

# Tips for healthy screen time

## 1 Make your phone work for you again.

These apps and settings will help you focus and find calm.

**Set time limits** on your phone. You can track your daily usage with Screen Time (iPhone) or Digital Wellbeing (Android). Want to restrict your use of an app? Set a daily time limit for it. Once your time is up you will get a notification or the app will be blocked.

**Turn off your notifications.** Push notifications capture your attention continuously, even when you didn't ask for it. Take a critical look at your apps: which notifications are really important? Which ones can be turned off?

**No phone in the bedroom.** Keep your phone outside the bedroom to avoid scrolling before bed or checking your messages as soon as you wake up in the morning.

## 2 Which use suits my needs best?

You define your relationship with your phone. Find out what works for you.

**Clean up your phone apps.** Be honest about the apps you (don't) use. Which apps make you really happy? And which don't do anything for you? Fewer apps means fewer temptations.

**Make agreements,** with yourself and others. Discuss with the people in your household where and when screens are allowed. Consider banning phones from the dinner table, no phones after a certain time, or reading for half an hour every evening instead of scrolling. Set your own limits, based on your needs.

**Respond when it suits you.** You don't have to answer right away when you receive a message. You could try limiting this to the morning and late afternoon. This reduces the pressure to always be on.

## 3 Stay critical and aware.

Learn how apps work, be app smart. That way you are in control.

Social media, streaming services and AI tools are designed to capture and retain your attention as long as possible. It is the algorithms that decide what you see - or not. Ask yourself: **did I choose this or am I being tempted?** And do I want this?

Keep it simple. **Do one thing at a time;** it is far more satisfying. You will get more out of a movie or a conversation if you put your phone away.

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