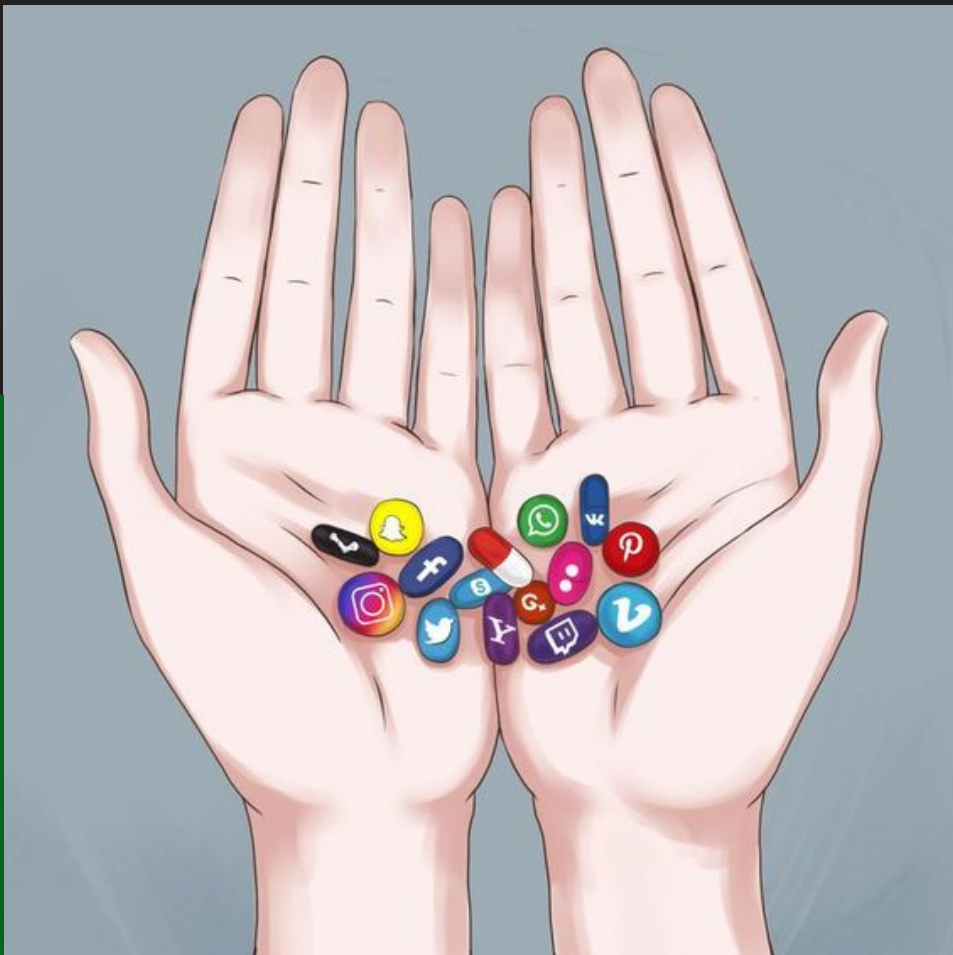
A close-up, dramatic shot of a shark's open mouth, showing rows of sharp, yellowish teeth. The lighting is dark and moody, highlighting the texture of the shark's skin and the gills. The background is dark and out of focus.

# Mutisõltuvus

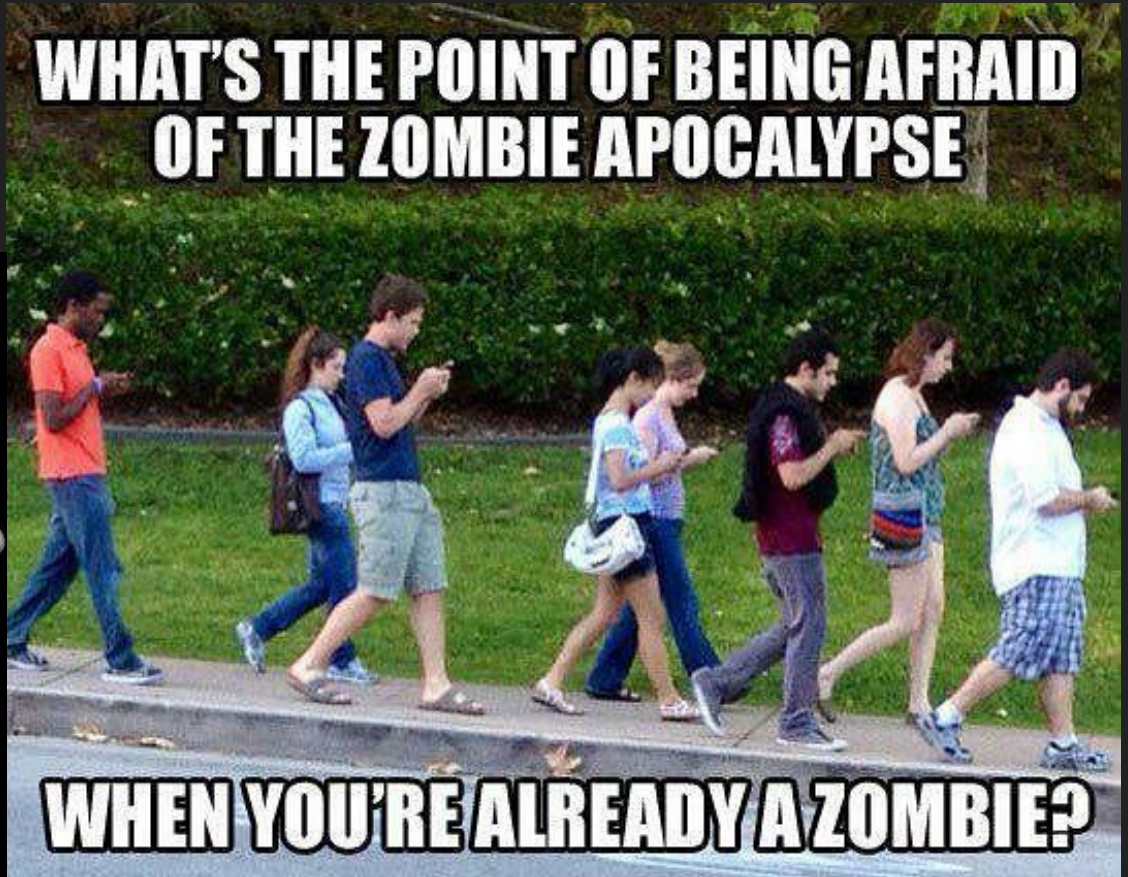
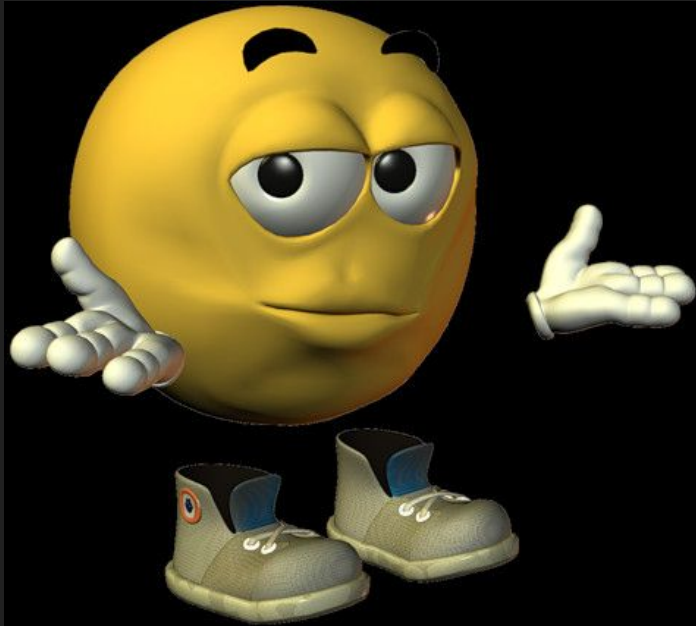
Keijo Vasar  
Sarah Pärl  
Läänemaa Ühisgümnaasium

# Mis on sõltuvus?

Nomofobia - hirm olla ilma  
mobiiltelefonita



Miks see on probleem?



Kui palju siis?

Keskmiselt 7 tundi ja 38 minutit päevas

53 tundi nädalas

2770 tundi aastas





Teaduslik tõestus

-Dopamiin

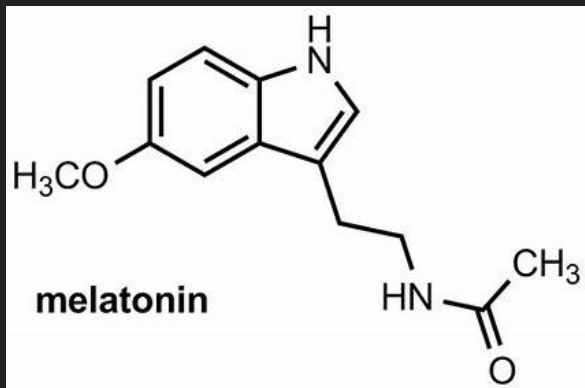


aine mis kontrollib  
motivatsiooni, ajus



Uni

Hormoon mis reguleerib  
bioloogilist ööpäevarütmi



Melatoniin



Take a Power Nap



Sleep a Few Extra Hours



Go to Bed Earlier



Practice Sleep Hygiene



Keep the Temperature Low



Avoid Caffeine at Night



Talk to Your Doctor



# Insomnia

Daytime effects of insomnia include:



Feeling tired, unwell or sleepy.



Delayed reflexes.



Trouble remembering things.



Mood disruptions, especially irritability.



Disruptions in work or social routines.

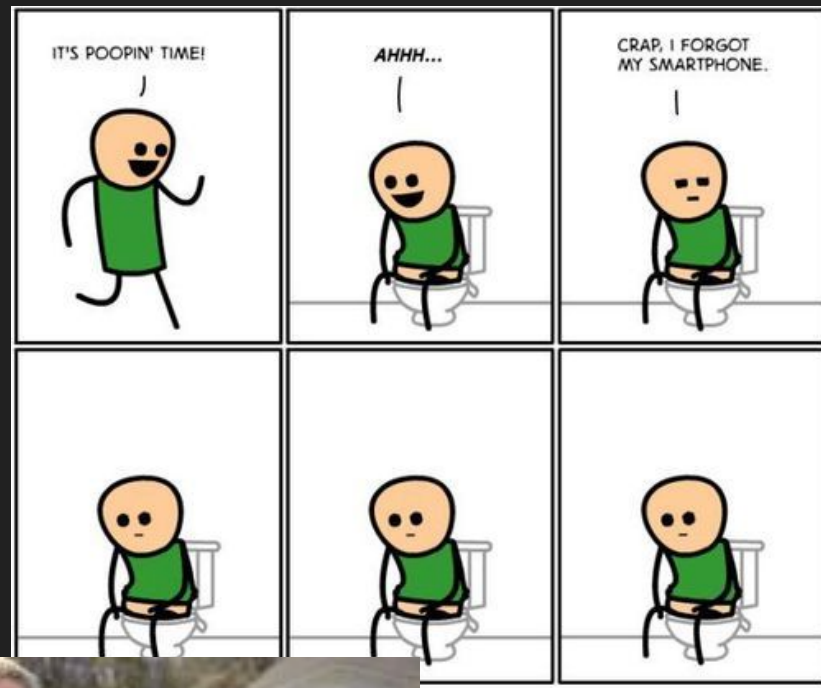


Slowed thinking or trouble concentrating.

Insomnia- unetus vői unehäired

# Kas oled sõitlane?

- ❖ Kaob ajataju
- ❖ Hirm ilma jääda





## Võimalikud lahendused

VÄHEMALT 30 MIN  
ENNE MAGAMA  
MINEKUT



# Nuputelefoni eksperiment



Tänne kuulamast!

