



Digital Wellbeing

A, B, C; EASY AS 1, 2, 3

What is Digital Well-Being to “Them?”

- ▶ “Find a **balance** with technology that feels right for you...As technology becomes more and more integral to everything we do, it can sometimes distract us from the things that matter most to us. We believe technology should improve life, not distract from it. We’re committed to giving everyone the tools they need to develop their own sense of digital wellbeing. So that life, not the technology in it, stays front and center.”
 - Google
- ▶ “We first introduced parental controls for iPhone in 2008, and our team has worked thoughtfully over the years to add features to help parents manage their children’s content...With Screen Time, these new tools are empowering users who want help managing their device time, and **balancing** the many things that are important to them.”
 - Apple

<https://wellbeing.google/>

<https://www.apple.com/uk/newsroom/2018/06/ios-12-introduces-new-features-to-reduce-interruptions-and-manage-screen-time/>

What does Digital Wellbeing Mean to YOU?



- 1
- 2
- 3

Three Examples



AT SOME POINT, IT STARTS MAKING MORE SENSE TO TRACK *NOW*-SCREEN TIME.

ABC's of Digital Wellbeing

- ▶ Alerts (Notification reduction)
- ▶ Blue-Light (Physical wellness)
- ▶ Control (Device/Content management)

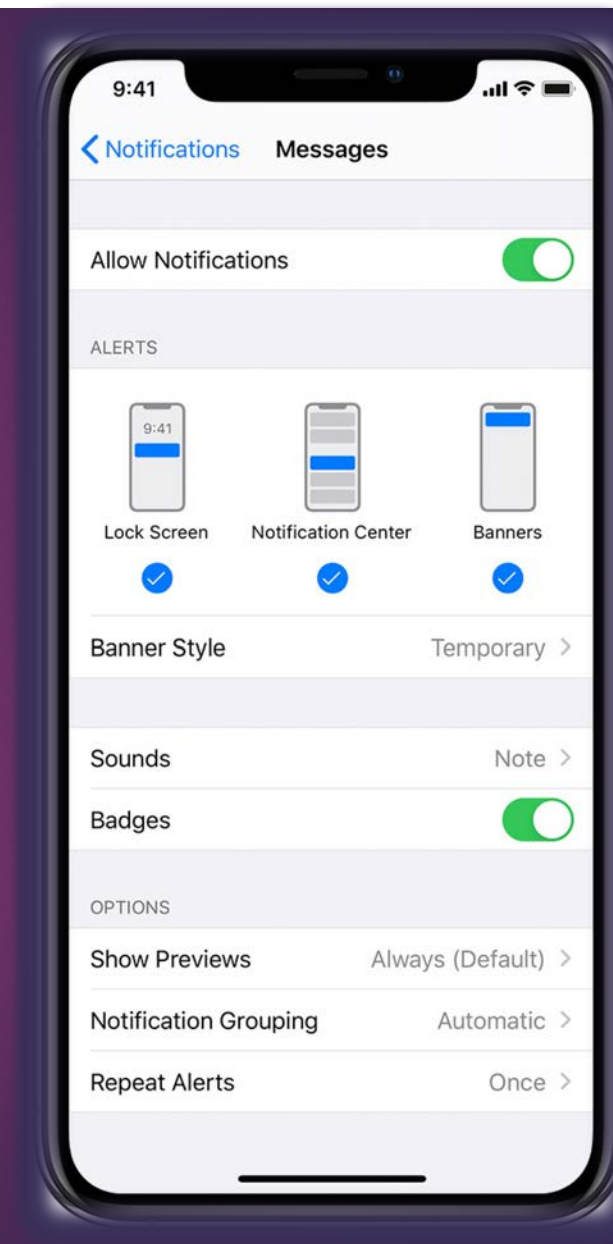
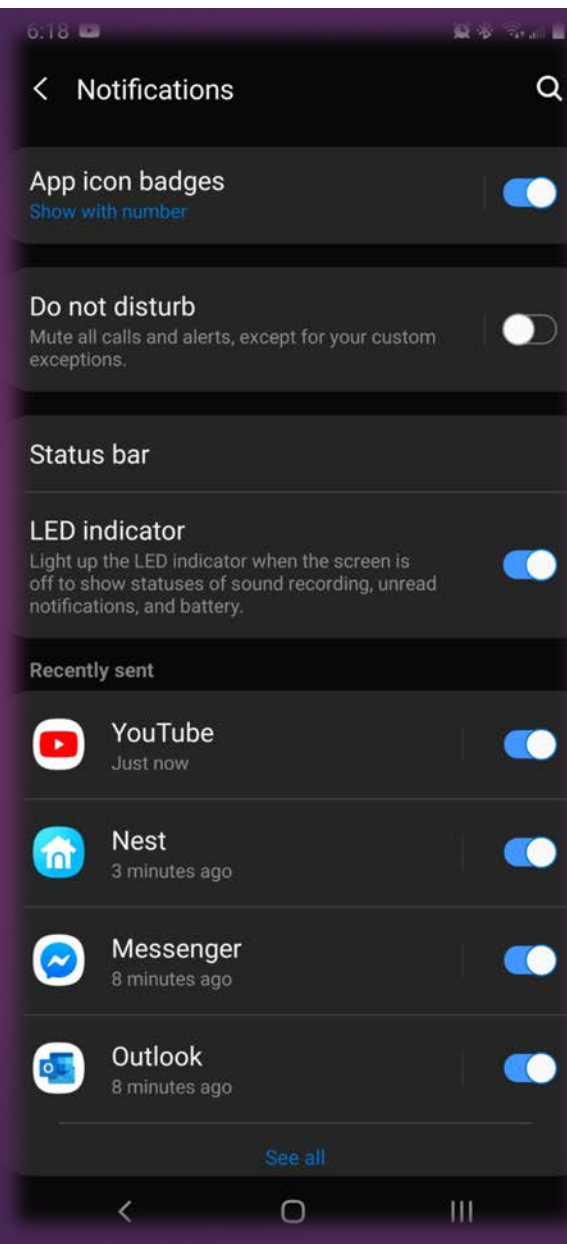
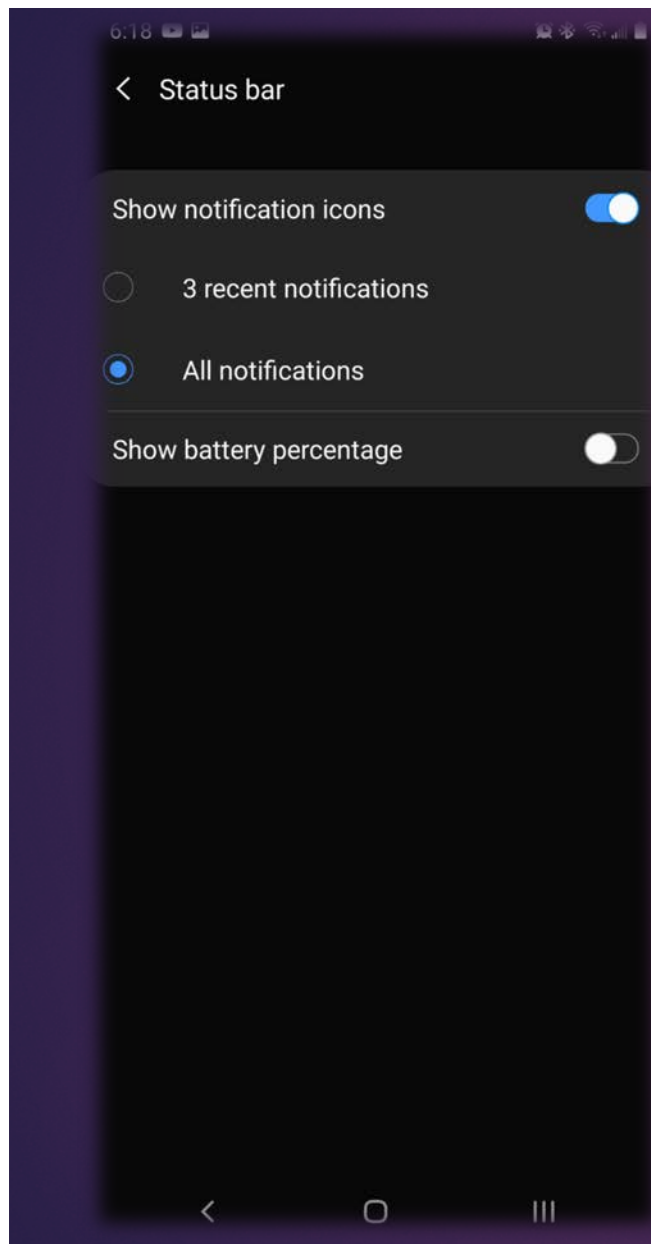
Alerts (Notification reduction)

- ▶ Badges, Banners, Pop-ups, and “Notification Center”
- ▶ Spam Calls
- ▶ “I need to know – but not all the time”

Alerts (Notification reduction)

- ▶ “Do Not Disturb”
- ▶ Adjust the Alert Style & Notification Sounds
- ▶ Contact your Carrier for Spam Filter Directions






6:08


Settings

paul.jang@brooklaw.edu
OneDrive for Business

+ ADD ACCOUNT


Mail

 Notifications

 Default
paul.jang@brooklaw.edu

 Signature

⋮ Swipe options

 Focused Inbox

 Organize mail by thread



6:08


Settings





Paul Jang
Hey there! I am using WhatsApp.

 Account
Privacy, security, change number

 Chats
Backup, history, wallpaper

 Notifications
Message, group & call tones

 Data and storage usage
Network usage, auto-download

 Help
FAQ, contact us, privacy policy

 Invite a friend

6:08

Notifications

Conversation tones
Play sounds for incoming and outgoing messages.



Messages

Notification tone
Default (Contact)

Vibrate
Default

Popup notification
No popup

Light
White

Use high priority notifications
Show previews of notifications at the top of the screen

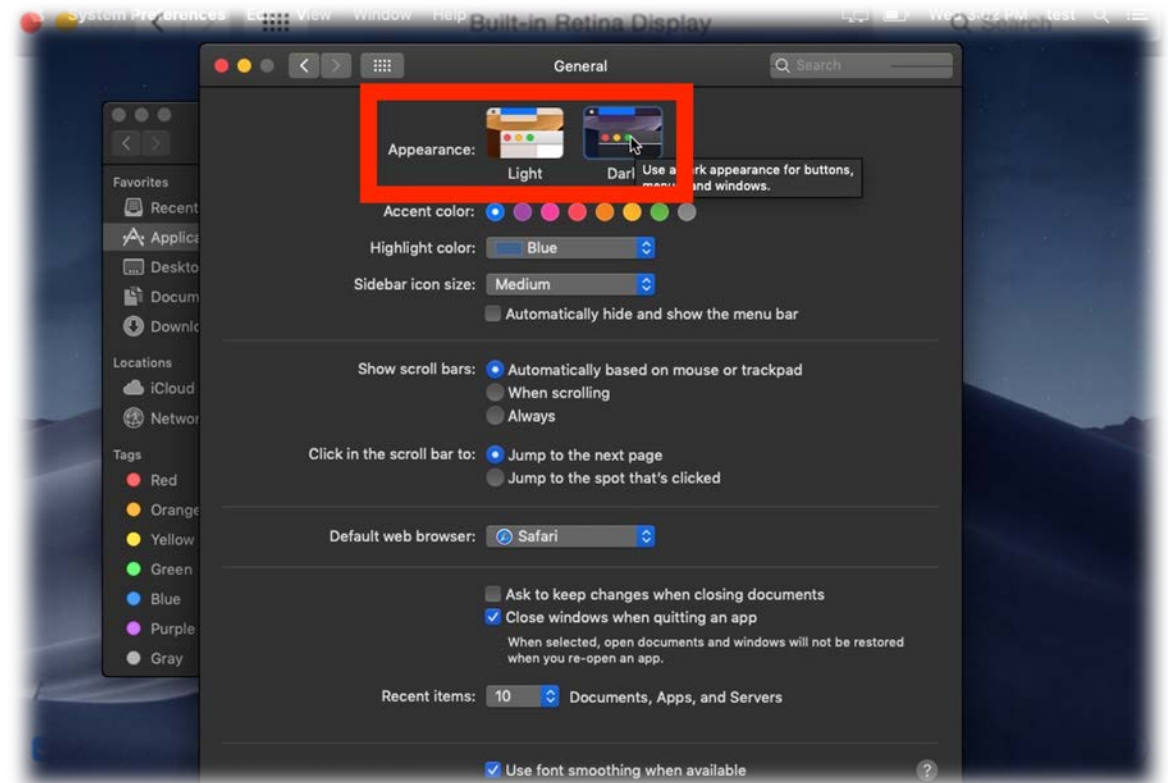
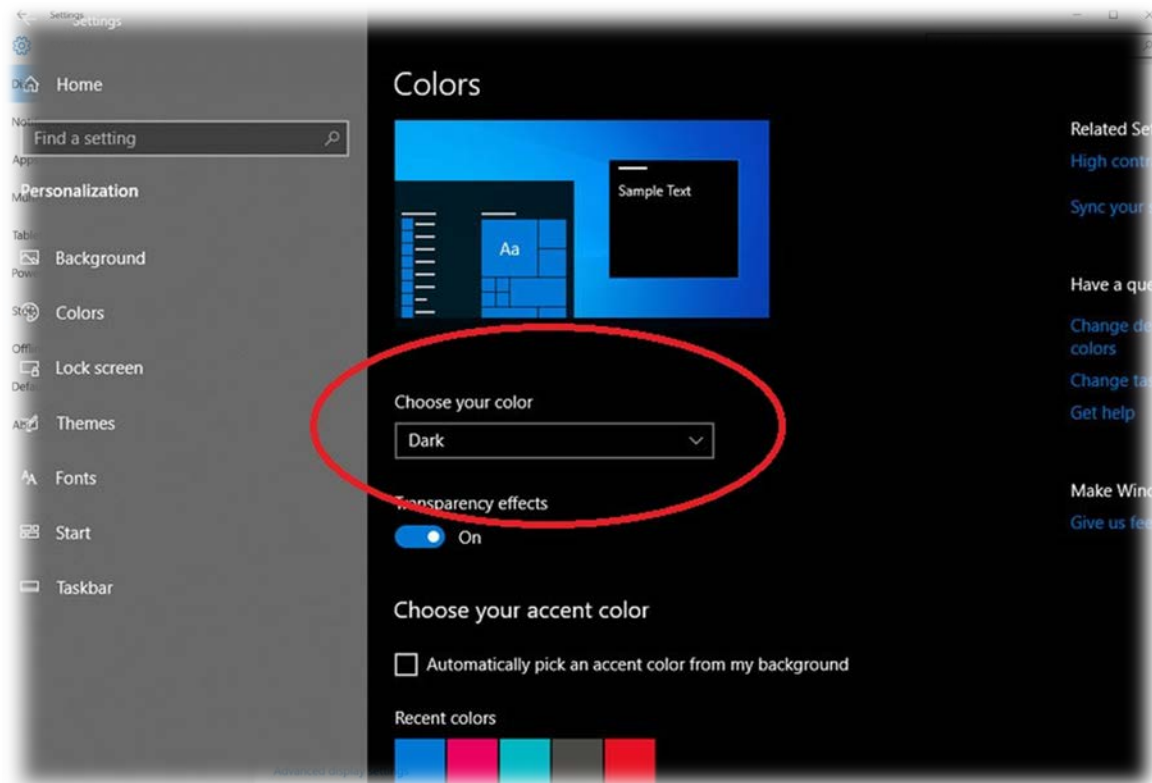


Groups

Blue-Light (Physical wellness)

- ▶ Eye-strain
- ▶ Posture (Back and Neck)
- ▶ Lack of Sleep

Blue-Light (Physical wellness)



Lack of Sleep

- ▶ “A systematic review of 36 research studies investigating technology use in children proposed mechanisms by which electronic use before bed could cause sleep disturbance. The authors suggested that **electronic use might displace sleep**, since there is no fixed start or end time to electronic use.
- ▶ Second, **media use before bed has been shown to increase physiological, emotional, or mental arousal**. This has been established in video game and cell phone studies.
- ▶ Third, **light emissions of screens from electronic media may be affecting sleep** according to a study published by Cajochen et al.”

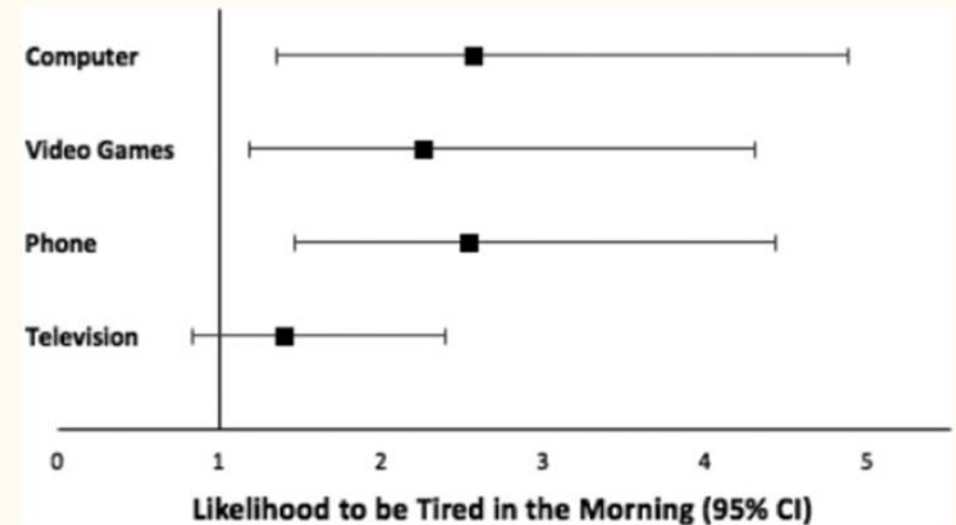


Figure 3.

Likelihood for participants to be tired in the morning with bedtime technology use (expressed by odds ratios). Use of cell phones (OR = 2.5; 95% CI = 1.45-4.42), video games (OR = 2.2; 95% CI = 1.18-4.29), and computer (OR = 2.6; 95% CI = 1.35-4.87) are statistically significant.

Day	Twilight start	Sunrise	Sunset	Twilight end	Day length
Fri, Apr 1	6:11:25 am	6:37:37 am	7:21:55 pm	7:48:07 pm	12:44:18
Sat, Apr 2	6:09:44 am	6:35:59 am	7:22:57 pm	7:49:12 pm	12:46:58
Sun, Apr 3	6:08:04 am	6:34:21 am	7:24:00 pm	7:50:17 pm	12:49:39
Mon, Apr 4	6:06:24 am	6:32:43 am	7:25:03 pm	7:51:23 pm	12:52:20
Tue, Apr 5	6:04:44 am	6:31:06 am	7:26:06 pm	7:52:28 pm	12:55:00
Wed, Apr 6	6:03:04 am	6:29:29 am	7:27:09 pm	7:53:34 pm	12:57:40
Thu, Apr 7	6:01:24 am	6:27:53 am	7:28:11 pm	7:54:40 pm	13:00:18

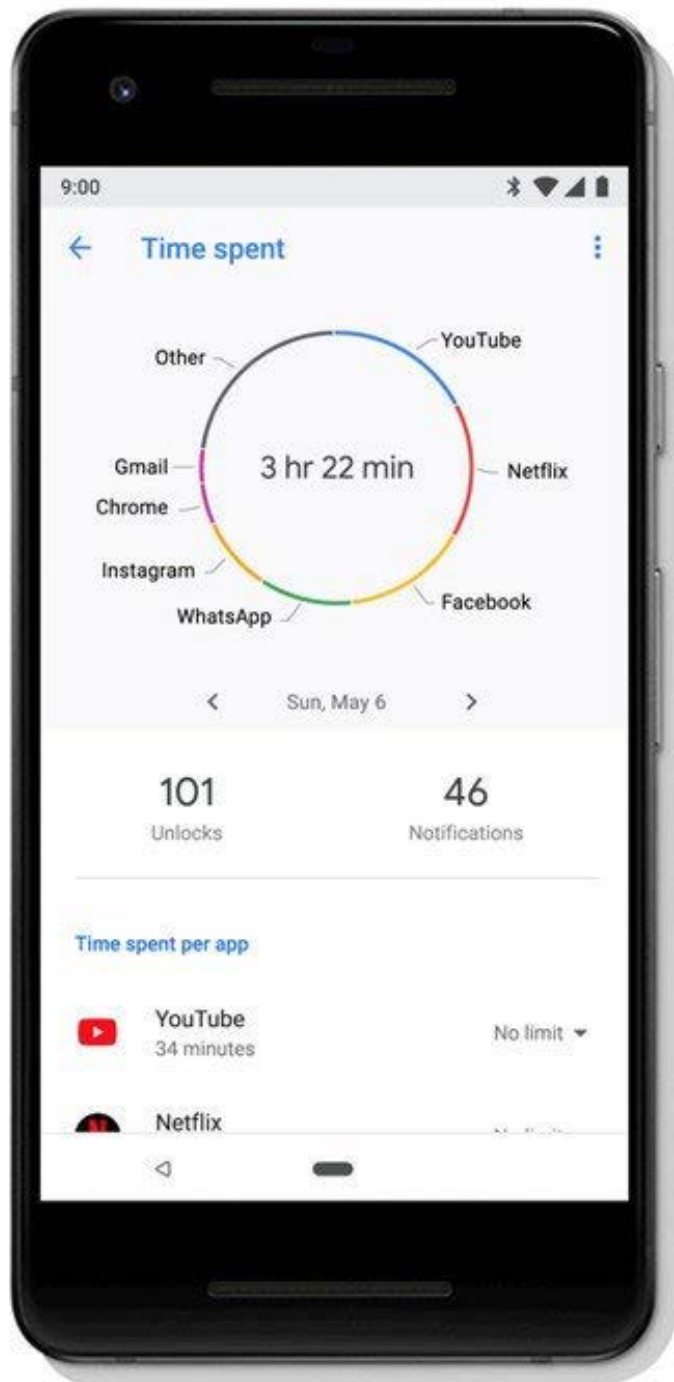
Day	Twilight start	Sunrise	Sunset	Twilight end	Day length
Fri, Apr 8	5:59:45 am	6:26:17 am	7:29:14 pm	7:55:46 pm	13:02:57
Sat, Apr 9	5:58:06 am	6:24:41 am	7:30:17 pm	7:56:52 pm	13:05:36
Sun, Apr 10	5:56:28 am	6:23:06 am	7:31:20 pm	7:57:58 pm	13:08:14
Mon, Apr 11	5:54:50 am	6:21:32 am	7:32:23 pm	7:59:05 pm	13:10:51
Tue, Apr 12	5:53:12 am	6:19:58 am	7:33:26 pm	8:00:11 pm	13:13:28
Wed, Apr 13	5:51:35 am	6:18:24 am	7:34:29 pm	8:01:18 pm	13:16:05
Thu, Apr 14	5:49:59 am	6:16:52 am	7:35:31 pm	8:02:25 pm	13:18:39

Go Outside

Control (Device Management)

- ▶ Move the App AWAY from the Home Screen
- ▶ “Specific-Use” Hardware
- ▶ Install Self-Control Software





SelfControl



RescueTime



Cold Turkey



freedom

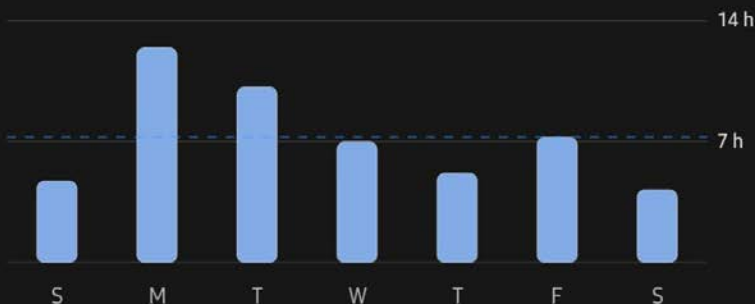
March 20 - March 26 (Week 12)

🕒 Screen time

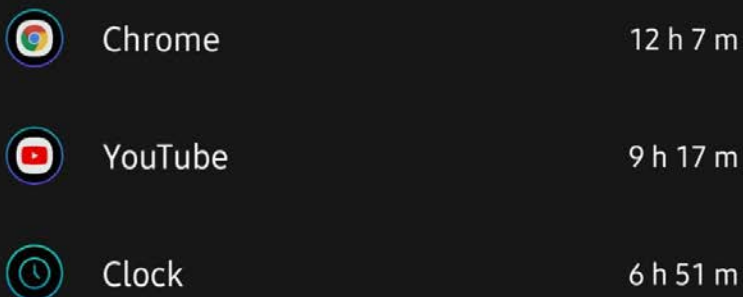
Daily average screen time

7 h 16 m

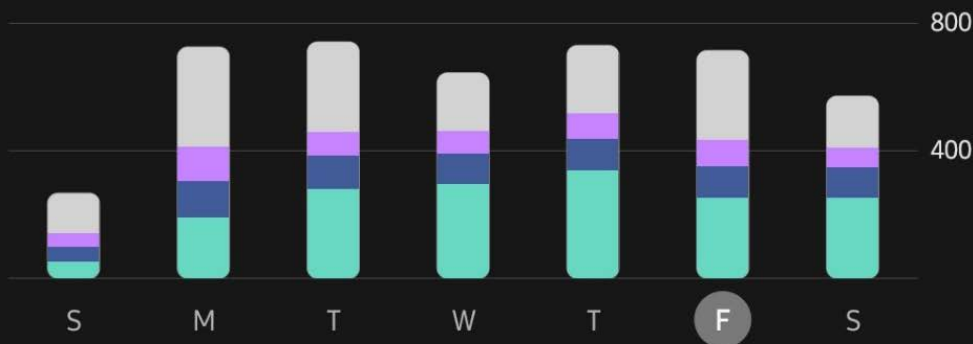
▼ 15 m less than last week's daily average



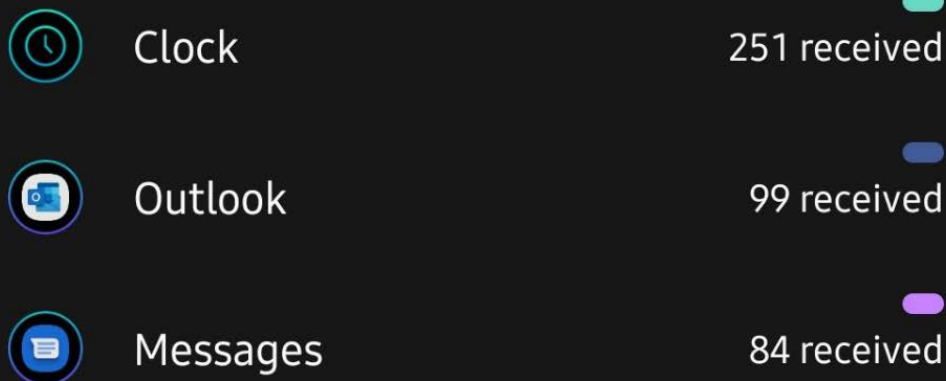
Top 3 apps this week



715 received



Most notifications



View more

Unlocks

179 times



Control (Content Management)

- ▶ Muscle Memory
- ▶ Small Bits of Content (Games – Freemium)
- ▶ “Do you REALLY need all those subscriptions?”

TV Streaming Services and their Monthly Fee	
TV Streaming Services	Monthly Fee
Apple TV	\$4.99
Hulu (with advertisement)	\$5.99
CBS All Access (with advertisement)	\$5.99
Disney+ (launching on November 12)	\$6.99
Netflix	\$8.99
Amazon Prime Video	\$8.99
Starz	\$8.99
HBO Now	\$14.99
Showtime	\$10.99

Control (Content Management)



► Websites

► If there's a way, turn off "Endless Scrolling"

- 1. Extensions
- 2. Disable Javascript
- 3. Alternative URL:
 - www.old.reddit.com

► Apps

- "Take a break function"

Edit profile



Highlights



New



Settings



Archive



Your activity



QR code



Saved



Cart



Orders and Payments



Close Friends



Favorites



COVID-19 Information Center



Update messaging



Your activity

One place to manage your activity

We've added more tools for you to review and manage your photos, videos, account and activity on Instagram.



Time spent

See how much time you usually spend on Instagram each day.



Photos and videos

View, archive or delete photos and videos you've shared.



Interactions

Review and delete likes, comments, and your other interactions.



Account history

Review changes you've made to your account since you created it.



Recent searches

Review things you've searched for on Instagram and clear your search history.



Links you've visited

See which links you've visited recently.



Archived

View and manage content you've archived.



Recently deleted

View and manage content you've recently deleted.



Download your information

Download a copy of the information you've shared with Instagram.



Time spent

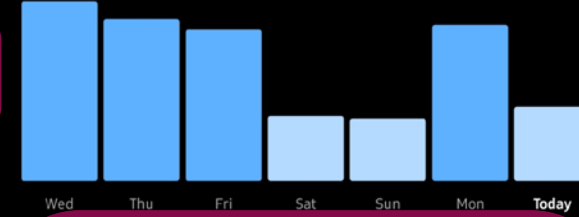
Time on Instagram



27_m

Daily Average

Average time you spent per day using the Instagram app on this device in the last week



Manage Your Time

Set reminder to take breaks

Schedule a reminder to take regular breaks from scrolling.



Set daily time limit

Limit the time you spend on Instagram each day by scheduling a reminder to close the app.



Notification Settings

Choose which Instagram notifications to get. You can also mute push notifications.



Set daily time limit

We'll remind you to take a break when you spend this amount of time in a day on Instagram.

15 minutes



30 minutes



45 minutes



1 hour



2 hours



Off



Done



Reminder to take breaks

We'll remind you to take a break when you spend this amount of time at once on Instagram

30 minutes



20 minutes



10 minutes



Off



Done

Manage your Google Account



Your channel



Turn on Incognito



Add account



Your Premium benefits



Purchases and memberships



Time watched



Your data in YouTube



Settings



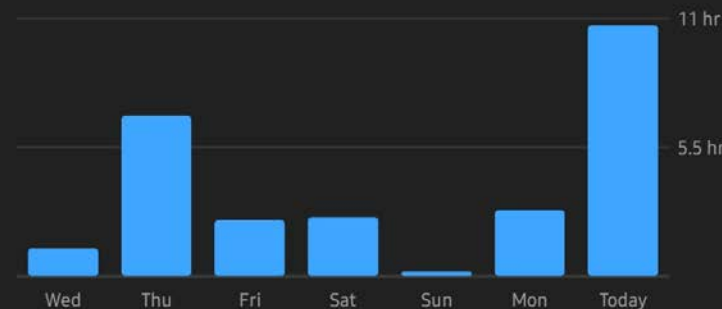
Help & feedback



YouTube Studio

3 hr 47 min daily average

↓ 27% from last week



Today 10 hr 39 min

Last 7 days 26 hr 31 min

Stats are based on your [watch history](#) across YouTube products (except YouTube Music and YouTube TV).

[LEARN MORE](#)

Tools to manage your YouTube time

Remind me to take a break

Off



Remind me when it's bedtime

Off



Autoplay next video

When you finish a video, another plays automatically



Reminder frequency

Hours

Minutes

0

10

1

15

2

20

CANCEL

DONE

Remind me when it's bedtime

Show reminder during these hours:

Start time 11:00 PM

End time 5:00 AM

☒ Wait until I finish video to show reminder

CANCEL

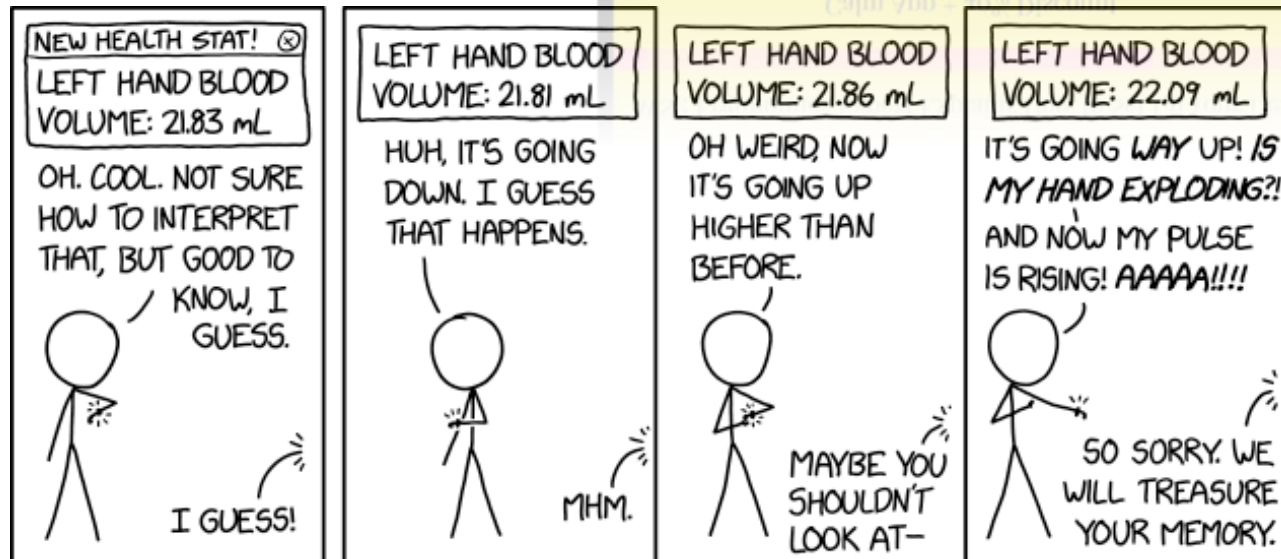
OK



SCAN ME



Brooklyn Law School Wellness Resources



Randall Munroe, HEALTH STATS XKCD (2022), <https://xkcd.com/2581/>.