airplane mode.

alternate ways of spending my time.

15 min
I spent on Instgram.
I can learn how to juggle.

45 min
I spent on Twitter.
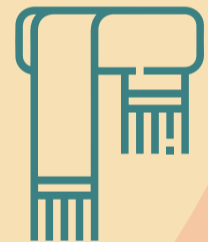I can bake a lasagna.

1 hr
I spent looking through emails.
I can get a manicure.

3 hrs
I spent onYouTube.
I can knit a scarf.

5 hrs
I spent on Twitch.
I can read Harry Potter
& the Sorcerer's Stone.

16 hrs
weekly on
my devices.

291
phone
pickups.

838
daily
notifications.

strategies

turn off notifications.

charge devices away
from the bed.

set up downtime.

create app time limits.

Citations