



# Take a Break from Your Digital Devices

 Sutter Health Plus  
Your Health Plan

## 5 Ways To Make It Happen

- 1 Pick your detox times.** Take breaks from your devices at meals, during outings with family and friends, and at least a half hour before bedtime.
- 2 Turn off notifications** for texts, emails and social media. Silence your phone during detox times, too.
- 3 Put devices out of sight.** Research has shown that just seeing a cellphone sitting there can be distracting, even if you don't use it.
- 4 Let others know.** Explain to family and friends that you unplug during specific times, but you'll respond to their messages later.
- 5 Make it a family affair.** To create a family plan for the use of mobile devices and TV, go to [healthychildren.org/mediauseplan](https://www.healthychildren.org/mediauseplan).

Sources include the American Academy of Pediatrics, American Psychological Association, Depression and Anxiety, Frontiers in Psychiatry, Journal of Experimental Psychology, Social Psychology and National Sleep Foundation. Developed by StayWell