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Here's how many times we touch our phones every day



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It sometimes seems as if our phones function like an extra limb on our bodies. Now, research demonstrates exactly how attached to the devices we really are.

The typical cellphone user touches his or her phone 2,617 times every day, according to a study by [research firm Dscout](#). But that's just the average user: The study found that extreme cellphone users — meaning the top 10% — touch their phones more than 5,400 times daily.



Justin Sullivan/Getty Images

To test a [previous study](#) that found that cellphone users go through 150 mobile-device sessions every day, the folks at Dscout tracked 94 Android users with a special tool that counted the study participants' every mobile-device-related action for 24 hours a day for five days. Actions like typing, tapping, and swiping the phone's screen counted as a "touch."

The Dscout research also found that average users spent 145 minutes on their phones and engaged in 76 phone sessions per day.

As for iPhone users, [Apple recently confirmed](#) that its device users unlock their phones 80 times every day. That's about as much as six to seven times every hour.

So no matter your smartphone preference, the facts make a clear point: We are addicted to our mobile devices.



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