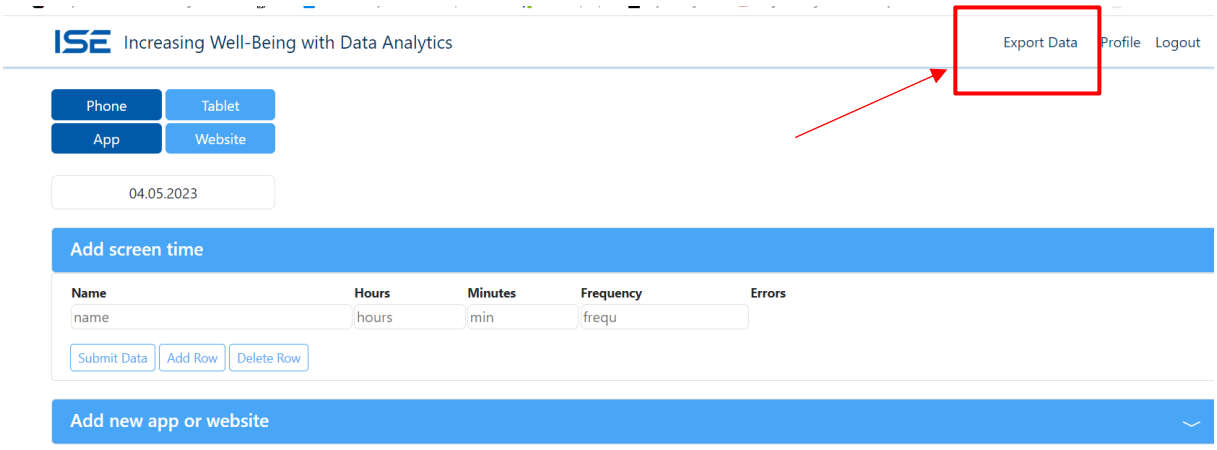
Calculation of Average Screen Time

To export your data, click the “Export Data” button:



Import your data into R:

*data = read.csv("**Your_Path/wellbeing_data_export.csv**")*

df = data

Take just your app data because the web browser time has your website data already included:

df = df[df$type == "app",]

Formate Date Column

library(stringr)

df$date <- str_remove(df$date, " 00:00:00\\+00:00")

df$date = as.Date(df$date)

Specify time series:

start_date = "2023-05-04" #"YYYY-MM-DD"

end_date = "2023-05-11" # "YYYY-MM-DD"

df = df[df$date >= start_date & df$date <= end_date,]

Calculate the sum for each day:

summe = aggregate(df$time_spent, list(df$date), sum)

Calculate the total mean of your Screen_time:

mean(summe$x) # In seconds

mean(summe$x)/60 # In minutes