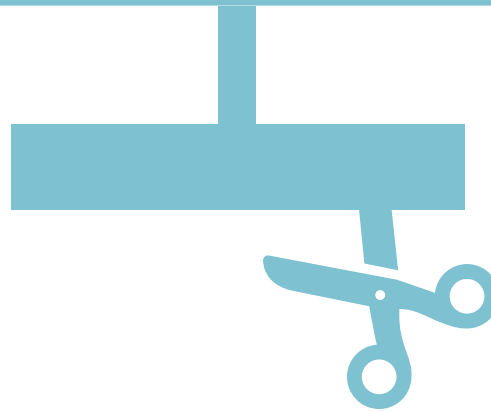




DIGITALHEALTH



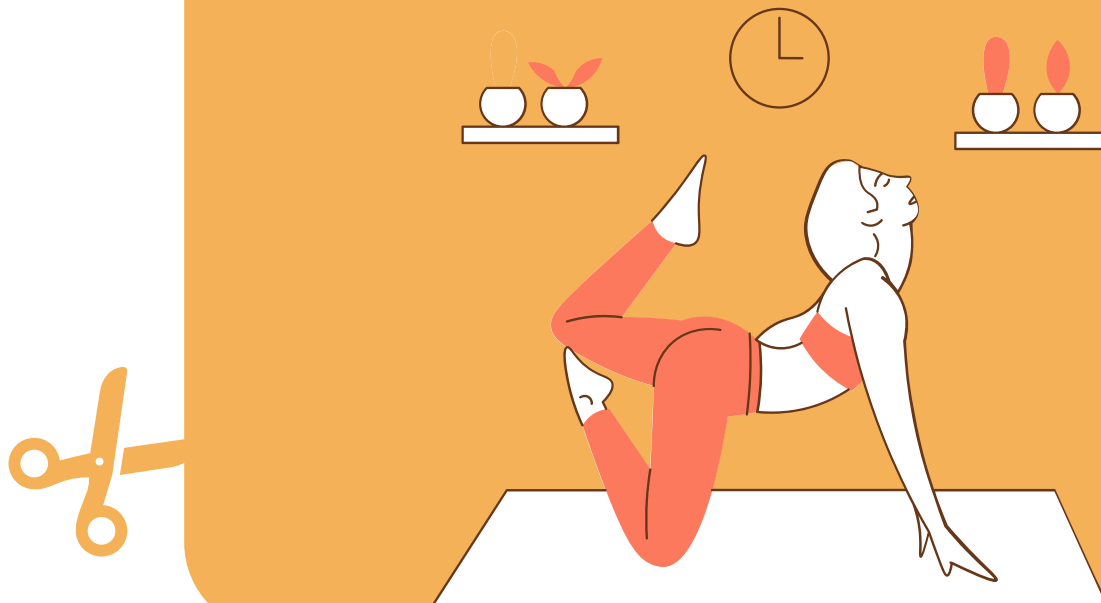
FOCUS ON ONE THING

Multitasking while doing homework can lead to spending more time to achieve the same level of performance.



TAKE BREAKS FROM SOCIAL MEDIA

Increased time spent on social media and higher number of visits to social media sites are associated with increased rates of depression.



BE MINDFUL

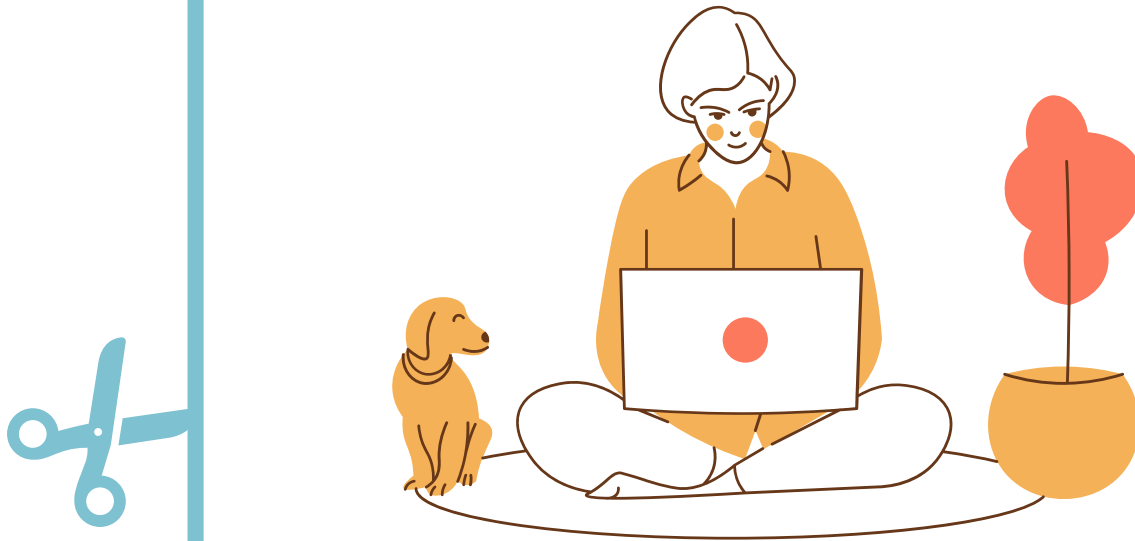
Reflect on how you spend your time on digital screens. Does it increase your levels of happiness and connectedness? Does it have any negative impacts in your life?



CHECK EMAILS LESS FREQUENTLY

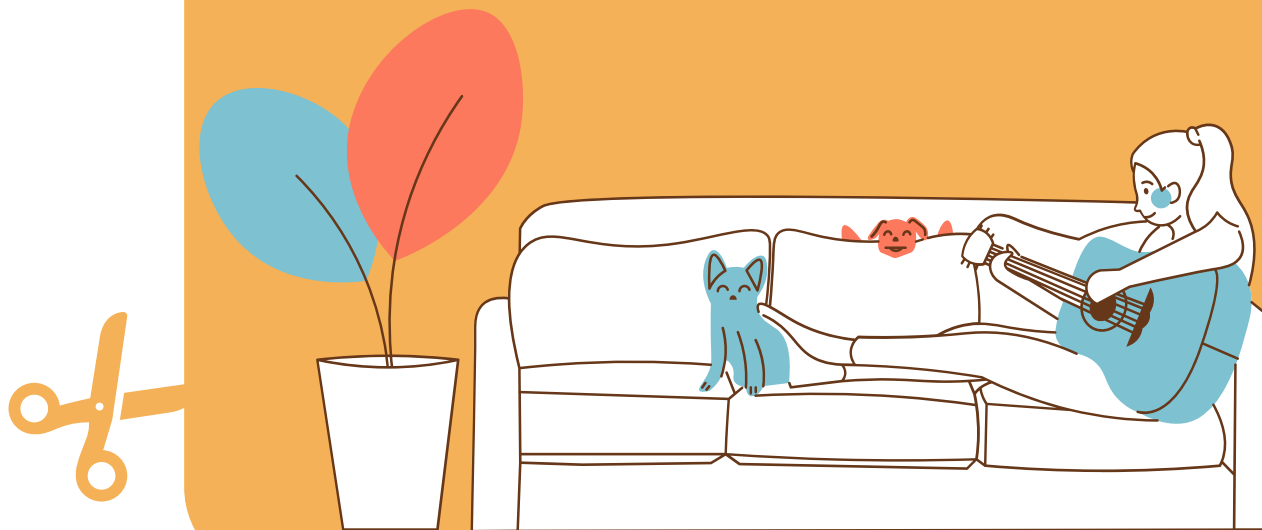
Checking email a few times a day rather than constantly can lead to lower levels of stress.

Consider disabling email notifications and manually checking only a couple times a day.



DISABLE NOTIFICATIONS

Having auditory, tactile, and visual notifications enabled on a mobile device and having that mobile device within eyesight can cause higher levels of inattention and hyperactivity.



MAKE BEDTIME PHONE-FREE

Bedtime phone use is associated with more fatigue and later rise time. Consider disabling notifications to lessen the urge to check your phone before bed and minimize sleep disturbance.



REFERENCES

1. Bowman, L. L., Levine, L. E., Waite, B. M., & Gendron, M. (2010, May). Can students really multitask? An experimental study of instant messaging while reading. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0360131509002656?via%3DiHub>
2. Lin et al. (2016) Association between Social Media Use and Depression among U.S. Young Adults. Retrieved from https://www.researchgate.net/publication/291328741_Association_between_Social_Media_Use_and_Depression_among_US_Young_Adults
3. Kushlev, K., & Dunn, E. W. (2015). Checking email less frequently reduces stress. Retrieved from <https://doi.org/10.1016/j.chb.2014.11.005>
4. Exelmans L, Van den Bulck J. (2015). Bedtime mobile phone use and sleep in adults. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/26688552/>

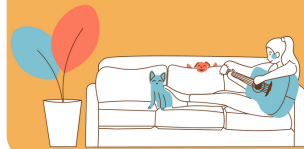


LAYOUT

DIGITALHEALTH

DISABLE NOTIFICATIONS

Having auditory, tactile, and visual notifications enabled on a mobile device and having that mobile device within eyesight can cause higher levels of inattention and hyperactivity.



FOCUS ON ONE THING

Multitasking while doing homework can lead to spending more time to achieve the same level of performance.



TAKE BREAKS FROM SOCIAL MEDIA

Increased time spent on social media and higher number of visits to social media sites were associated with increased rates of depression.



MAKE BEDTIME PHONE-FREE

Bedtime phone use is associated with more fatigue and later rise time. Consider disabling notifications to lessen the urge to check your phone before bed and minimize sleep disturbance.



BE MINDFUL

Reflect on how you spend your time on digital screens. Does it increase your levels of happiness and connectedness? Does it have any negative impacts in your life?



CHECK EMAILS LESS FREQUENTLY

Checking email a few times a day rather than constantly can lead to lower levels of stress. Consider disabling email notifications and manually checking only a couple times a day.



REFERENCES



1. Bowman, L. L., Levine, L. E., Waite, B. M., & Gendron, M. (2010, May). Can students really multitask? An experimental study of instant messaging while reading. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0360131509002656?via%3Dihub>
2. Lin et al. (2016) Association between Social Media Use and Depression among U.S. Young Adults. Retrieved from https://www.researchgate.net/publication/291328741_Association_between_Social_Media_Use_and_Depression_among_US_Young_Adults
3. Kushlev, K., & Dunn, E. W. (2015). Checking email less frequently reduces stress. Retrieved from <https://doi.org/10.1016/j.chb.2014.11.005>
4. Exelmans L, Van den Bulck J. (2015). Bedtime mobile phone use and sleep in adults. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/26688552/>