How to reduce your use of technology

There are many ways to reduce your use of technology in everyday life. To reduce technology daily, you need to try these tips.

Some tips include creating screen time limits and disable non essential notifications from others. You can also make tech free times and zones including when there are meal times and bedtime. You can also delete unnecessary apps and place your device in a different room at night, just to get a habit out of it.

As you can see, there are many ways to reduce your technology use. Many convenient uses can be creating time limits and creating tech free time zones. Make sure to consider these tips!