

HEALTHY SMARTPHONE HABITS

5 BENEFITS OF REGULATED PHONE USE



MENTAL REST

With constant stimulation in both the online and offline world, having time away from your phone can promote rest and recovery for cognitive and physical energies. This can help enhance both focus and performance.

IMPROVED SOCIAL SKILLS

By keeping your phone out of reach during social interactions, you can avoid the appearance of rudeness, minimize interruptions, and have more meaningful social experiences.

BETTER SLEEP

Limiting excessive smart phone use at night, especially the use of social media apps and games can improve sleep quality.

PHYSICAL HEALTH

Screen-based sedentary behavior may have a negative impact on health due to low levels of physical activity. Regulated smartphone use can be important in preventing negative health behaviors.

REDUCED DISTRACTIONS

When focusing on a task, you can avoid possible intrusions by turning off your notifications. This can help reduce errors, distractions, or procrastination.