

Time Out

Have you monitored your Screen Time?



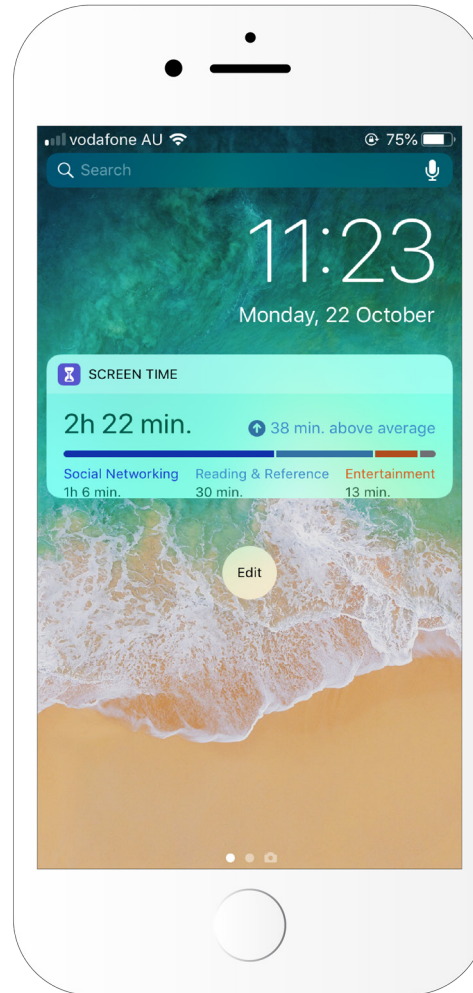
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Apple continues to expand and create new features on all of their devices. This is one of the reasons they are so popular in the smartphone market. The recent release of the current iPhone update, iOS 12 has brought out a new feature called **Screen Time**. This clever feature provides users with a detailed report about the use of their device. It records and monitors time spent on the device and can inform users how much time they and their children spend on applications, websites and more. Users are able to access their usage on each application and set a time limit for their most used applications.

This feature allows users to make more informed decisions about their smart device usage and set limits if they would like to. iPhone users can set up and schedule different options to block certain applications or limit the time spent on them. **Screen Time** is a cloud-based feature, which allows all you to sync all iOS devices collectively.

This new feature highlights and important issue, as phone and social media usage is



at its highest point ever, particularly with adolescents. Each year, mobile devices entice us to spend more time with them, but the way we're spending that time is changing: more time on smartphones and applications, and less time on tablets and desktops. But even as the ascendants of smartphones arise the average adult may hit the upper limit of how much time he or she is willing to spend with the device.

Reliable sources have proven that adults will spend an average of 3 hours, 35 minutes per day on mobile devices in 2018. Children younger than eight are reportedly spending an average of 2 hours and 19 minutes per day glued to their screens. Roughly 30% of that time is spent on mobile devices such as tablets and smartphones. 42% of youngsters have a personal tablet.

Many people have a hard time putting down their cell phones before bed — that temptation to take just one more look is hard to resist. Unfortunately, a number of studies have revealed that using LCD screens, especially close to

your face can upset your natural sleep cycle. Unfortunately, cell phone culture is drastically reducing the amount of long-distance focusing we do, instead locking our gaze a few inches away from our face and keeping it there. Experts advise that prolonged screen usage can be seriously detrimental to eye health. For these reasons **Screen Time** will be able monitor their usage and provide them with a detailed overview of their mobile usage.

In summary, Apple's new feature **Screen Time** is an essential tool provided for users in today's society. For parents that struggle to balance and monitor their children's device usage and for those who are not aware of the time they spend on their device, this tool will provide users with the chance to monitor their **Screen Time** and balance their usage, hopefully providing them with a deeper awareness of the time spent on their device.

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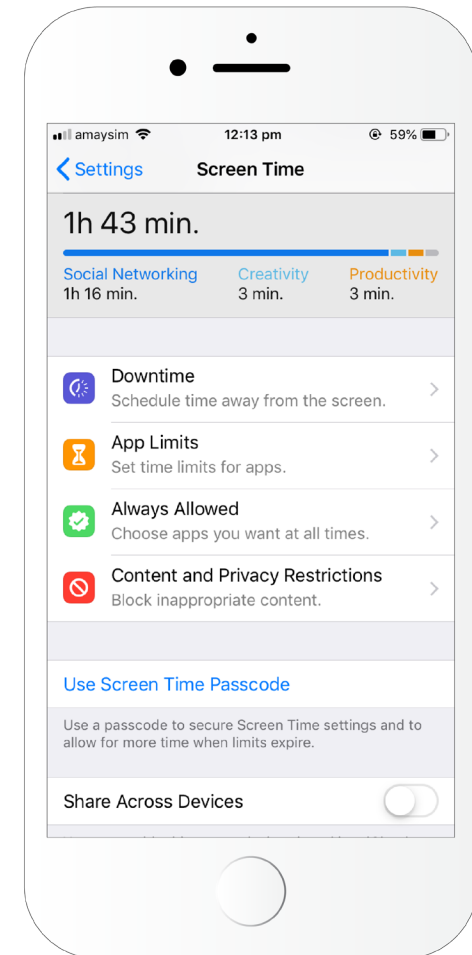
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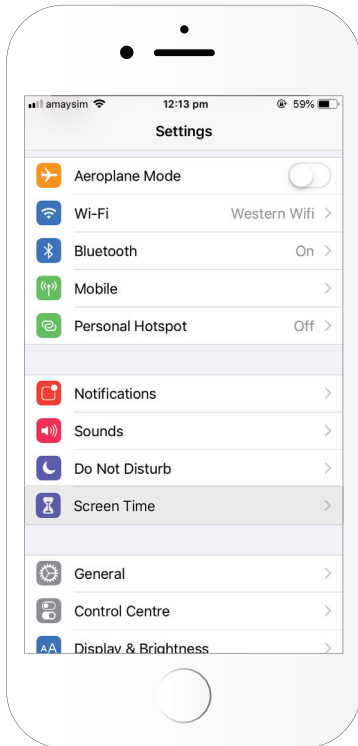
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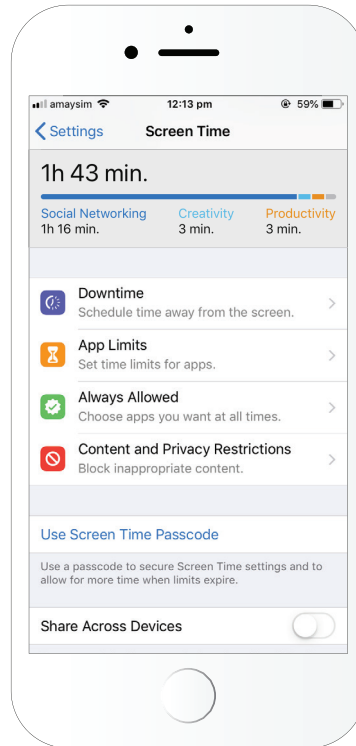
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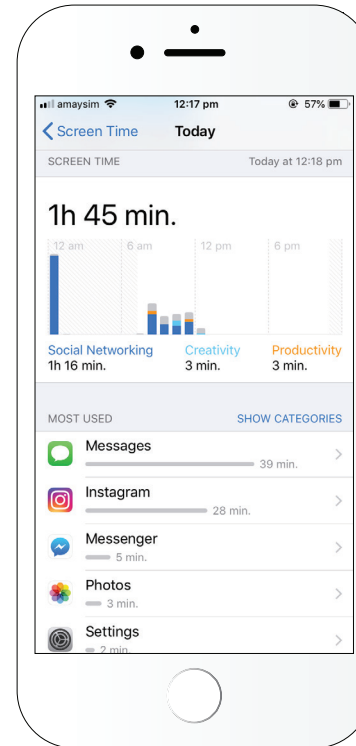
How to access Screen Time



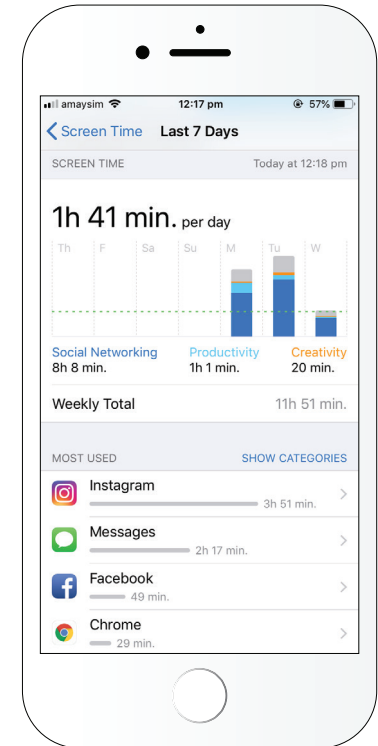
1. Open 'Settings' application
2. Open 'Screen Time' menu



Overview of phone usage.
Clicking on the top box will
provide a detailed
overview.



Example overview - 'Today'



Example overview - 'Last 7 Days'

On average how long an age group spends on a screen based device per week

