checking — When you are watching a movie or TV show at home

On average, how many times, if at all, do you check your smartphone when you are doing the following activity?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Never	11%	15%	8%	10%	9%	12%	15%	12%	7%	10%	*
1-2 times	34%	34%	34%	27%	30%	37%	40%	35%	26%	33%	*
3-4 times	20%	20%	19%	22%	21%	17%	21%	19%	25%	18%	*
5-6 times	11%	10%	13%	17%	11%	12%	6%	11%	10%	15%	*
7 or more times	15%	15%	14%	16%	21%	16%	4%	13%	19%	20%	*
Don't know	4%	3%	5%	5%	5%	3%	3%	4%	3%	1%	*
Not applicable – I don't do this activity	5%	3%	7%	4%	3%	4%	11%	5%	11%	2%	*
Totals	100%	100%	100%	101%	100%	101%	100%	99%	101%	99%	*
Unweighted N	(1,126)	(521)	(605)	(304)	(289)	(317)	(216)	(736)	(144)	(174)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Never	11%	9%	15%	10%	9%	12%	13%	13%	6%	16%	12%	10%	9%
1-2 times	34%	28%	37%	37%	33%	39%	32%	38%	36%	29%	35%	34%	36%
3-4 times	20%	22%	16%	21%	23%	21%	15%	20%	26%	22%	18%	19%	20%
5-6 times	11%	17%	7%	11%	15%	8%	10%	14%	12%	11%	11%	12%	10%
7 or more times	15%	15%	16%	12%	15%	12%	17%	12%	15%	10%	12%	20%	11%
Don't know	4%	3%	5%	3%	2%	4%	5%	2%	3%	5%	5%	2%	5%
Not applicable – I don't do this activity	5%	6%	4%	5%	4%	5%	9%	2%	2%	7%	7%	2%	8%
Totals	100%	100%	100%	99%	101%	101%	101%	101%	100%	100%	100%	99%	99%
Unweighted N	(1,126)	(406)	(401)	(319)	(481)	(357)	(430)	(319)	(258)	(206)	(236)	(421)	(263)

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2. Phone While Sleeping

When you go to sleep, where do you typically leave your smartphone? Please select the option that best applies.

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
On my bed next to me	20%	19%	22%	38%	23%	14%	11%	17%	31%	28%	*
Directly next to my bed (i.e., on a nightstand or side table)	53%	51%	55%	47%	56%	60%	47%	53%	48%	52%	*
Somewhere else in my bedroom	10%	11%	9%	8%	10%	9%	11%	10%	7%	12%	*
In another room	11%	15%	8%	1%	6%	13%	26%	15%	5%	4%	*
Other	1%	1%	2%	0%	1%	2%	1%	0%	6%	2%	*
Don't know	1%	1%	1%	3%	1%	0%	2%	1%	3%	2%	*
Nowhere in particular	2%	2%	3%	3%	2%	2%	3%	3%	0%	0%	*
Totals	98%	100%	100%	100%	99%	100%	101%	99%	100%	100%	*
Unweighted N	(1,127)	(521)	(606)	(306)	(289)	(317)	(215)	(737)	(144)	(174)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
On my bed next to me	20%	23%	19%	20%	20%	17%	22%	19%	19%	22%	17%	24%	17%
Directly next to my bed (i.e., on a nightstand or side table)	53%	56%	53%	52%	56%	52%	50%	58%	59%	52%	46%	55%	59%
Somewhere else in my bedroom	10%	7%	10%	11%	9%	10%	8%	9%	11%	11%	15%	7%	8%
In another room	11%	11%	13%	11%	13%	16%	12%	12%	10%	11%	16%	10%	10%
Other	1%	2%	1%	1%	1%	1%	3%	0%	0%	0%	3%	1%	1%
Don't know	1%	0%	2%	2%	0%	2%	2%	0%	0%	1%	1%	1%	2%
Nowhere in particular	2%	1%	3%	3%	1%	2%	3%	1%	1%	3%	2%	3%	2%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Totals	98%	100%	101%	100%	100%	100%	100%	99%	100%	100%	100%	101%	99%
Unweighted N	(1,127)	(406)	(401)	(320)	(481)	(357)	(431)	(320)	(258)	(206)	(236)	(422)	(263)

3. Use Phone Before Sleeping

How often, if ever, do you use your smartphone to browse the internet / use apps (i.e., not for an alarm clock) within 10 minutes of falling asleep at night?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	22%	19%	24%	34%	30%	18%	6%	19%	31%	26%	*
Often	21%	20%	22%	27%	24%	20%	15%	21%	26%	17%	*
Sometimes	19%	17%	21%	22%	20%	18%	18%	18%	17%	21%	*
Rarely	16%	16%	16%	5%	13%	22%	22%	19%	5%	14%	*
Never	20%	25%	14%	6%	11%	22%	39%	22%	17%	17%	*
Don't know	2%	2%	2%	6%	2%	0%	0%	1%	4%	4%	*
Totals	100%	99%	99%	100%	100%	100%	100%	100%	100%	99%	*
Unweighted N	(1,126)	(519)	(607)	(305)	(287)	(317)	(217)	(737)	(144)	(173)	(72)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	22%	26%	21%	18%	21%	13%	25%	18%	21%	20%	20%	24%	20%
Often	21%	23%	19%	22%	24%	20%	18%	21%	27%	26%	17%	22%	21%
Sometimes	19%	18%	24%	16%	23%	17%	19%	24%	16%	15%	25%	18%	20%
Rarely	16%	12%	14%	23%	13%	25%	17%	16%	19%	18%	15%	17%	15%
Never	20%	19%	20%	20%	19%	24%	21%	19%	17%	20%	23%	17%	20%
Don't know	2%	2%	3%	1%	1%	1%	1%	2%	0%	2%	1%	2%	3%
Totals	100%	100%	101%	100%	101%	100%	101%	100%	100%	101%	101%	100%	99%
Unweighted N	(1,126)	(405)	(401)	(320)	(481)	(357)	(430)	(318)	(259)	(206)	(235)	(423)	(262)

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4. Use Phone After Waking

How often, if ever, do you use your smartphone to browse the internet / use apps (i.e., not for an alarm clock) within the first 10 minutes of waking up?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always	23%	20%	26%	35%	29%	20%	10%	19%	34%	30%	*
Often	21%	20%	21%	25%	20%	20%	18%	23%	19%	17%	*
Sometimes	22%	22%	22%	22%	21%	22%	22%	21%	21%	25%	*
Rarely	17%	18%	15%	10%	17%	19%	20%	18%	8%	15%	*
Never	16%	19%	14%	5%	10%	19%	30%	19%	15%	11%	*
Don't know	1%	1%	2%	3%	3%	0%	0%	1%	3%	3%	*
Totals	100%	100%	100%	100%	100%	100%	100%	101%	100%	101%	*
Unweighted N	(1,127)	(521)	(606)	(306)	(288)	(316)	(217)	(738)	(144)	(173)	(72)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	23%	29%	21%	21%	21%	17%	23%	25%	25%	25%	18%	26%	22%
Often	21%	20%	17%	25%	23%	25%	19%	22%	22%	21%	21%	22%	19%
Sometimes	22%	20%	26%	19%	23%	21%	22%	21%	25%	20%	24%	22%	20%
Rarely	17%	13%	18%	19%	17%	17%	18%	14%	16%	13%	17%	17%	19%
Never	16%	17%	16%	16%	15%	19%	17%	17%	11%	19%	20%	13%	17%
Don't know	1%	2%	2%	1%	1%	0%	1%	2%	0%	2%	1%	0%	4%
Totals	100%	101%	100%	101%	100%	99%	100%	101%	99%	100%	101%	100%	101%
Unweighted N	(1,127)	(405)	(402)	(320)	(480)	(358)	(430)	(320)	(259)	(205)	(236)	(423)	(263)

5. Time Without Phone

For the following question, please consider leisurely / non-work related smartphone use (e.g., social media apps, texting, games, etc.)... What is the longest amount of time you think you could comfortably go without your smartphone for personal use?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
An hour or less	8%	8%	7%	8%	13%	8%	2%	5%	17%	14%	*
A few hours	22%	21%	24%	27%	25%	21%	17%	21%	23%	25%	*
A full day	17%	14%	19%	18%	13%	18%	18%	19%	10%	14%	*
A few days	13%	11%	14%	9%	15%	15%	11%	14%	8%	8%	*
A week	6%	6%	6%	4%	3%	7%	11%	5%	8%	9%	*
A few weeks	6%	7%	6%	8%	6%	5%	7%	7%	2%	9%	*
One month	3%	3%	2%	1%	3%	2%	4%	2%	3%	1%	*
Three months	1%	2%	0%	1%	1%	1%	0%	1%	2%	0%	*
Six months	1%	1%	1%	2%	1%	1%	1%	1%	5%	0%	*
One year	1%	1%	1%	2%	1%	1%	2%	1%	3%	2%	*
More than a year	12%	18%	7%	9%	10%	14%	16%	15%	6%	9%	*
Don't know	10%	8%	12%	11%	10%	8%	11%	9%	12%	9%	*
Totals	100%	100%	99%	100%	101%	101%	100%	100%	99%	100%	*
Unweighted N	(1,128)	(522)	(606)	(306)	(289)	(317)	(216)	(738)	(144)	(174)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
An hour or less	8%	9%	7%	7%	7%	6%	10%	5%	6%	6%	9%	8%	6%
A few hours	22%	25%	18%	25%	26%	24%	20%	25%	26%	28%	21%	23%	20%
A full day	17%	19%	17%	15%	18%	14%	17%	14%	20%	18%	18%	16%	17%
A few days	13%	10%	13%	16%	15%	14%	9%	15%	17%	9%	10%	15%	14%
A week	6%	8%	5%	6%	6%	6%	5%	9%	4%	5%	3%	7%	9%
A few weeks	6%	7%	5%	6%	4%	5%	4%	8%	7%	8%	6%	4%	8%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
One month	3%	3%	3%	2%	4%	2%	3%	3%	2%	2%	1%	3%	3%
Three months	1%	1%	1%	1%	1%	1%	0%	2%	1%	0%	2%	1%	0%
Six months	1%	2%	1%	0%	2%	0%	1%	1%	1%	1%	0%	1%	1%
One year	1%	2%	1%	1%	1%	0%	2%	1%	1%	0%	1%	2%	0%
More than a year	12%	6%	19%	10%	8%	16%	14%	9%	11%	14%	20%	10%	8%
Don't know	10%	9%	10%	11%	7%	10%	13%	9%	3%	8%	9%	9%	13%
Totals	100%	101%	100%	100%	99%	98%	98%	101%	99%	99%	100%	99%	99%
Unweighted N	(1,128)	(406)	(402)	(320)	(481)	(358)	(431)	(320)	(258)	(206)	(236)	(423)	(263)

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6. Checking Phone

On an average day, do you feel like you check your phone. . . ?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Much more often than I'd like to	20%	21%	19%	27%	24%	22%	7%	21%	12%	24%	*
Somewhat more often than I'd like to	20%	17%	23%	21%	23%	22%	14%	20%	18%	22%	*
About as often as I'd like to	50%	53%	48%	44%	42%	49%	67%	51%	60%	43%	*
Somewhat less often than I'd like to	3%	3%	3%	3%	3%	2%	4%	2%	3%	3%	*
Much less often than I'd like to	1%	1%	1%	1%	2%	1%	1%	1%	3%	2%	*
Not sure	5%	4%	6%	5%	6%	4%	8%	5%	5%	7%	*
Totals	99%	99%	100%	101%	100%	100%	101%	100%	101%	101%	*
Unweighted N	(1,128)	(521)	(607)	(306)	(288)	(317)	(217)	(739)	(143)	(174)	(72)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Much more often than I'd like to	20%	22%	21%	18%	22%	18%	19%	17%	25%	15%	23%	21%	20%
Somewhat more often than I'd like to	20%	21%	19%	21%	21%	19%	18%	22%	25%	18%	13%	22%	25%
About as often as I'd like to	50%	50%	49%	52%	50%	53%	51%	54%	46%	53%	54%	50%	45%
Somewhat less often than I'd like to	3%	2%	3%	3%	2%	4%	3%	3%	2%	4%	4%	2%	1%

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	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Much less often than I'd like to	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%	2%	1%	1%
Not sure	5%	4%	7%	6%	4%	6%	7%	3%	1%	8%	4%	4%	7%
Totals	99%	100%	100%	101%	100%	101%	99%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,128)	(406)	(402)	(320)	(481)	(359)	(430)	(320)	(259)	(206)	(235)	(424)	(263)

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7. Want to Take Phone Break

Do you ever wish you could take a break from your phone to focus on other activities?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Yes, and I often do	39%	36%	42%	34%	44%	38%	41%	41%	40%	37%	*
Yes, but I rarely or never do	24%	24%	24%	35%	26%	24%	12%	22%	24%	34%	*
No	31%	34%	29%	23%	25%	33%	42%	32%	30%	23%	*
Not sure	5%	5%	6%	8%	5%	4%	5%	5%	6%	6%	*
Totals	99%	99%	101%	100%	100%	99%	100%	100%	100%	100%	*
Unweighted N	(1,128)	(522)	(606)	(305)	(289)	(317)	(217)	(739)	(143)	(174)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes, and I often do	39%	36%	39%	43%	39%	45%	40%	34%	47%	42%	41%	35%	43%
Yes, but I rarely or never do	24%	27%	22%	23%	25%	20%	22%	29%	22%	19%	24%	27%	22%
No	31%	34%	32%	29%	32%	30%	32%	32%	30%	32%	32%	33%	28%
Not sure	5%	3%	7%	6%	4%	5%	6%	5%	1%	7%	3%	5%	8%
Totals	99%	100%	100%	101%	100%	100%	100%	100%	100%	100%	100%	100%	101%
Unweighted N	(1,128)	(406)	(401)	(321)	(481)	(358)	(431)	(319)	(259)	(206)	(235)	(424)	(263)

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8. Want to Take Phone Break from Work or Leisure

When you wish you could take a break from your phone, is it more often because you want to take a break from. . . ?

Asked of people who are employed and wish they could take a break from their phone

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Work-related phone use	11%	14%	9%	13%	13%	8%	*	10%	*	*	*
Non-work-related phone use	37%	32%	43%	32%	30%	46%	*	39%	*	*	*
Both	49%	52%	47%	49%	55%	45%	*	49%	*	*	*
Not sure	2%	3%	2%	5%	2%	1%	*	2%	*	*	*
Totals	99%	101%	101%	99%	100%	100%	*	100%	*	*	*
Unweighted N	(391)	(181)	(210)	(114)	(140)	(108)	(29)	(258)	(43)	(63)	(27)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Work-related phone use	11%	9%	12%	12%	11%	17%	*	11%	14%	*	*	10%	*
Non-work-related phone use	37%	41%	44%	28%	34%	34%	*	35%	36%	*	*	34%	*
Both	49%	48%	41%	59%	52%	48%	*	52%	49%	*	*	53%	*
Not sure	2%	2%	4%	1%	3%	1%	*	2%	1%	*	*	3%	*
Totals	99%	100%	101%	100%	100%	100%	*	100%	100%	*	*	100%	*
Unweighted N	(391)	(155)	(125)	(111)	(183)	(130)	(94)	(133)	(132)	(77)	(74)	(141)	(99)

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9. Ease or Difficulty of Taking Phone Break

How easy or difficult would you find it to take a break from your phone if you wanted to?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very easy	31%	34%	28%	19%	24%	30%	49%	34%	26%	26%	*
Somewhat easy	34%	32%	36%	27%	30%	40%	37%	34%	40%	29%	*
Somewhat difficult	24%	23%	25%	32%	31%	23%	10%	24%	19%	28%	*
Very difficult	7%	7%	8%	14%	11%	5%	2%	6%	8%	13%	*
Not sure	4%	4%	4%	7%	5%	2%	3%	2%	7%	4%	*
Totals	100%	100%	101%	99%	101%	100%	101%	100%	100%	100%	*
Unweighted N	(1,127)	(521)	(606)	(305)	(289)	(316)	(217)	(738)	(144)	(173)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very easy	31%	23%	35%	34%	27%	35%	35%	27%	30%	24%	34%	31%	32%
Somewhat easy	34%	38%	33%	32%	40%	32%	34%	35%	33%	42%	32%	33%	32%
Somewhat difficult	24%	28%	18%	26%	24%	26%	20%	30%	25%	24%	21%	27%	22%
Very difficult	7%	9%	7%	6%	8%	5%	8%	5%	10%	7%	8%	7%	7%
Not sure	4%	3%	7%	2%	2%	3%	3%	3%	2%	2%	5%	3%	7%
Totals	100%	101%	100%	100%	101%	101%	100%	100%	100%	99%	100%	101%	100%
Unweighted N	(1,127)	(404)	(402)	(321)	(479)	(359)	(430)	(320)	(258)	(206)	(236)	(423)	(262)

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10. Methods to Take Phone Break

Which, if any, of the following have you done to take a break from your phone? Select all that apply.

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Turn off notifications	37%	34%	40%	33%	41%	46%	24%	36%	40%	41%	*
Use "Do Not Disturb" mode	33%	33%	33%	44%	38%	34%	16%	31%	35%	37%	*
Completely power off my phone	27%	33%	21%	27%	27%	27%	25%	27%	28%	31%	*
Put my phone in another room	26%	22%	29%	21%	24%	30%	25%	29%	18%	21%	*
Delete apps that are distracting	25%	25%	25%	25%	29%	27%	20%	26%	21%	35%	*
Set aside phone-free times of the day	15%	14%	16%	14%	15%	19%	9%	14%	18%	18%	*
Use an app to track or limit screen time	6%	4%	7%	12%	8%	4%	1%	6%	4%	11%	*
Other	3%	3%	3%	2%	3%	4%	2%	3%	2%	2%	*
None of the above	17%	17%	18%	19%	15%	12%	25%	17%	19%	15%	*
Unweighted N	(1,129)	(522)	(607)	(306)	(289)	(317)	(217)	(739)	(144)	(174)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Turn off notifications	37%	38%	41%	32%	44%	33%	33%	40%	39%	32%	37%	38%	40%
Use "Do Not Disturb" mode	33%	36%	34%	29%	36%	31%	30%	32%	42%	30%	31%	33%	36%
Completely power off my phone	27%	21%	32%	26%	21%	24%	26%	26%	28%	26%	27%	32%	18%

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		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Put my phone in another room	26%	26%	24%	28%	29%	27%	23%	29%	30%	20%	30%	28%	21%
Delete apps that are distracting	25%	31%	26%	19%	33%	22%	23%	26%	31%	26%	26%	21%	33%
Set aside phone-free times of the day	15%	17%	15%	13%	16%	13%	19%	12%	13%	19%	12%	14%	16%
Use an app to track or limit screen time	6%	10%	4%	5%	9%	4%	4%	6%	10%	6%	4%	6%	7%
Other	3%	3%	3%	2%	3%	3%	5%	1%	1%	4%	7%	1%	1%
None of the above	17%	14%	18%	19%	15%	20%	17%	19%	15%	16%	18%	16%	18%
Unweighted N	(1,129)	(406)	(402)	(321)	(481)	(359)	(431)	(320)	(259)	(206)	(236)	(424)	(263)

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11A. Agree or Disagree on Phones — I waste too much time using my smartphone

To what extent do you agree or disagree with the following statement?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	17%	16%	19%	19%	25%	16%	8%	18%	14%	19%	*
Somewhat agree	29%	30%	28%	30%	24%	32%	29%	30%	18%	28%	*
Neither agree nor disagree	22%	21%	24%	26%	25%	21%	19%	19%	32%	28%	*
Somewhat disagree	15%	15%	15%	13%	13%	15%	19%	14%	23%	10%	*
Strongly disagree	15%	16%	13%	8%	12%	15%	23%	16%	11%	13%	*
Don't know	2%	2%	2%	3%	2%	1%	3%	2%	2%	2%	*
Totals	100%	100%	101%	99%	101%	100%	101%	99%	100%	100%	*
Unweighted N	(1,126)	(521)	(605)	(305)	(289)	(315)	(217)	(737)	(144)	(173)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly agree	17%	19%	16%	17%	20%	17%	14%	18%	20%	17%	17%	19%	14%
Somewhat agree	29%	29%	26%	32%	32%	32%	24%	37%	30%	30%	24%	31%	28%
Neither agree nor disagree	22%	23%	24%	20%	18%	17%	29%	19%	17%	22%	26%	20%	24%
Somewhat disagree	15%	13%	17%	14%	16%	17%	15%	13%	18%	10%	17%	15%	15%
Strongly disagree	15%	15%	15%	15%	13%	15%	16%	12%	15%	18%	15%	13%	15%
Don't know	2%	0%	3%	3%	1%	2%	3%	1%	0%	3%	2%	1%	4%
Totals	100%	99%	101%	101%	100%	100%	101%	100%	100%	100%	101%	99%	100%
Unweighted N	(1,126)	(406)	(399)	(321)	(481)	(359)	(429)	(319)	(259)	(206)	(236)	(422)	(262)

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11B. Agree or Disagree on Phones — Not having my phone with me makes me feel anxious

To what extent do you agree or disagree with the following statement?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	13%	12%	14%	20%	15%	12%	5%	12%	20%	18%	*
Somewhat agree	29%	26%	31%	30%	35%	27%	22%	28%	27%	28%	*
Neither agree nor disagree	21%	22%	20%	25%	20%	19%	21%	19%	27%	24%	*
Somewhat disagree	15%	14%	16%	12%	8%	21%	18%	18%	9%	13%	*
Strongly disagree	20%	23%	17%	10%	20%	19%	33%	22%	17%	14%	*
Don't know	2%	2%	2%	3%	2%	2%	0%	2%	0%	3%	*
Totals	100%	99%	100%	100%	100%	100%	99%	101%	100%	100%	*
Unweighted N	(1,120)	(518)	(602)	(305)	(289)	(315)	(211)	(730)	(144)	(174)	(72)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly agree	13%	17%	11%	12%	16%	9%	16%	10%	14%	8%	13%	16%	11%
Somewhat agree	29%	32%	25%	30%	34%	28%	29%	29%	30%	31%	23%	28%	34%
Neither agree nor disagree	21%	20%	21%	22%	18%	21%	21%	22%	20%	20%	21%	20%	22%
Somewhat disagree	15%	15%	16%	15%	17%	20%	12%	22%	14%	13%	17%	17%	11%
Strongly disagree	20%	15%	25%	20%	15%	20%	21%	14%	21%	23%	24%	17%	20%
Don't know	2%	2%	2%	2%	0%	1%	1%	3%	0%	4%	1%	1%	2%
Totals	100%	101%	100%	101%	100%	99%	100%	100%	99%	99%	99%	99%	100%
Unweighted N	(1,120)	(404)	(401)	(315)	(479)	(353)	(428)	(317)	(257)	(205)	(234)	(418)	(263)

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11C. Agree or Disagree on Phones — I think I could be more productive if I didn't have my smartphone with me

To what extent do you agree or disagree with the following statement?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	12%	12%	11%	20%	14%	7%	7%	12%	12%	13%	*
Somewhat agree	20%	19%	22%	21%	25%	19%	16%	24%	7%	12%	*
Neither agree nor disagree	33%	31%	34%	28%	29%	36%	36%	28%	41%	45%	*
Somewhat disagree	18%	20%	16%	15%	14%	23%	17%	19%	17%	14%	*
Strongly disagree	15%	16%	14%	12%	16%	12%	21%	14%	21%	13%	*
Don't know	3%	3%	3%	4%	1%	2%	4%	3%	1%	2%	*
Totals	101%	101%	100%	100%	99%	99%	101%	100%	99%	99%	*
Unweighted N	(1,124)	(517)	(607)	(305)	(289)	(317)	(213)	(734)	(144)	(174)	(72)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly agree	12%	12%	12%	11%	11%	9%	12%	9%	13%	14%	13%	11%	10%
Somewhat agree	20%	20%	18%	23%	23%	25%	15%	25%	25%	21%	21%	19%	22%
Neither agree nor disagree	33%	32%	35%	31%	29%	31%	37%	34%	22%	31%	31%	35%	31%
Somewhat disagree	18%	19%	18%	16%	21%	17%	19%	19%	16%	16%	18%	18%	18%
Strongly disagree	15%	16%	12%	16%	14%	15%	14%	11%	25%	15%	16%	14%	15%
Don't know	3%	1%	4%	3%	2%	3%	3%	2%	1%	3%	0%	3%	5%
Totals	101%	100%	99%	100%	100%	100%	100%	100%	102%	100%	99%	100%	101%
Unweighted N	(1,124)	(405)	(401)	(318)	(479)	(357)	(428)	(320)	(257)	(205)	(233)	(423)	(263)

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11D. Agree or Disagree on Phones — Smartphones have strengthened my relationships with other people

To what extent do you agree or disagree with the following statement?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Strongly agree	11%	12%	11%	20%	13%	7%	8%	10%	13%	17%	*
Somewhat agree	23%	26%	21%	29%	24%	21%	22%	23%	32%	21%	*
Neither agree nor disagree	36%	32%	39%	31%	36%	37%	39%	34%	34%	35%	*
Somewhat disagree	13%	11%	14%	8%	15%	16%	11%	15%	6%	9%	*
Strongly disagree	14%	15%	13%	8%	11%	18%	18%	15%	15%	14%	*
Don't know	3%	4%	2%	6%	2%	1%	3%	3%	1%	3%	*
Totals	100%	100%	100%	102%	101%	100%	101%	100%	101%	99%	*
Unweighted N	(1,124)	(521)	(603)	(306)	(289)	(315)	(214)	(736)	(143)	(173)	(72)

	Party ID				2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Strongly agree	11%	18%	8%	9%	17%	11%	9%	11%	17%	7%	10%	12%	14%
Somewhat agree	23%	24%	20%	26%	28%	21%	23%	22%	25%	33%	20%	20%	27%
Neither agree nor disagree	36%	36%	38%	33%	32%	34%	36%	36%	36%	27%	40%	37%	36%
Somewhat disagree	13%	12%	14%	12%	12%	15%	13%	14%	12%	14%	12%	13%	12%
Strongly disagree	14%	9%	18%	15%	10%	17%	17%	13%	8%	15%	17%	14%	9%
Don't know	3%	1%	3%	5%	2%	2%	3%	3%	1%	3%	2%	3%	3%
Totals	100%	100%	101%	100%	101%	100%	101%	99%	99%	99%	101%	99%	101%
Unweighted N	(1,124)	(404)	(401)	(319)	(478)	(357)	(429)	(319)	(257)	(206)	(236)	(421)	(261)

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12A. Effects of Phone — Your knowledge of current events

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	67%	68%	67%	71%	65%	70%	64%	68%	71%	67%	*
Mostly negative	3%	3%	4%	3%	5%	2%	3%	3%	5%	3%	*
No effect	22%	24%	20%	15%	20%	24%	29%	23%	19%	20%	*
Not sure	7%	5%	9%	11%	11%	4%	5%	6%	5%	10%	*
Totals	99%	100%	100%	100%	101%	100%	101%	100%	100%	100%	*
Unweighted N	(1,121)	(520)	(601)	(305)	(287)	(314)	(215)	(735)	(142)	(172)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	67%	73%	61%	69%	76%	70%	58%	72%	80%	63%	65%	69%	70%
Mostly negative	3%	3%	4%	3%	4%	4%	3%	4%	3%	3%	3%	3%	3%
No effect	22%	20%	24%	23%	17%	21%	29%	21%	12%	27%	25%	22%	16%
Not sure	7%	4%	12%	5%	4%	5%	10%	3%	5%	7%	7%	6%	11%
Totals	99%	100%	101%	100%	101%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,121)	(402)	(400)	(319)	(478)	(357)	(429)	(317)	(257)	(204)	(235)	(420)	(262)

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12B. Effects of Phone — Your personal safety

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	48%	51%	46%	51%	53%	43%	48%	48%	50%	48%	*
Mostly negative	4%	4%	4%	4%	5%	4%	2%	4%	5%	5%	*
No effect	38%	39%	38%	33%	30%	44%	44%	39%	34%	36%	*
Not sure	9%	6%	13%	12%	12%	8%	6%	9%	10%	11%	*
Totals	99%	100%	101%	100%	100%	99%	100%	100%	99%	100%	*
Unweighted N	(1,118)	(519)	(599)	(304)	(288)	(312)	(214)	(732)	(140)	(174)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	48%	50%	44%	52%	49%	50%	45%	45%	57%	55%	43%	47%	51%
Mostly negative	4%	4%	4%	4%	4%	5%	3%	3%	6%	4%	4%	3%	5%
No effect	38%	38%	40%	37%	37%	37%	41%	44%	30%	33%	43%	40%	34%
Not sure	9%	8%	13%	7%	10%	8%	11%	8%	6%	8%	9%	10%	10%
Totals	99%	100%	101%	100%	100%	100%	100%	100%	99%	100%	99%	100%	100%
Unweighted N	(1,118)	(401)	(398)	(319)	(478)	(356)	(427)	(319)	(255)	(204)	(235)	(419)	(260)

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12C. Effects of Phone — Your relationships with others

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	43%	44%	41%	54%	44%	37%	38%	41%	52%	46%	*
Mostly negative	10%	10%	9%	9%	13%	12%	3%	11%	6%	5%	*
No effect	37%	37%	38%	24%	30%	41%	52%	38%	34%	35%	*
Not sure	10%	8%	12%	12%	13%	9%	7%	10%	9%	14%	*
Totals	100%	99%	100%	99%	100%	99%	100%	100%	101%	100%	*
Unweighted N	(1,117)	(519)	(598)	(301)	(287)	(315)	(214)	(731)	(143)	(171)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	43%	48%	35%	45%	49%	43%	38%	39%	56%	46%	40%	41%	44%
Mostly negative	10%	7%	14%	8%	6%	8%	8%	10%	12%	12%	7%	13%	5%
No effect	37%	35%	37%	40%	34%	42%	41%	45%	24%	36%	42%	36%	37%
Not sure	10%	10%	13%	7%	12%	7%	12%	6%	8%	6%	11%	10%	13%
Totals	100%	100%	99%	100%	101%	100%	99%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,117)	(402)	(400)	(315)	(479)	(353)	(426)	(317)	(256)	(205)	(234)	(416)	(262)

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12D. Effects of Phone — Your creativity

Does your phone have a mostly positive or mostly negative effect on the following?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	38%	36%	40%	46%	50%	33%	25%	32%	62%	50%	*
Mostly negative	9%	9%	9%	10%	10%	9%	8%	12%	3%	5%	*
No effect	41%	45%	38%	27%	26%	49%	60%	45%	27%	33%	*
Not sure	11%	10%	12%	16%	14%	9%	7%	11%	9%	12%	*
Totals	99%	100%	99%	99%	100%	100%	100%	100%	101%	100%	*
Unweighted N	(1,121)	(518)	(603)	(304)	(289)	(314)	(214)	(732)	(143)	(174)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	38%	43%	37%	36%	40%	36%	39%	32%	46%	33%	34%	41%	42%
Mostly negative	9%	9%	9%	9%	10%	9%	10%	9%	8%	12%	9%	7%	10%
No effect	41%	37%	41%	46%	41%	46%	39%	49%	36%	46%	45%	42%	34%
Not sure	11%	11%	13%	10%	10%	9%	12%	10%	10%	9%	12%	10%	14%
Totals	99%	100%	100%	101%	101%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,121)	(403)	(400)	(318)	(478)	(356)	(429)	(318)	(255)	(205)	(235)	(420)	(261)

12E. Effects of Phone — Your overall happiness

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	36%	38%	34%	39%	45%	30%	32%	31%	48%	42%	*
Mostly negative	11%	14%	9%	15%	14%	13%	3%	12%	8%	7%	*
No effect	40%	40%	41%	29%	27%	45%	59%	44%	37%	31%	*
Not sure	12%	8%	17%	17%	14%	12%	6%	12%	6%	20%	*
Totals	99%	100%	101%	100%	100%	100%	100%	99%	99%	100%	*
Unweighted N	(1,118)	(518)	(600)	(304)	(285)	(316)	(213)	(732)	(143)	(171)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	36%	38%	31%	39%	35%	38%	34%	34%	41%	41%	29%	33%	44%
Mostly negative	11%	9%	15%	11%	10%	9%	11%	13%	11%	9%	11%	15%	7%
No effect	40%	41%	40%	39%	42%	41%	43%	43%	33%	39%	49%	41%	31%
Not sure	12%	12%	15%	11%	13%	12%	12%	10%	15%	11%	12%	11%	17%
Totals	99%	100%	101%	100%	100%	100%	100%	100%	100%	100%	101%	100%	99%
Unweighted N	(1,118)	(404)	(400)	(314)	(480)	(354)	(427)	(316)	(256)	(205)	(236)	(417)	(260)

12F. Effects of Phone — Your ability to relax

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	33%	31%	36%	36%	42%	32%	25%	30%	47%	38%	*
Mostly negative	19%	22%	17%	24%	22%	19%	11%	22%	13%	18%	*
No effect	39%	40%	38%	26%	27%	44%	58%	43%	30%	32%	*
Not sure	9%	7%	10%	15%	9%	5%	7%	6%	10%	12%	*
Totals	100%	100%	101%	101%	100%	100%	101%	101%	100%	100%	*
Unweighted N	(1,120)	(519)	(601)	(305)	(287)	(313)	(215)	(734)	(143)	(172)	(71)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	33%	37%	30%	34%	35%	32%	32%	31%	39%	37%	31%	29%	40%
Mostly negative	19%	19%	16%	23%	21%	20%	18%	20%	23%	20%	21%	21%	13%
No effect	39%	36%	42%	39%	37%	42%	40%	44%	32%	37%	41%	41%	35%
Not sure	9%	8%	12%	4%	7%	5%	11%	5%	6%	6%	7%	9%	12%
Totals	100%	100%	100%	100%	100%	99%	101%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,120)	(403)	(400)	(317)	(480)	(356)	(428)	(319)	(257)	(206)	(236)	(419)	(259)

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12G. Effects of Phone — Your productivity

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	30%	35%	26%	32%	37%	26%	28%	27%	44%	38%	*
Mostly negative	23%	19%	27%	29%	27%	22%	15%	24%	15%	23%	*
No effect	37%	38%	36%	26%	24%	44%	51%	40%	36%	27%	*
Not sure	10%	9%	12%	14%	12%	8%	6%	9%	6%	12%	*
Totals	100%	101%	101%	101%	100%	100%	100%	100%	101%	100%	*
Unweighted N	(1,118)	(520)	(598)	(306)	(286)	(311)	(215)	(734)	(142)	(171)	(71)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	30%	30%	27%	35%	28%	32%	28%	28%	42%	28%	30%	30%	34%
Mostly negative	23%	27%	20%	22%	26%	21%	19%	25%	25%	26%	22%	21%	24%
No effect	37%	35%	40%	35%	37%	39%	42%	39%	25%	37%	39%	39%	30%
Not sure	10%	9%	13%	8%	8%	8%	11%	9%	8%	9%	10%	9%	13%
Totals	100%	101%	100%	100%	99%	100%	100%	101%	100%	100%	101%	99%	101%
Unweighted N	(1,118)	(401)	(398)	(319)	(478)	(357)	(428)	(315)	(257)	(205)	(233)	(420)	(260)

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12H. Effects of Phone — Your mental health

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	26%	25%	26%	27%	28%	26%	22%	23%	40%	26%	*
Mostly negative	17%	19%	16%	24%	21%	16%	7%	21%	7%	13%	*
No effect	42%	43%	41%	30%	31%	44%	61%	43%	35%	41%	*
Not sure	16%	13%	18%	18%	20%	14%	10%	13%	18%	20%	*
Totals	101%	100%	101%	99%	100%	100%	100%	100%	100%	100%	*
Unweighted N	(1,119)	(519)	(600)	(305)	(288)	(313)	(213)	(732)	(144)	(171)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	26%	26%	23%	28%	24%	26%	26%	22%	28%	34%	25%	26%	20%
Mostly negative	17%	17%	17%	17%	17%	16%	16%	21%	14%	17%	15%	20%	15%
No effect	42%	41%	41%	43%	41%	47%	42%	44%	43%	36%	47%	39%	45%
Not sure	16%	16%	20%	11%	17%	11%	16%	13%	15%	13%	13%	15%	20%
Totals	101%	100%	101%	99%	99%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,119)	(403)	(400)	(316)	(477)	(356)	(425)	(319)	(256)	(206)	(234)	(418)	(261)

12I. Effects of Phone — Your work-life balance

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	23%	25%	22%	32%	29%	20%	13%	20%	33%	32%	*
Mostly negative	12%	14%	11%	16%	17%	11%	5%	13%	8%	8%	*
No effect	53%	52%	55%	42%	37%	60%	71%	57%	45%	45%	*
Not sure	12%	10%	13%	10%	17%	9%	11%	10%	14%	14%	*
Totals	100%	101%	101%	100%	100%	100%	100%	100%	100%	99%	*
Unweighted N	(1,118)	(519)	(599)	(304)	(287)	(314)	(213)	(731)	(143)	(172)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	23%	26%	15%	29%	24%	26%	20%	25%	28%	22%	19%	26%	23%
Mostly negative	12%	10%	15%	11%	13%	12%	9%	11%	19%	17%	11%	11%	13%
No effect	53%	53%	56%	50%	52%	53%	58%	56%	43%	52%	61%	52%	49%
Not sure	12%	11%	14%	9%	10%	9%	13%	7%	10%	9%	10%	12%	14%
Totals	100%	100%	100%	99%	99%	100%	100%	99%	100%	100%	101%	101%	99%
Unweighted N	(1,118)	(402)	(400)	(316)	(479)	(353)	(425)	(318)	(256)	(205)	(236)	(417)	(260)

12J. Effects of Phone — Your physical well-being

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	23%	22%	23%	24%	26%	19%	24%	20%	32%	28%	*
Mostly negative	16%	17%	16%	20%	19%	17%	9%	19%	10%	10%	*
No effect	51%	53%	49%	42%	43%	55%	61%	51%	49%	45%	*
Not sure	11%	9%	13%	14%	13%	10%	7%	10%	8%	17%	*
Totals	101%	101%	101%	100%	101%	101%	101%	100%	99%	100%	*
Unweighted N	(1,121)	(519)	(602)	(302)	(288)	(315)	(216)	(737)	(141)	(171)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	23%	26%	20%	22%	24%	24%	22%	21%	25%	24%	21%	23%	23%
Mostly negative	16%	15%	18%	15%	14%	14%	15%	15%	19%	18%	17%	15%	15%
No effect	51%	50%	48%	54%	50%	52%	51%	56%	45%	51%	51%	53%	46%
Not sure	11%	9%	14%	9%	12%	11%	12%	8%	11%	7%	11%	10%	15%
Totals	101%	100%	100%	100%	100%	101%	100%	100%	100%	100%	100%	101%	99%
Unweighted N	(1,121)	(402)	(401)	(318)	(477)	(358)	(428)	(319)	(257)	(206)	(234)	(421)	(260)

12K. Effects of Phone — Your stress levels

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	22%	20%	23%	24%	25%	21%	16%	19%	32%	24%	*
Mostly negative	20%	21%	19%	29%	23%	19%	10%	23%	11%	14%	*
No effect	47%	50%	44%	31%	39%	51%	64%	47%	43%	46%	*
Not sure	12%	9%	14%	16%	14%	9%	10%	10%	13%	16%	*
Totals	101%	100%	100%	100%	101%	100%	100%	99%	99%	100%	*
Unweighted N	(1,120)	(520)	(600)	(304)	(289)	(315)	(212)	(733)	(141)	(174)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	22%	22%	20%	24%	20%	23%	23%	23%	21%	25%	19%	22%	22%
Mostly negative	20%	20%	19%	21%	20%	20%	19%	20%	23%	21%	18%	22%	17%
No effect	47%	46%	48%	46%	45%	48%	47%	49%	44%	44%	52%	46%	44%
Not sure	12%	13%	12%	10%	15%	10%	11%	9%	12%	10%	10%	11%	16%
Totals	101%	101%	99%	101%	100%	101%	100%	101%	100%	100%	99%	101%	99%
Unweighted N	(1,120)	(403)	(400)	(317)	(479)	(355)	(428)	(318)	(256)	(204)	(236)	(418)	(262)

12L. Effects of Phone — Your self-esteem

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	21%	22%	19%	26%	27%	17%	14%	16%	44%	28%	*
Mostly negative	11%	10%	13%	18%	18%	8%	2%	13%	5%	7%	*
No effect	58%	60%	56%	42%	39%	69%	79%	63%	44%	46%	*
Not sure	10%	7%	12%	14%	16%	6%	4%	8%	7%	19%	*
Totals	100%	99%	100%	100%	100%	100%	99%	100%	100%	100%	*
Unweighted N	(1,116)	(517)	(599)	(306)	(286)	(313)	(211)	(732)	(142)	(170)	(72)

	Total	Party ID			2024 Vote		Family Income (3 category)			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	21%	22%	18%	23%	21%	22%	19%	20%	26%	23%	22%	21%	18%
Mostly negative	11%	11%	14%	9%	10%	10%	11%	12%	11%	13%	8%	12%	12%
No effect	58%	56%	57%	62%	59%	61%	59%	61%	57%	57%	62%	59%	55%
Not sure	10%	11%	12%	6%	10%	7%	12%	8%	7%	8%	8%	8%	15%
Totals	100%	100%	101%	100%	100%	100%	101%	101%	101%	101%	100%	100%	100%
Unweighted N	(1,116)	(403)	(398)	(315)	(478)	(354)	(427)	(317)	(255)	(205)	(236)	(417)	(258)

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12M. Effects of Phone — Your ability to focus

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	18%	19%	18%	23%	24%	15%	12%	15%	28%	25%	*
Mostly negative	31%	32%	30%	41%	36%	31%	16%	33%	18%	31%	*
No effect	41%	42%	40%	22%	28%	48%	65%	45%	42%	30%	*
Not sure	10%	7%	12%	15%	13%	6%	7%	7%	12%	14%	*
Totals	100%	100%	100%	101%	101%	100%	100%	100%	100%	100%	*
Unweighted N	(1,118)	(518)	(600)	(305)	(288)	(311)	(214)	(733)	(141)	(172)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	18%	21%	14%	20%	17%	19%	19%	18%	19%	18%	19%	17%	19%
Mostly negative	31%	34%	31%	28%	36%	27%	26%	32%	39%	30%	26%	33%	33%
No effect	41%	37%	43%	43%	37%	46%	43%	43%	34%	43%	46%	42%	33%
Not sure	10%	8%	12%	8%	9%	8%	11%	7%	8%	8%	9%	8%	15%
Totals	100%	100%	100%	99%	99%	100%	99%	100%	100%	99%	100%	100%	100%
Unweighted N	(1,118)	(403)	(397)	(318)	(479)	(355)	(425)	(320)	(256)	(206)	(232)	(420)	(260)

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12N. Effects of Phone — Your attention span

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	16%	16%	16%	15%	25%	10%	16%	14%	28%	18%	*
Mostly negative	34%	32%	36%	45%	35%	39%	15%	36%	21%	26%	*
No effect	40%	41%	38%	24%	28%	44%	60%	41%	38%	39%	*
Not sure	10%	10%	10%	16%	12%	7%	9%	9%	13%	17%	*
Totals	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%	*
Unweighted N	(1,120)	(520)	(600)	(305)	(287)	(314)	(214)	(736)	(141)	(172)	(71)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	16%	18%	13%	18%	16%	15%	17%	14%	18%	15%	18%	16%	15%
Mostly negative	34%	39%	32%	31%	39%	32%	27%	37%	43%	32%	27%	35%	41%
No effect	40%	35%	41%	43%	36%	44%	45%	38%	33%	41%	44%	38%	35%
Not sure	10%	8%	14%	8%	9%	9%	12%	11%	6%	12%	11%	10%	9%
Totals	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,120)	(402)	(401)	(317)	(477)	(356)	(428)	(318)	(255)	(206)	(235)	(417)	(262)

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12O. Effects of Phone — Your sleep habits

Does your phone have a mostly positive or mostly negative effect on the following?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Mostly positive	13%	14%	12%	13%	19%	11%	9%	11%	21%	15%	*
Mostly negative	32%	33%	31%	51%	40%	25%	15%	30%	39%	37%	*
No effect	48%	48%	49%	25%	32%	60%	72%	53%	34%	39%	*
Not sure	7%	5%	8%	11%	9%	5%	4%	7%	6%	9%	*
Totals	100%	100%	100%	100%	100%	101%	100%	101%	100%	100%	*
Unweighted N	(1,120)	(518)	(602)	(304)	(289)	(313)	(214)	(733)	(142)	(173)	(72)

		Party ID			2024 Vote		Family Income (3 category)			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Mostly positive	13%	13%	12%	14%	11%	14%	12%	12%	17%	8%	10%	15%	15%
Mostly negative	32%	36%	29%	31%	33%	29%	28%	36%	33%	40%	31%	31%	27%
No effect	48%	45%	50%	51%	50%	53%	52%	47%	47%	44%	54%	48%	47%
Not sure	7%	6%	10%	4%	7%	5%	9%	6%	4%	7%	5%	6%	10%
Totals	100%	100%	101%	100%	101%	101%	101%	101%	101%	99%	100%	100%	99%
Unweighted N	(1,120)	(405)	(400)	(315)	(479)	(354)	(425)	(320)	(257)	(205)	(235)	(417)	(263)

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Interviewing Dates	May 23 - 26, 2025
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 32% Republican). The weights range from 0.051 to 5.043, with a mean of one and a standard deviation of 0.806.
Number of respondents	1129
Margin of error	± 3.8% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	63 questions not reported.