Have you ever stayed up during the night, using digital devices and felt tired in the morning? If you have, it is time to change your ways of life. Digital screen harm people’s health significantly currently, reducing their vision and stealing their sleep. In this advice sheet, I will give tips for you on the topic of how to reduce your technology usage, starting with to go outdoors more, disable notifications and set time limits to restrain yourself.

First and foremost, one way to limit technology usage is to go outside more often. This is an effective method, as it benefits you in two ways. If you bring a friend along, you can chat with them, making digital devices less likely to be opened during the period of time. The second way is that it might help reverse the impact of digital devices. For instance, one of the many effects of digital devices being overused is eye problems. These are caused by the bright lights the device emits, not quite blinding the person but still harming their eye. Going outside is the opposite, it emits natural and safe light, meaning that the eye is given time to heal. Therefore, going outside successfully limits technology usage with extra benefits as well.

Second of all, another way to decrease the amount of time you are looking at a screen is to disable notifications. Despite this tip being unimpressive, it actually has a paramount impact on people’s technology usage. Many people have phones today, where they organise chats so they could talk even when they’re away. While this might seem like an excellent idea itself, as it is, there is one significant downside. People turn on notifications on them, in hopes of responding immediately when another person sends a message, but this makes the other tips useless. This is because they are expecting word from their friends every minute, making it impossible to focus on the task at hand, while also making them constantly check their phone for messages. So, you could turn off messages in order to stop some technology usage.

Last but not least, you can set screen time limits on the device so you wouldn’t use it too often. Setting this screen time up can be good, since it would prevent you from using the apps you like constantly. If you mainly use 1 central app or one app per day, setting a limit of one hour is good enough. However, if you use multiple apps per day, you could either limit it so you spend a small amount of time on each or switch to one or two apps per day. This allows efficient time limiting, creating more time to relax and get the eye to heal. Therefore, setting up a screen time limit really can help you get less screen time.

In conclusion, I have given you three instructions to follow in order to significantly reduce your technology use and its harms on you. These are to spend more time outdoors, turn off notifications and set screen time limits for your digital device. So, why not try those out right now?