



# Social Media Detoxing

It's okay to put the phone down and unplug. Actually, it's healthy. Start your social media detox now!

## Why Should You Unplug?

### Better Sleep:

44% of cell phone owners have claimed to sleep with their phone so they don't miss any updates throughout the night.

### Boost Productivity:

20% of users check their social media apps every ten minutes, adding up to more than 150 times a day.

### Increased Attention Span:

The average attention span of digital media users has dropped over 4 seconds since 2000.

### Strengthened Relationships:

33% of adults use social media apps on their cell phones while on dinner dates.



Sources: <https://www.makeuseof.com/tag/social-media-detox/> and <https://www.lifehack.org/483829/9-positive-benefits-of-a-social-media-detox>