

## Dr. Chalfin's Tips for Screen Addiction

### Set Up Your Environment for Success

- **Turn off all nonessential notifications.** Keep only calls, texts, and calendar alerts.
- **Use “Do Not Disturb” or Focus Mode** during work, meals, or family time.
- **Keep your phone out of reach** (or in another room) during tasks, meals, or bedtime.
- **Designate phone-free zones:** bedroom, dining table, car.
- **Get a real alarm clock** so your phone isn't the first/last thing you touch daily.

### Change Habits and Triggers

- **Notice when and why you reach for your phone.** (Boredom? Stress? Avoidance?)
- **Replace that cue** with a healthier alternative — deep breathing, journaling, stretching, or simply sitting with the moment.
- **Delay gratification:** When you feel the urge to check your phone, wait 5 minutes before doing so.
- **Batch your phone use** — schedule specific “check-in” times instead of constant access.

### Make the Phone Less Rewarding

- **Set your screen to grayscale.** This reduces the dopamine pull of colorful apps.
- **Move tempting apps (social media, email, games)** off the home screen — or delete them entirely.
- **Log out of accounts** so it's just inconvenient enough to break the reflex.
- **Unfollow or mute** content that triggers comparison, anxiety, or doomscrolling.

### Build Real-World Alternatives

- **Plan analog replacements:** use a paper notebook, print maps, read physical books.
- **Fill idle moments** with something intentional — walking, cooking, hobbies, or actual conversation.
- **Reclaim boredom** — it's when creativity and self-reflection happen.

### Protect Rest and Recovery

- **Set a digital sunset** (e.g., no screens after 9 PM).
- **Charge your phone outside the bedroom.**
- **Use Night Shift or Blue Light filters** if you must use it late.
- **Create a bedtime ritual** that doesn't involve scrolling — e.g., reading, journaling, stretching.

### Track and Reflect

- **Use screen time reports** to monitor progress weekly.
- **Celebrate small wins** — fewer pickups, less social media time, more focus.
- **Be compassionate with setbacks.** You're rewiring habits, not imposing punishment.

### App recommendation:



- Ability to institute a mandatory “pause” before you can open a preset group of apps, decreasing reward and increasing roadblocks, reducing overall screentime.
- Ability to finetune more detailed screentime settings