

BEYOND THE BASICS

Personal risk management tips provided by: Crendon Insurance Brokers Ltd

Did You Know?

The numbers don't lie: according to a recent study conducted by Deloitte, UK citizens are glued to their smartphones. The survey revealed 85 per cent of respondents (41 million people) have access to a smartphone. Of these smartphone users, 4.5 million admitted to using their phone while crossing the road. In addition, a quarter of 16-19 year olds actively respond to messages on their devices in the middle of the night, disrupting their sleep cycle for the sake of a text. Finally, 38 per cent of respondents believe they use their phone too much.

STOP SCROLLING: TIPS FOR BREAKING YOUR PHONE ADDICTION

Follow these simple, yet effective tips to break your smartphone addiction.

- 1. Turn off your notifications**—You are surely no stranger to watching your phone screen light up with non-stop notifications every hour of the day. However, it is important to allow notifications only for apps that are genuinely useful to you, such as phone calls, text messages or calendar reminders. Doing so will greatly decrease your temptation to continuously pick up the phone or open unnecessary apps.
- 2. Don't take your phone to bed**—While it may be difficult at first, it is vital for your health to charge your phone in another room when it's time to turn out the lights. Taking your phone to bed with you will only increase your likelihood of losing sleep to the screen. Invest in an actual alarm clock and develop the mindset that your phone needs to sleep when you do.
- 3. Unlock your phone with intention**—Often, we find ourselves mindlessly opening our phones for no reason. A helpful tip to reduce pointless scrolling and web surfing is to narrate your reason for unlocking your phone before doing so. Developing this habit will allow for solely intentional phone use rather than frequent distractions.
- 4. Rearrange your screen**—Once you realise which apps attract your attention most and waste the most time, remove those apps from your home screen. Believe it or not, organising your most distracting apps in a way that forces you to perform an extra swipe or scroll will greatly reduce your likelihood of opening them in the first place.

How iPhone Updates Will Improve Your Digital Health

Apart from developing personal habits to reduce your smartphone addiction, phone companies like Apple are taking matters into their own hands. Apple plans to update iPhones with a handful of features aimed at limiting smartphone usage and preventing addictive tendencies. The updates will include a new setting known as 'bedtime mode', which dims the screen and blocks notifications from popping up on the screen until morning. Apple also plans to group notifications from the same app to reduce screen clutter.

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