

How to cut back on the time you spend on your phone?



THE AVERAGE TIME PEOPLE SPEND ON THEIR CELL PHONES IS 3 HOURS A DAY, ACCORDING TO A STUDY CARRIED OUT BY CUPONATION LAST YEAR.

Out of all the surveyed countries, Brazil was ranked 5th among the countries that have this habit. In 1st place is Indonesia, with an average of 4 hours a day.

If we consider that the day has 24 hours, it may not seem like much. However, the same research shows that the TOTAL AMOUNT OF TIME PEOPLE SPEND ON THEIR SMARTPHONES HAS GROWN BY 50% WHEN COMPARED TO 2016.

WHEN WE TAKE THIS INTO CONSIDERATION, IT IS WORTH RETHINKING THE HABIT.

HOW TO AVOID USING YOUR CELL PHONE EXCESSIVELY?

Reduce the number of icons on the main screen.



Disable notifications or group them into a single folder.

Define one or two specific times a day to see these notifications.

Avoid keeping your phone in sight while you are in front of other people.



Put your phone away while its battery is charging.

Do not use your cell phone before bed, as its light reduces the capacity to produce melatonin, the sleep hormone.



CURIOUS FACT!

DID YOU KNOW THAT CELL PHONE DEPENDENCY HAS A NAME? IT IS CALLED NOMOPHOBIA.

This is phobia or anguish is caused by the inability to have cell phone communication.

