



Balancing Technology Tips

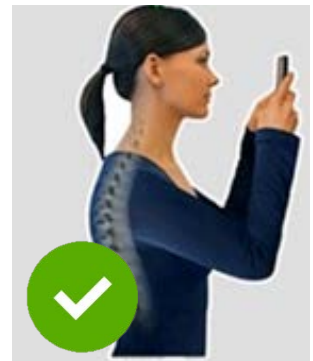
Technology is always around us. From smart devices to social media platforms, most of us are constantly digitally connected. While our ever-changing technology definitely has its benefits, there are also risks. Read the tips below to develop healthier technology habits and learn new ways to reconnect with yourself and others.

- Use the 20-20-20 rule. Every 20 minutes, take a 20-second break from your screen and focus your eyes on something at least 20 feet away.
- Take breaks outdoors and if possible, leave your phone behind.
- When you go to bed, keep your phone away from your head and consider turning airplane mode on to reduce exposure to potentially harmful radiofrequency energy (RF).
- Limit screen time before bed as they emit a blue light which can suppress melatonin production - a natural hormone that aids your body in regulating sleep cycles.
- Switch off and unwind by trying a recipe from an old cookbook.
- Make the dinner table a no-screen zone. Help everyone engage with each other by letting different family members choose a topic to discuss.
- Set limits and encourage screen-free playtime. Join in and help your child explore their creative side!
- Set up parental controls on your devices. For Android, use the Family Link app to manage apps and set screen time limits. For iOS, go to Settings > General > Restrictions to limit apps and features.



Cell Phone-Specific Tips

- Avoid bending head downward to look at the screen.
- Use both hands to type, alternate the use of fingers to type, and avoid using the thumbs.
- Write short messages, use abbreviations, and enable word prediction/completion functions.
- To reduce your body's dopamine response to phone notifications, try to delay checking them.



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