Week 10 Lab Report

This lab we did over the past week has quite literally opened my eyes (I think that is evident by the low amount of sleep hours recorded on my chart below). Jokes aside, keeping track of my sleep and screen time has really helped me to realize that I have a lot to improve upon in terms of my digital health. Honestly, I thought that maybe my results would be skewed because I knew I was recording myself for lab purposes, but I’m actually glad it ended up not being that way because I now realize how serious these issues may be. I expected my work time count to be a lot higher than my leisure or screen time count. It was higher, but not by much unfortunately. I am still getting homework done, but I realized that I need to put more focus into my learning instead of just worrying about completing assignments to get them over with. I love my major and I love learning about software and computer science, so I just need to pick up the slack and enjoy the things I’m doing rather than trying to get them done to look at social media.

One thing I realized is that I have a compulsion to pull out my phone and randomly scroll through social media even though I’m not looking for anything in particular. I’ve caught myself doing it several times this past week and it was the strangest thing. If I didn’t give into it I almost felt like I was getting a little restless and I think that is the result of a process addiction. This is honestly the reason why I got to bed later like around 1:00AM on most of those nights recorded in the chart. The other nights I was out with friends (I will admit it was past curfew) and also seeing the very late showing of The Batman. This process is also why I had so many distractions marked for the first couple of days, though I do think I got better control of it as the week progressed.

Honestly, I think it’s pathetic that I struggle with a process addiction such social media scrolling. I want to kick this addiction, and I’ve already started taking action to do so. One of the things I’m really applying, especially that we’re now at the end of the week is to finish all of my homework scheduled for a certain day (and make sure that there is nothing else to be working on) before I start any leisure activities such as looking at social media or playing video games. I will allow myself quick breaks every once in a while, to send texts or change music, and bigger breaks like going to the gym. I also now start to get into bed earlier because I always end up scrolling for a bit before I fall asleep, so that way I finish scrolling earlier and fall asleep at a decent time.

This lab helped me to see that even though I thought my use of tech and sleep time were where they should be, I still had and have changes to make. I understand that technology is not a bad thing, I genuinely enjoy the things I’m learning and skills I’m gaining because of my computer based major. I just need to make sure that the technology I’m using doesn’t take over my life.

**Screen and Sleep Time Tracking**

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