What are the advantages and disadvantages of modern technology on our life and health?

It **is** widely acceptable that in this cutting-edge era technology plays an important role in our life. Obviously, it has numerous merits, but in contrast it contains a few downsides, so in this essay I am willing to discuss both views and give my own opinion.

At the outset, technophiles hold **a** strong opinion on **the** positive effects of technology in today**'**s life. Some advocates state that high-tech technology boosts individual lifespan. For instance, in the past majority of people lost their life **because of** lack of knowledge and instrument**s** to cure patients, whereas nowadays with a ~~flourish~~ **advances** of technology scientists and doctors can detect a diagnosis and treatment of illnesses.

Likewise, a second plus point could be that it enhances general awareness of people in context of having a healthy lifestyle. For example, **not** everybody can~~not~~ afford to pay for visiting doctors or going to a gym so high-tech gives the opportunity to everyone to surf ~~on~~ the internet and download ~~the~~ video**s** from YouTube or some other valid websites for doing exercise and self-therapy.

By contrast, it is often argued that one of the downsides is sleep deprivation. Of course, everyone has a gadget of some sort that has an unquenchable thirst for overusing it, so people spend lots of time surfing ~~on~~ the internet or playing with their devices even when they are in ~~the~~ bed, ~~grafting~~ ~~.~~ ~~it~~**which** renders **them** sleepless~~ness~~ whereas sleeping well is **a** prerequisite of health.

The second drawback is ~~caused~~ less physical activity **caused** by high-tech devices. We face ~~to~~ widespread diseases like obesity, strain neck**s**, eye weakness that **stems** from sitting many hours in front of laptops or tablets or a screen.

To sum up, I personally opine that technology has a great impact on mankind for curing diseases and informing people, but we must utilize it in **a** correct direction/**the** right way **and** thereby we can prosper and serve the purpose ~~for~~ **of** being an advance**d** country.