**Project Report: An Overview of Family Screen Time Habits**

**1. Project Background**

This report summarizes the key findings from a small-scale family survey aimed at understanding daily screen time habits. The goal was to identify how different age groups within a family use screens, how much time they spend, and whether these patterns have a noticeable effect on their sleep and overall well-being. A total of 35 individuals from various age groups ranging from young children to seniors participated in the survey.

**2. Key Findings**

Our analysis of the collected data revealed several interesting trends across different demographics:

* **Adults Dominate Screen Time:** The most significant finding is that adults in the **19-30 and 31-50 age groups** are the heaviest users of screens, averaging nearly **10 hours per day**. This high usage is largely driven by work and study commitments, as opposed to just entertainment.
* **Work vs. Entertainment:** The data clearly shows that screen time is primarily a necessity for most participants. The total hours spent on work and study activities (155 hours) are over twice the amount of time dedicated to entertainment (58 hours).
* **The Late-Night Effect:** A majority of the respondents (**26 out of 35**) admitted to using screens after 9 PM. This habit seems to have a clear consequence, as **20 individuals** reported that their screen time negatively impacts their sleep.
* **Go-To Devices:** The data confirms that **mobile phones** and **laptops** are the most commonly used devices. This highlights their versatility for both professional tasks and personal use.

**3. Actionable Recommendations**

Based on these findings, here are a few simple steps families can take to build healthier relationships with technology:

1. **Set a "Digital Curfew":** To address the widespread late-night screen use and its impact on sleep, families can agree on a "digital curfew." This means putting away all devices at least one hour before bedtime. This simple change can significantly improve sleep quality and morning productivity.
2. **Establish Tech-Free Zones:** Designate certain times or places as tech-free. The dinner table is a great place to start. Making meal times exclusively for conversation and connection can strengthen family bonds and promote mindfulness.
3. **Promote Mindful Use:** Instead of focusing on strict time limits, which can be difficult to enforce, the emphasis should be on mindful usage. Encourage family members to ask themselves, "Why am I picking up this device?" before they start scrolling. This helps turn passive screen time into a more intentional and purposeful activity.

**4. Visualizations**

*Figure 1: Various device percentage*

*Figure 2: Total screen time(hours) across different age groups*