

# PHONE HACKS FOR BUSY STUDENTS



## KEEP THE PHONE OUT OF SITE

Research suggests that this simple trick can increase your focus by 25%, and let you have better interactions with people around you. Keep the sound on for calls if you need (not for all notifications!).



## PHONE FREE BEDROOM

Need a good night's sleep? Charge the phone outside the bedroom to sleep better, perform better, and even have more energy for the day ahead! Put the alarm sound up or buy an alarm clock!



## MANAGE NOTIFICATIONS

Take control of your time and headspace by managing notification settings. Turn off any non-urgent ones, e.g. social media apps and games, and only keep phone and text alerts on.



## REDUCE SOCIAL MEDIA TIME

Did you know that reducing social media use to 30 minutes a day can result in significant reduction in levels of anxiety, depression, loneliness, sleep problems, and FOMO. It is possible to enjoy social media without it taking over your life!

Up for a challenge?  
[www.phonefreeday.org](http://www.phonefreeday.org)

