

2026 PEW RESEARCH CENTER'S AMERICAN TRENDS PANEL
Wave 194: Survey on Smartphone Use
May 26-June 1, 2026

TOPLINE
N=9,750

Note: All numbers are percentages unless otherwise noted. Percentages less than 0.5% are replaced by an asterisk (*). Rows/columns may not total 100% due to rounding. The questions presented below are part of a larger survey conducted on the American Trends Panel.

"No answer" includes web respondents who do not answer the question as well as telephone respondents who refuse to answer or who say they don't know how to answer. In cases where "Not sure" was offered as an explicit option to web and telephone respondents, the "No answer" category includes only web skips and telephone refusals.

This survey was conducted primarily online, with some interviews conducted by live telephone. This topline shows the programming language for online administration. For details on how questions were slightly modified for phone administration, visit the questionnaire.

PN = Programming note

	Sample size	Margin of error at 95% confidence level
U.S. adults	9,750	+/- 1.4 percentage points

ADDITIONAL QUESTIONS HELD**SMRTIMP****ASK IF HAS A SMARTPHONE (SMART2=1) [N=9,208]:¹****[PN: RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS 1-5/5-1]**

Do you think using your smartphone helps or hurts each of the following?

		<u>Helps a lot</u>	<u>Helps a little</u>	<u>Neither helps nor hurts</u>	<u>Hurts a little</u>	<u>Hurts a lot</u>	<u>No answer</u>
SLEEP	How much sleep you get May 26-Jun 1, 2026	2	3	50	33	11	*
CON	How connected you feel to others May 26-Jun 1, 2026	21	34	32	10	3	*
PROD	How productive you are May 26-Jun 1, 2026	14	19	30	26	11	*
MOOD	Your mood May 26-Jun 1, 2026	5	15	56	19	4	*
INF	How informed you are May 26-Jun 1, 2026	42	38	17	2	1	*

BASED ON ALL ADULTS:

		<u>Helps a lot</u>	<u>Helps a little</u>	<u>Neither helps nor hurts</u>	<u>Hurts a little</u>	<u>Hurts a lot</u>	<u>NET no answer or no smartphone</u>
SLEEP	How much sleep you get May 26-Jun 1, 2026	2	2	46	30	11	8
CON	How connected you feel to others May 26-Jun 1, 2026	19	32	29	9	3	8
PROD	How productive you are May 26-Jun 1, 2026	13	17	27	24	10	8
MOOD	Your mood May 26-Jun 1, 2026	5	14	51	18	4	8
INF	How informed you are May 26-Jun 1, 2026	38	35	15	2	1	8

¹ Respondents received SMRTIMP if they previously answered "Yes, have a cellphone" to the question "Do you have a cellphone?" and "Yes, smartphone" to the question "Is your cellphone a smartphone?"

SMRTFREQ
ASK IF HAS A SMARTPHONE (SMART2=1) [N=9,208]: ²

About how often do you use your smartphone?

May 26-Jun	
<u>1, 2026</u>	
29	Almost constantly
65	Several times a day
3	About once a day
1	Several times a week
1	Less often
*	No answer

BASED ON ALL ADULTS:

May 26-Jun	
<u>1, 2026</u>	
26	Almost constantly
60	Several times a day
3	About once a day
1	Several times a week
1	Less often
8	NET No answer or no smartphone

SMRTTIME
ASK IF HAS A SMARTPHONE (SMART2=1) [N=9,208]: ³
[PN: ROTATE RESPONSE OPTIONS 1-2/2-1, HOLDING 3 LAST]

Overall, how much time would you say you spend on your smartphone?

May 26-Jun	
<u>1, 2026</u>	
57	Too much time
3	Too little time
39	About the right amount of time
*	No answer

BASED ON ALL ADULTS:

May 26-Jun	
<u>1, 2026</u>	
53	Too much time
3	Too little time
36	About the right amount of time
8	NET No answer or no smartphone

² Respondents received SMRTFREQ if they previously answered "Yes, have a cellphone" to the question "Do you have a cellphone?" and "Yes, smartphone" to the question "Is your cellphone a smartphone?"

³ Respondents received SMRTTIME if they previously answered "Yes, have a cellphone" to the question "Do you have a cellphone?" and "Yes, smartphone" to the question "Is your cellphone a smartphone?"

SMRTCUT**ASK IF HAS A SMARTPHONE (SMART2=1) [N=9,208]: ⁴**

During the past 12 months, did you ever try to cut back on the time you spend on your smartphone?

May 26-Jun	
<u>1, 2026</u>	
49	Yes
51	No
*	No answer

BASED ON ALL ADULTS:

May 26-Jun	
<u>1, 2026</u>	
45	Yes
46	No
8	NET No answer or no smartphone

CUTSUCCESS**ASK IF HAS TRIED TO CUT BACK ON SMARTPHONE TIME IN PAST 12 MONTHS (SMRTCUT=1) [N=4,176]:**

[PN: ROTATE RESPONSE OPTIONS 1-5/5-1 IN SAME ORDER AS SATLIFE_MOD]

During the past 12 months, how successful were you at cutting back on the time you spend on your smartphone?

May 26-Jun	
<u>1, 2026</u>	
6	Extremely successful
19	Very successful
52	Somewhat successful
20	Not too successful
3	Not at all successful
*	No answer

BASED ON ALL ADULTS:

May 26-Jun	
<u>1, 2026</u>	
3	Extremely successful
8	Very successful
23	Somewhat successful
9	Not too successful
2	Not at all successful
46	Has not tried to cut back on smartphone time in past 12 months
8	NET No answer or no smartphone

ADDITIONAL QUESTIONS HELD

⁴ Respondents received SMRTCUT if they previously answered "Yes, have a cellphone" to the question "Do you have a cellphone?" and "Yes, smartphone" to the question "Is your cellphone a smartphone?"