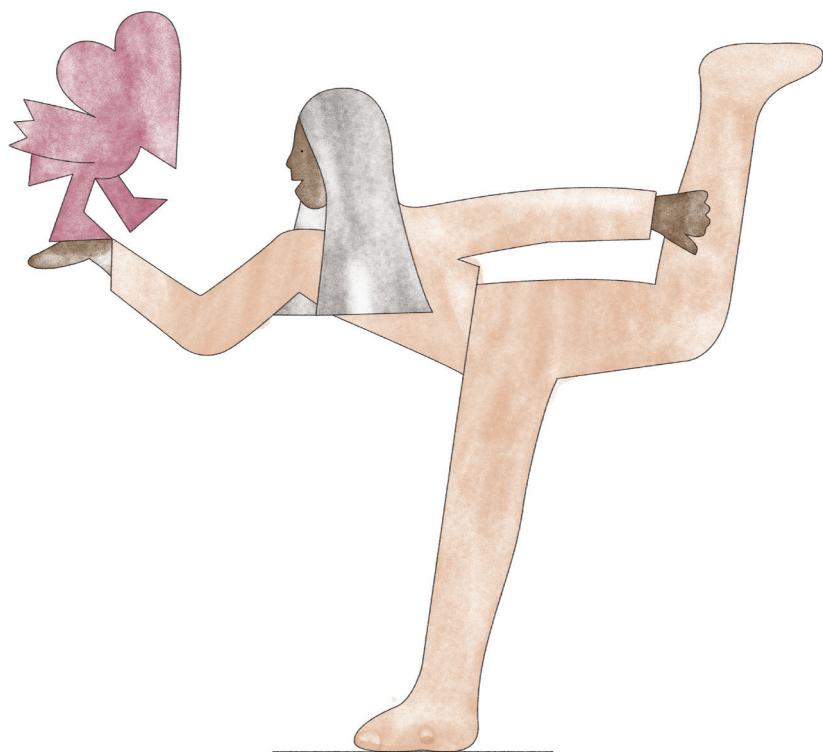


Digital Wellbeing Experiments

Hack Pack

What is Digital Wellbeing Experiments?

A platform to share ideas
and tools that help people
find a better balance
with technology.



What's inside?

Overview

Why the project exists, the challenge and key considerations for creating your experiment.

Prompts

A range of user habits and APIs to help kickstart your project.

Idea Template

A few blank pages to sketch out your ideas and share with others.

Overview



Digital Wellbeing Experiments is a platform to share ideas and tools that help people find a better balance with technology. Since we all have different relationships with our phones, we're exploring a range of ideas to help

people find a balance that's right for them. If you'd like to create your own experiment, we'd love to see it and possibly feature it in our collection. Submit your experiment at g.co/digitalwellbeingexperiments

The Challenge

Create an experiment
that helps people
find a better balance
with technology.



Things to Consider

Simple & Useful

These are experiments for people to try out, so make them easy to understand and use.

Tangible & Accessible

The more people who can interact with your experiment the better.

Phones & Beyond

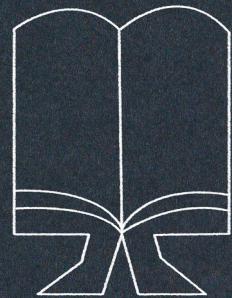
Technology has many forms, we're open to seeing ideas beyond mobile.

Open Source

Consider open sourcing your experiment, or parts of it. It can help inspire others.

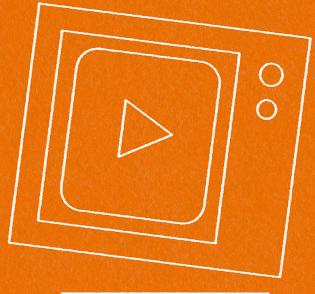


“I’ll stay on my phone instead of going to sleep when I intend to”



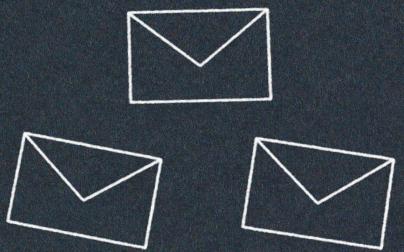
“I feel like I’m missing something important at work if I don’t check my phone”

“I get distracted
when I’m with my
friends and family”



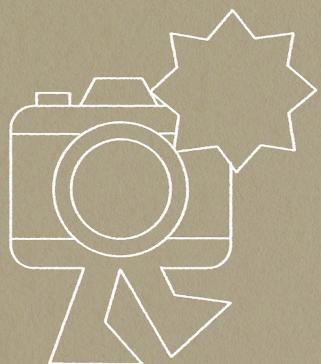
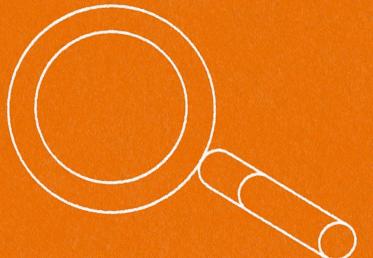
“I tend to lose track
of time when I’m
on my phone”

“I feel overwhelmed
by the amount of
unread emails I have”



“I feel the need to
check my phone right
away if it vibrates or
makes a sound”

“If I have a question
I reach for my phone
for an immediate
answer”



“I spend more time
on social media
than I would like”

goo.gle/dwe-toolkit

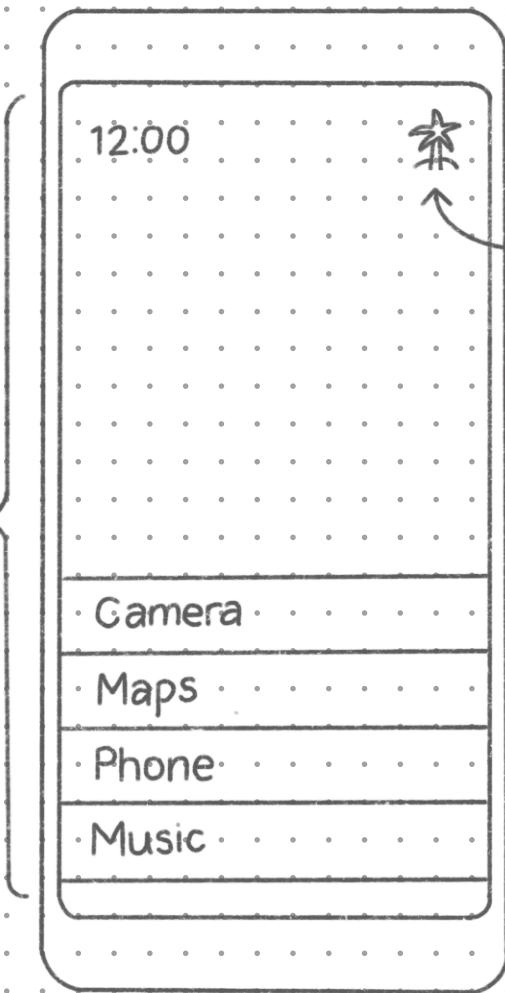


- | | |
|--|---|
| <p>01
Consider copresence
with the Nearby APIs</p> <p>02
Build for context with
the Google Maps Places
SDK & GeoFence APIs</p> <p>03
Interact with
notifications using the
Notification Listener API</p> | <p>04
Interact with apps using
the Package Manager API</p> <p>05
Dynamically surface
information with
Live Wallpapers</p> <p>06
Schedule actions with
the Alarm Manager API</p> |
|--|---|

01	The problem is...
	<i>Too many apps can distract us from the things that matter most.</i>
02	So what if we...
	<i>Create an experiment that challenges us to go a day with only a handful of apps.</i>
03	To help people...
	<i>Reflect on their tech usage by considering which apps are essential, and which ones they can live without.</i>

EXAMPLE

Minimise
distractions
on home
screen with
simple design



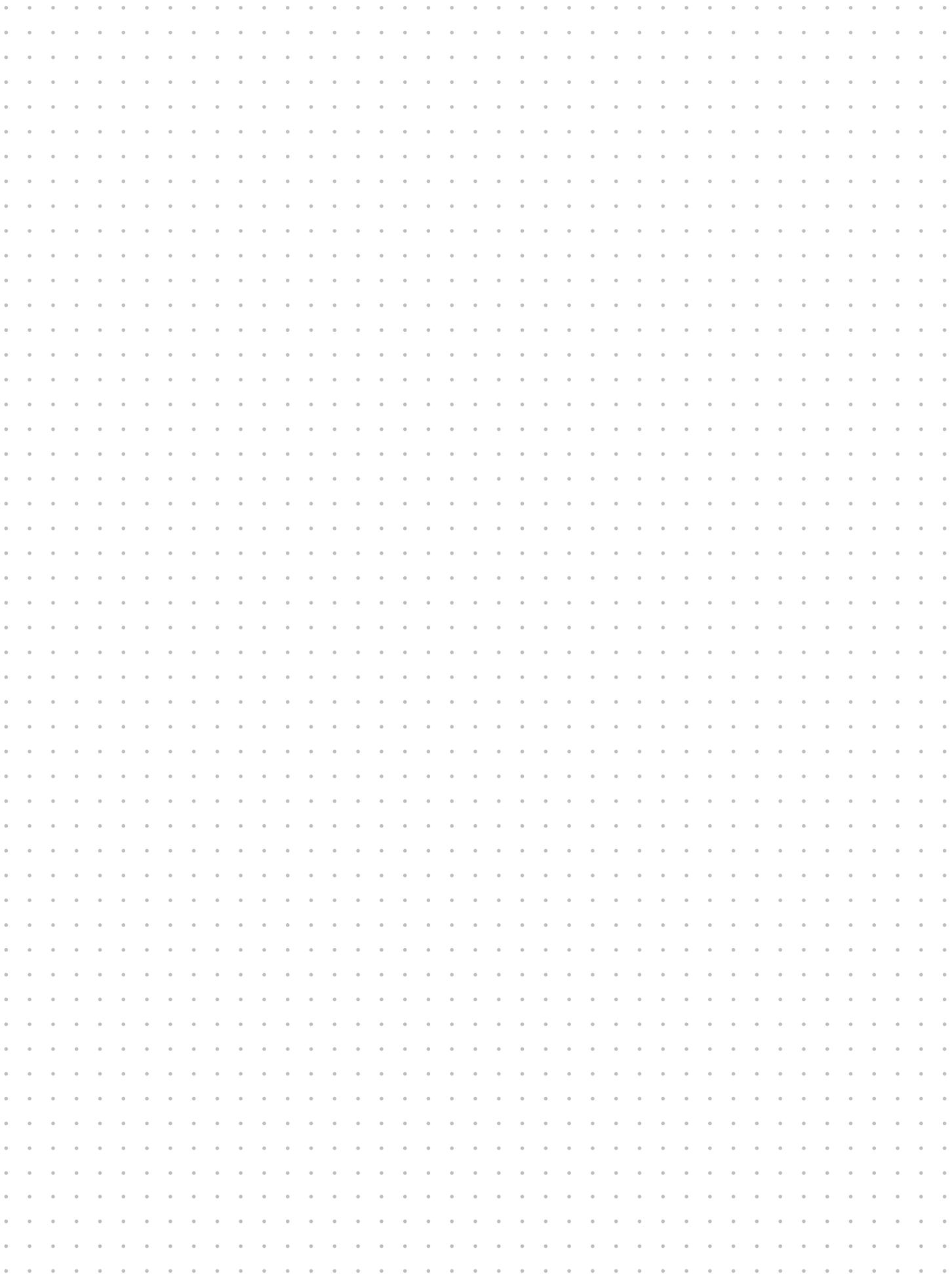
All other apps
out of sight
(but accessible)

Reduce number
of apps visible,
leaving only
essential apps

'Desert Island'
Experiment

Idea Template

Idea Template



Idea Template

Idea Template



Idea Template

Idea Template



Idea Template

Idea Template



Idea Template

Idea Template





Try the experiments and submit
your own at g.co/digitalwellbeingexperiments

Google