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| **Technology**  |

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| **Negative effects**  |

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| **Positive effects** |

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| **Stress on neck, shoulders and spine**  |

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| **Help people follow their illnesses**  |

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| **Neck and lower back pain**  |

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| **Sleeping difficulties** |

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| **Online education**  |

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| **Enhanced communication**  |

Science and technology revolutionize our lives. Technology plays a role in every part of our lives. It has many positive effects . It makes life easier and quicker. Health applications help people in following their illnesses, diet and exercise. With technology we can have online education and research easily. Technology also enhanced communication with others. It can let us know to the world’s news. Students who have better access with technology have better chances of learning and doing well at school. With the help of technology students have all the learning resources. Another very positive effect that technology has helped in health care by enhancing of hospitals.

 There are many negative effects of technology. When you use a smartphone, you are holding your head in wrong position. This position puts a lot of stress on your neck, shoulders, and spine. Neck pain and lower back pain will increase. Overuse of technology can also lead to repetitive injuries of the fingers, thumbs, and wrists. Technology in the bedroom makes sleeping difficult . That will make the person less alert. Some social media users compare themselves with celebrities. The researchers said that there might be an association between internet use and depression. Like adults, children who spend a lot of time on digital devices can experience symptoms of eye strain. In conclusion, technology changed and eased our lives.