How To Reduce Your Use Of Technology In Everyday Life

Today, I will be showing you how to reduce your use of technology in your everyday life so they don't distract you. This advice sheet can help you make better choices when you are using your technology. Did you know that an average person spends 7 hours of time on their phones? Yeah, that is a lot of time so today I will tell you how to reduce your use of technology so that you are healthier and happier.

The first way to reduce your use of technology, is to create a technology free zone. This means that you can't play in that zone or time like before meals or before bedtime. According to Dr. Twenge, creating a technology free zone can help you sleep better, reduce stress, focus better and connect more because they talk to their family at mealtime. Already 73% of people reported that after creating a technology free zone improved their well-being.

The second way that can help you look less on your ipad or computer is to turn off non-essential notifications and set a time limit. Dr. Rosen said that " managing your notifications and distractions is good for your body". Studies show that when 30 people turned off their non-essential notifications for 24 hours, two-thirds of them said that they felt less distracted. This can help because when you are sleeping and a not important thing comes up on your phone and wakes you up it can be harder to get back into sleeping.

Last but not least, you can reduce your use of technology by taking mindful breaks. This means that you step away from electronics for a little while to refresh your mind. According to Dr. Rosen doing this helps with your eyes rest. About 70% of adults did this and surprisingly their eyesight got better than before. When you take a break from your device, your eyes will rest but if you don't then your eyes will tend to become droopy and tired.

To conclude, resting and not playing on your devices is very good because it can help you in various ways like helping you rest better, sleep better, and even connecting you closer to your family and friends by spending time with them and not playing on your phone. When you do that your mental health and well-being can both improve making you a better person.