

10 STEPS TO OVERCOME SMARTPHONE ADDICTION

- 1 *No more phones in the bedroom.*
use an actual alarm clock.
- 2 *Turn off all notifications.*
yes...all of them.
- 3 *Put your phone on silent.*
set custom ringtones for critical contacts.
- 4 *Unsubscribe from everything.*
if you need information, you can still find it.
- 5 *Unfollow like a boss.*
follow only those who add value for you.
- 6 *Delete apps.*
only keep the stuff you actually use.
- 7 *Put down your phone.*
a book works in the bathroom just as well.
- 8 *Set up "checkpoints."*
establish specific times to look at your screen.
- 9 *Turn off your phone.*
pick a time each night to be done.
- 10 *Get an accountability partner.*
you'll need it.