

# Warning Signs of Gaming Disorder



Carrier

9:45 AM

78%



Gaming disrupts your sleep habits



Avoiding school or work to play



Needing to play longer to get enjoyment



Feeling irritable if you can't play



Feeling anxious when not playing



Being consumed with thoughts about gaming



Playing more than 6 hours a week



CONNECTICUT COUNCIL on  
**PROBLEM**  
**GAMBLING**

HELPLINE **1.888.789.7777**