

# Mobile Screen Time Analysis

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# Problem

To spend at most 5 hours on mobile screen time per day.

Questions to consider:

- What activities me use my mobile phone regularly?
- What activities would make me spend less time on my mobile phone?

# Data

Data was collected over a 21 day period (12th May 2024 - 1st June 2024) from my phone's Digital Wellbeing App.

21 rows and 27 columns

- **Date:** The date the data was collected
- **Screen Time:** Time spent on screen for a full day
- **Phone Unlocks:** Number of phone unlocks in a day
- **Notifications:** Number of notifications received in a day
- **Screen time of 23 Apps:** Time spent on each app in a day

# Process

## Data Cleaning:

- Converted time to minutes

## Data Selection:

- Selected top 5 apps with most screen time

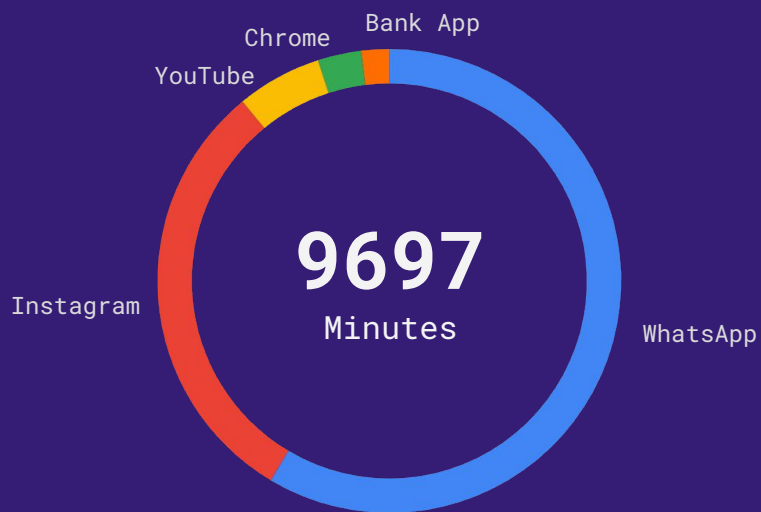
## Data Analysis and Visualization:

- Used pivot tables and other charts in google sheets

## Data Preparation:

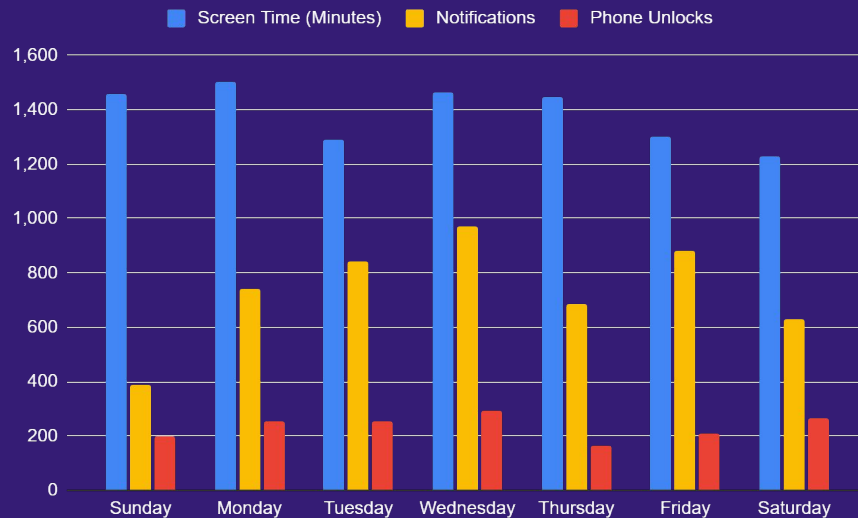
- Aggregated Data using SUM and AVERAGE where applicable.
- Created new column for day of week.

# Findings



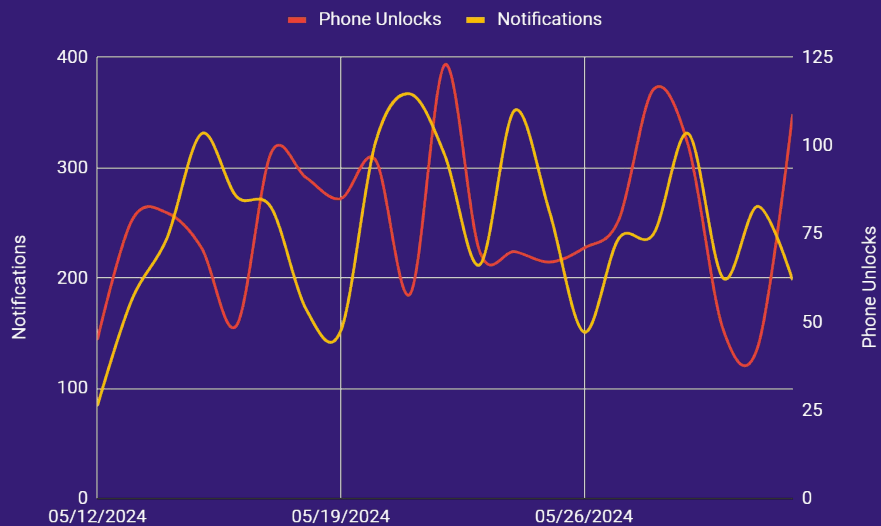
**1649**  
Unlocks

**5141**  
Notifications

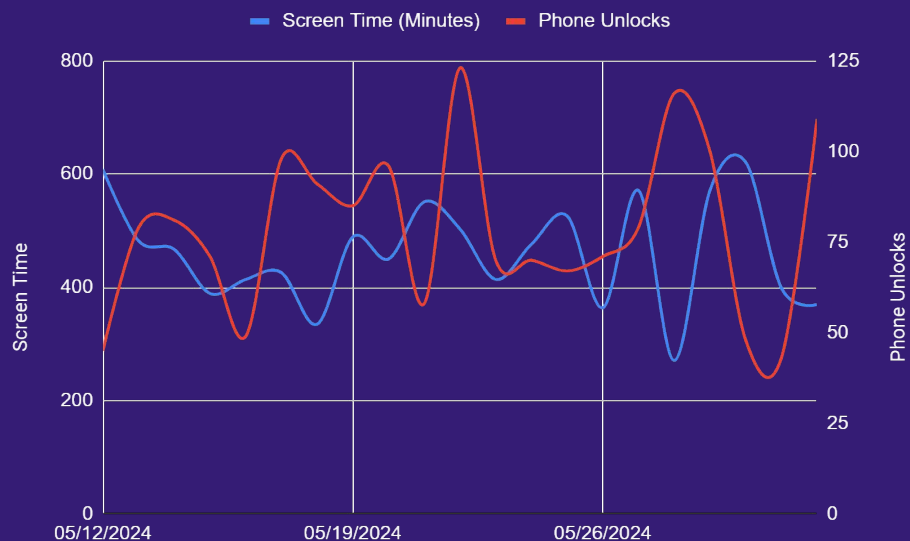


# Findings

## Phone Unlocks vs Notifications



## Screen Time vs Phone Unlocks



# Findings

- I spent **6 days, 17 hours and 37 minutes** on my phone between May 12 and June 1 (21 days).
- **72.2%** (4 days, 20 hours and 43 minutes) of this time was spent on **WhatsApp and Instagram**.
- There was no pattern between the day of the week and screen time for that day.
- The **more notifications** I got, the **more phone unlocks** I made.
- The **more phone unlocks** I made, the **more screen time** I spent.

# Conclusions

- Notification sounds prompt me to use my mobile device regularly.
- Putting my phone on focus mode for most part of the day can help me reduce unlocking my phone and also reduce screen time.
- Setting a screen time limit for social apps like WhatsApp and Instagram can help reduce my screen time.



Thank You