

PROMPT

Describe 3 symptoms that convey someone likely crossed over from just watching a lot of Netflix to truly binge-watching.

WRITING FROM SOURCES

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SOURCE 1

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SOURCE 2

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SOURCE 3

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SOURCE 4

Binge-watching requires sitting for hours and hours... If the viewer is hooked on a show, they're more likely to sit on the couch eating unhealthy food and snacking more, which is linked to weight gain and damaged arteries.

One study found that binge-watching was related to poorer sleep quality, more fatigue, and insomnia, because of pre-sleep arousal. In other words, getting very invested in the characters and plot of multiple episodes of TV right before bed leaves the viewer thinking about the show more and unable to sleep...

A woman with blonde hair is sitting in front of a laptop, looking at the screen with a sad or weary expression. She is wearing a blue cardigan over a grey shirt. The background is a dimly lit room with a bookshelf. The text "LIES I TELL MYSELF" is overlaid at the top in white, bold, sans-serif font.

LIES I TELL MYSELF

"Just one more episode"



Read the following 4 texts about binge-watching. Two of the sources are print articles and two are visual texts. Use the information learned to help address the following prompt:

Describe 3 symptoms that convey someone likely crossed over from just watching a lot of Netflix to truly binge-watching.

SOURCE 1 | www.theatlantic.com

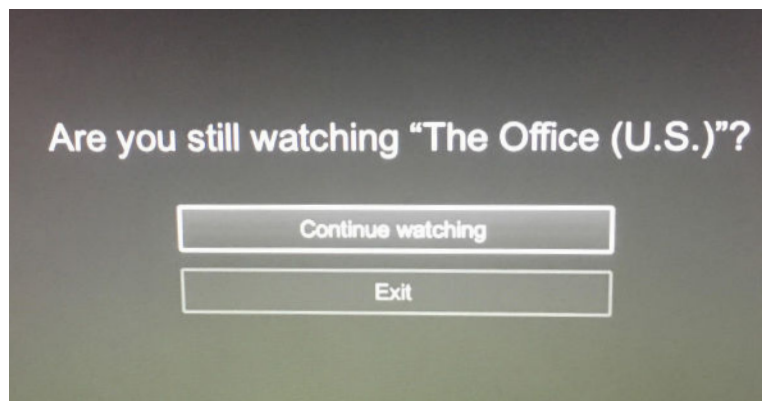
(Binge-watching) has its roots in the 1990s with DVD sets and TV marathons, but the practice reached a new level of recognition in 2013 as Netflix and other video services experimented with original content (like *Orange Is the New Black*) and offered numerous catch-up opportunities for critics' favorites (like *Breaking Bad*). Despite its increased prominence, though, there's never really been a good, single working definition of what binge-watching actually is.

...The Oxford Dictionary defines binge-watching as "watch[ing] multiple episodes of a television program in rapid succession, typically by means of DVDs or digital streaming." Dictionary.com takes a much broader stance on what types of entertainment can be binge-watched, and it suggests that it happens without ever getting up: "To watch (multiple videos, episodes of a TV show, etc.) in one sitting or over a short period of time."

Trend stories about binge-watching rarely get into precise numbers (because)... the minimum number of episodes does not distinguish between hour-long dramas and shorter sitcoms.

...

Joris Evers, the director of global corporate communications for Netflix, says over email that in the vast majority of experiences, the are-you-still-watching prompt appears after three episodes.



<https://makeameme.org/meme/me-after-binge>

...dia editor Chris Heller says. "If it'll keep playing, I'll probably keep watching until it asks me to make a decision. You know, the 'Are you still watching?' prompt that appears after a while. It's Netflix shaming. After that, I shut it down and try to not think about how my TV just judged me."

...

Sometimes there are clear reasons to feel guilty: Health channel fellow Judith Ohikuare said she felt bad about her all-nighter binge on *Sons of Anarchy* during the holidays because "I knew that I was supposed to be spending time with my family, not crouching over my laptop and screaming and crying about what was going on television." But the more common response was along the lines of what senior editor Jennie Rothenberg Gritz described as "a yucky feeling, like my consciousness was being overtaken by the show and I wanted to get back to the real world."

The show freezes and is replaced by a dull, gray little dialogue box. The box offers a "continue watching" button to click. Otherwise, the freeze continues, indefinitely.

Regardless of its intended effect, for some viewers, it actively incorporates the element of guilt into the experience. "The auto-play function is responsible for most of my binge-watches," Notes social me-

SOURCE 2 | makeameme.org



SOURCE 3 | indianexpress.com



SOURCE 4 | Excerpt from procon.org

Binge-watching requires sitting for hours and hours, which has long been linked to slow metabolism, heart disease, cancer, blood clots, and deep vein thrombosis. If the viewer is hooked on a show, they're more likely to sit on the couch eating unhealthy food and snacking more, which is linked to weight gain and damaged arteries.

One study found that binge-watching was related to poorer sleep quality, more fatigue, and insomnia, because of pre-sleep arousal. In other words, getting very invested in the characters and plot of multiple episodes of TV right before bed leaves the viewer thinking about the show more and unable to sleep. A survey found that 45.1% stayed awake all night to binge-watch a show. Researchers have also found that watching three or more hours of TV a day is associated with premature death.

PROMPT

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SOURCE 1

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SOURCE 2

SOURCE 3

SOURCE 4
