Smartphones are important in our life. Most people use it daily at work and schools. Smartphones have many advantages as well as disadvantages. In this essay, they will be mentioned. In my opinion people cannot live without smartphones because they have a lot of advantages. To start with, smartphones help us to talk to our friends and family who do not live close to us. Also, we can find information easily online using smartphones. For example, we can use Al to help us with our homework. On the other hand, smartphones can also have its disadvantages. It can waste our time. For example, some people spend hours scrolling on TikTok. Moreover, it can affect our eye sight and make it weak. All in all, smartphones have advantages as well as disadvantages. For this reason, I believe we need to use them wisely