DO YOU CHECK YOUR PHONE AS SOON AS YOU WAKE UP?

TRY A DIGITAL DETOX FOR SLEEP...

digital detox

*noun* informal

A period of time during which a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world. "break free of your devices and go on a digital detox"

Why should I detox?

We're increasingly glued to screens, but is it good for us? We suffer from nomophobia ('no mobile phobia') when we forget our smartphone, are distracted by that boxset we're binging on, or find it hard to stop scrolling through 'news' feeds or social media apps.

Alarming statistics show that UK adults spend an average of 8 hrs 41 mins a day on screens and that the average smartphone user checks their phone 150 times a day, racking up a massive 2.15 hours a day just on social media.

Higher levels of smartphone usage are associated with anxiety, depression, narcissism, and missing out on sleep. Excessive online TV also affects us, especially now instant video automatically plays the next episode without any prompt from the viewer (goodbye to needing to click for the next episode!)

How should I detox?

1. Start by turning off all your push notifications and alerts on your phone. You don’t need to constantly be told when to respond to things.

2. Make sure you are not 'phubbing' (phone snubbing) your friends, family or colleagues by looking at your phone instead of them.

3. Try leaving your phone at home when you go out...

4. Set yourself a technology curfew and avoid blue light (emitted by phones, laptops and TVs) for 2-3 hours before bed. Blue light suppresses melatonin, the hormone that regulates sleep.

5. If it’s not possible to avoid blue light completely (because of shift work for example) try blue light-blocking glasses or adjust your mobile phone’s settings to use warmer colours after the time you start getting ready for bed. To do this on an iPhone go to Settings > Display & Brightness > Night Shift, and set the time you want. You can also use an app like Twilight to do this.

6. Buy an alarm clock. Do NOT plug your phone in next to your bed. Move it to the other side of the room, or better still charge it outside your bedroom at night.

Do I need a digital detox?

Take the 'Time to Log Off' campaign’s quiz to find out:

https://www.itstimetologoff.com/wp_quiz/do-i-need-a-digital-detox-quiz/