

How to have a little Digital Detox



Iris Technologies

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Introduction

Technology is like a drug - you get used to it so fast that you don't even realize how big part of your life it is.

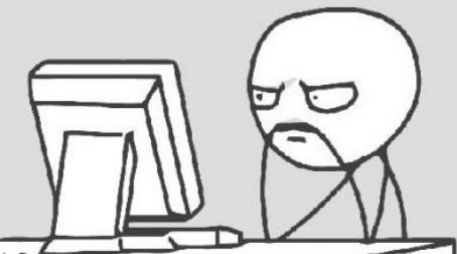
This is the part where you'll probably say:

"I'm in control of my technology use - my phone has no power over me."



1. Denial

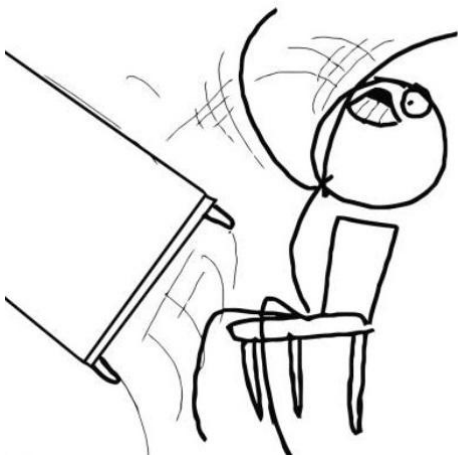
**WHY WOULD I NEED DIGITAL
DETOX, I'M NOT ADDICTED**





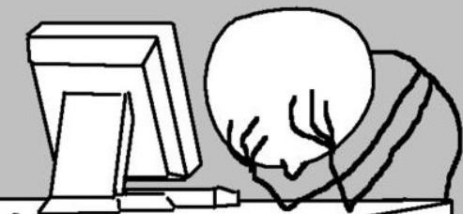
Can't Connect

↻ Tap to Retry



2. Acceptance

FINE... MAYBE I AM...



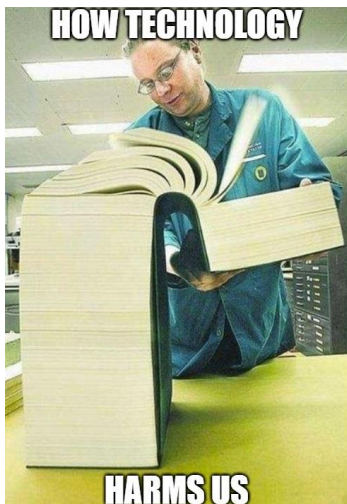
Now you probably realize that we actually need help. If you still haven't - check out these statistics:

- The smartphone is the last thing most people look at before going to bed at night (not the eyes of your loved one).
- We spend more time staring at our phones than making eye contact.
- An average person will spend more than five years of their life on social media.
- 79% of adult smartphone users have their phones with them for 22 hours a day.

Shockingly relatable, right?

How Technology harms us?

There are thousands of books and articles out there about the negative effects of technology.



We won't bore you with that now 😊

You can read more about the effect of technology on us here:

- [Blue light effects](#)
- [Blue light - learn the fact and fiction behind this modern threat](#)
- [11 Ways we strain our eyes with computers](#)

You can also download our E-Book
["What most successful people do"](#)



Before you start your Digital Detox

First, I'll advise you to focus on the four most important things in your life:



We tend to make a big deal out of small things.

But most emergencies are just in our head, they are imagined.

We often pretend to be super busy, always in a rush and 24 hours a day are not enough for us to do everything.

The truth is that it is way easier to be busy than to cut out the unnecessary things in your life.

It is way easier to act like you do important things than to actually start pursuing what would really make you happy.

And the Internet helps us stay busy.



Here at [Iris](#) we think that Technology doesn't need to be toxic.

Which is why we have dedicated our work to you – our software Iris protects your eyes in front of the screen.



Protect your Eyes. Be Healthy. Achieve more

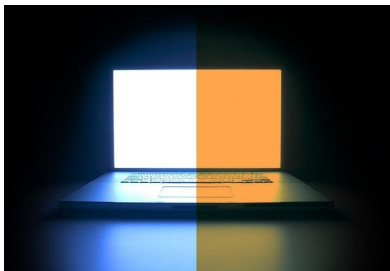


<https://iristech.co>

Once you install it, you'll forget about the headache and the eye pain in front of the screen

With Iris you will:

- Block the [blue light](#)



- Control the [PWM flicker](#)
- Work for hours without getting tired
- Be able to achieve more

Here we come to the main question:

How to have a little digital detox?



Set an achievable target

If you decide to cut out all of your devices there is a high chance of failure.

My advice is to change one technology habit at a time.

Start by removing the phone from the table during dinner.



You will be surprised how good you will feel – having a nice conversation with family and friends without being interrupted by a messenger notification.

When you get used to that you can add for example 2 hours a day during the weekends when you turn off your phone and put away all electronic devices.

Grab a book or go for a walk in the park, meet friends, draw a painting, start a new hobby, etc.



Step by step you can achieve everything – just don't set unachievable goals because this will disappoint you.



Find a detox buddy

Detoxing yourself from technologies is just like going to the gym.

If you don't have enough willpower you'll probably give up soon.

Find yourself someone to motivate you and to remind you what your goal is.



Tell everyone

Let all your friends and family know that you'll start a Digital Detox.

The more people watch you the less you'll want to fail.

So, if you want to succeed tell your annoying friend and every time you reach for your phone he or she will be like: Weren't you detoxing yourself?



The rule of thirds

Have you heard about it?

It basically means that you divide 24 hours into three parts – 8 hours work, 8 hours sleep, 8 hours free.

40 hours of work a week are enough, there are studies that show that for creative workers more than 20 hours of work a week decrease their productivity and creativity.



No matter what – don't overwork yourself.

If you wonder what it has to do with your digital detox if you don't work in front of the PC – it has a lot to do with your overall well being.



Read

Most of us can't fall asleep the second their head touches the pillow.

So we play a game on our phones or check Instagram and Facebook one last time.

Usually it takes us 30-40 minutes.

That's because our screens emit blue light. The blue light itself is not bad – it exists in nature.



The sky is blue and people have always watched it and it didn't bother them.

However, it is not OK to look at a bright sky at night, right?

This is why phones in bed don't help us fall asleep – they do the exact opposite.

The solution – grab a nice book, just like you used to do as a kid, and I am pretty sure that you will fall asleep in a minute.



Conclusion

You can also try our software for eye protection Iris that we mentioned - it blocks the blue light and improves the sleep.



3400K / 80%

≡ Advanced

👤 Simple

Mode

Manual

Type

Custom

Location

📍 Sofia, Bulgaria

Timer

Off

Save and close

OFF

Use Advanced Settings

v1.1.7

Try
Iris

