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| **Words to know** when viewing: [Dossier : l'addiction aux écrans | ARTE Family](https://www.youtube.com/watch?v=EVX3QkGgfAY)If you’re reading this, you’re looking at a screen. But when does screentime start to become a problem, and how important is it for people to be aware? Click to find out. un écran = a screenphysicien = physicistallumer = to light upappareils = devicesordinateur = computerle cerveau = brainon se sent mieux = we feel better oublier tout ce qui nous entoure = to forget everything around uscorps = bodysurmenés = overworkedmaux = achesle sommeil = sleep vide = empty |