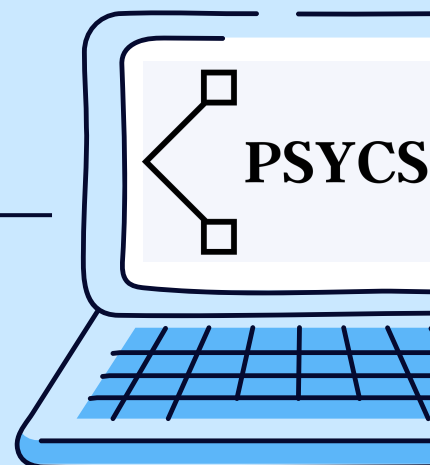# How to Unplug

Here are a few tips to help you spend less time online.

PSYCS

→ SET TIME LIMITS

Designate a limited window for internet use. Consider installing a browser extension like StayFocusd[1] to help.

iPhones[2] and Androids[3] allow you to set time limits on specific apps in their settings. If you are struggling to stick to your limit, give your passcode to a trusted friend.

→ EXPLORE AN OFFLINE HOBBY

Do something you enjoy that takes you away from the internet.

Good options are ones that require your full attention, like exercise, reading or crafting.

→ MEET UP WITH FRIENDS

Spend time with people in real life.

Where possible, try to use online communication as a tool for arranging in-person quality time rather than a substitute for meeting up.

→ DON'T SLEEP NEXT TO YOUR PHONE

Try to limit your screen time before bed. Blue light within half an hour of going to sleep can affect sleep quality.

Try leaving your phone in another room at night. Consider getting an alarm clock if you rely on your phone to get up in the morning.

→ SCHEDULE TECH-FREE TIME

Set aside two hours a day where you won't use the internet. Use this time to catch up with people or work on your offline hobbies.

Be mindful of staying connected to the world around you.

→ LEAVE YOUR PHONE AT HOME

Challenge yourself to leave home without your phone once it a while.

If remaining contactable is necessary for you, consider buying a non-smart phone and swapping sims sometimes.