



How to do a Digital Detox

Reduce your time on devices

If you set a maximum daily time allowance for your devices, you will be more likely to stick to your detox. Reducing the use of phones, laptops or tablets close to bed may also help you gain sleep better.

One step at a time

Don't try and go 'cold turkey'. Ease yourself in slowly and commit to changing one habit at a time. Take a social media break or only check e-mails at the beginning or end of the day.

Connect with people

Give people 100% of your attention, particularly during family or social occasions. This will help to improve your relationships by connecting with people on a personal level rather than through a screen.

Get a detox buddy

You can discuss your progress, encourage each other to keep going and spend time together face-to-face rather than messaging through phones or emails.

Don't make your detox a secret

The more people you tell about your detox, the more people will be watching you - and the less you will want to fail.