What is the most time-consuming device we use? Well, for most of us, it’s a smartphone. So, I decided to get rid of it for the hole week and replace it with the push-button telephone and player.

As the many of us, I usually start my day with checking messages and some news, but now the only thing I could do was just get up, so I saved lots of my time.

Also, because I was no longer staring at my phone the hole time, I noticed that Saint - Petersburg is even more beautiful that I thought.

Furthermore, now I read books before bad, which makes me fall asleep pretty quickly, so I finally get enough amount of sleep and also wake up without an alarm (except Tuesday), which make me feel really well.

All in all, I’d like to say that my life without smartphone barely change. However, I have had much more free time than usual, and I hadn’t felt any discomfort because absence of my smartphone. Moreover, I began to feel more energetic so that was a great experiment for me.