

Miki Matsufuji & ManChing Leung

Digitised Lifetime

An imitative relation between screen time and our life



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Screen Time is a feature in IOS 12, is a real-time report of time spending with iPhone and Apple devices, collects usage time of apps and archives in categories. It is found in setting page, has four sub-features: Downtime, App Limits, Always Allowed and Content & Privacy Restrictions. **Downtime** is a schedule-able for shutting down apps and only phone calls and chosen app are available. **App Limits** is a time limit for apps that set-in categories, it will notify the user five minutes before the limit and once over the limit, it requires a password for extending use time. **Always Allowed** is to allows chosen apps that can use all the time, so it still can be used in Downtime period. **Content & Privacy Restriction** is for blocking inappropriate content and purchases and allowing privacies and changes. The purpose is to make people understand how much time they spend of screens, which have more control with time in apps and reduce interruptions, helps people to

improve their life by using the sub-features.

Study shows the recommended screen time should be 2 hours per day, however, the broader and convenience use of phone and devices has heavily increased in the recent decade. It has a huge impact on our life, as teenagers (age 14 to 18) and young adults (age 19 to 23) who use devices for studying and learning which has hugely increased the amount of time sitting in front of a screen. Apart from academic studying, they have most of the time using social and entertainment apps, and minor use on shopping, gaming apps. Compare to teenager, young adults are more self-aware the disadvantages of overusing phone and able to control and minimise the amount of time on screen by focusing on real-life socialising, thus young adults have an average **7.5 hours** screen time and teenagers have an average **9 hours** screen time. As an

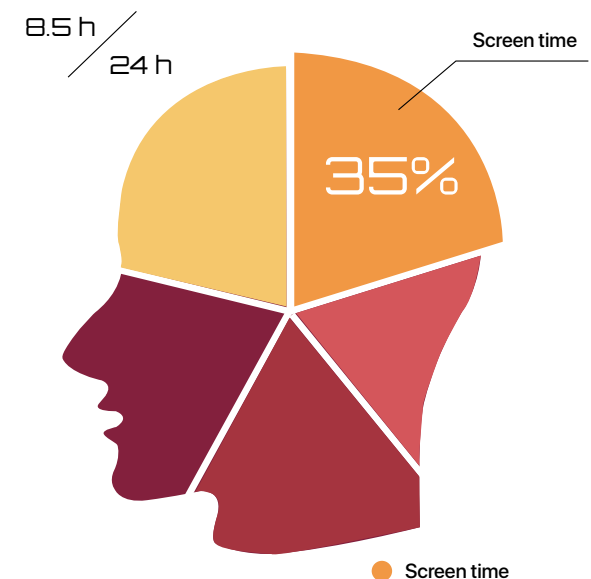
adult (age 24 to 50) has a major time of the day focus on their career, however, the amount of screen time can be varying from different career, white-collar worker has higher average screen time (**10 hours**) compare to blue-collar worker (**5 hours**) as their work is mostly digital.

The phone becomes more convenient, we can almost do everything with the small device, but spending too much time on screen has a huge impact on our life and society. A scientific investigation shows overuse phone has a relation with poor sleep, which people use the phone before sleep and causes them has a sleep late habit. Sleep late is an unhealthy lifestyle, has many bad long-term consequences, it makes skin dull and more acnes and loss hair due to endocrine disease and causes less concentration and memory. Overuse phone also a factor of causes near-sightedness, as people look at the phone in short distance in the dark environment. Also, people use to sit in a very relaxed position and lower their head to look at

the phone for a very long time, it's a bad habit that damage the cervical vertebra, and bad posture can lead to humpback. Besides the physical health, it also affects our mental health, it can cause phone addiction, which has anxiety and depression and become less confidence to be social and active and has a higher possibility of car incident as using the phone while driving.

There are many ways to control the excessive screen time, but importantly our determination will lead us to overcome the hardship. We can minimise the apps, delete the unnecessary apps that don't use very common. Also, use the Screen Time features, Downtime and App limits to limit your screen time and have a better healthier lifestyle. Additionally, use Pomodoro to avoid a long period of sitting in front of a screen and use fitness apps for exercising and workouts. After all, be confident and active, talk to people face to face, and enjoy reality.

% Of average hour spent per day



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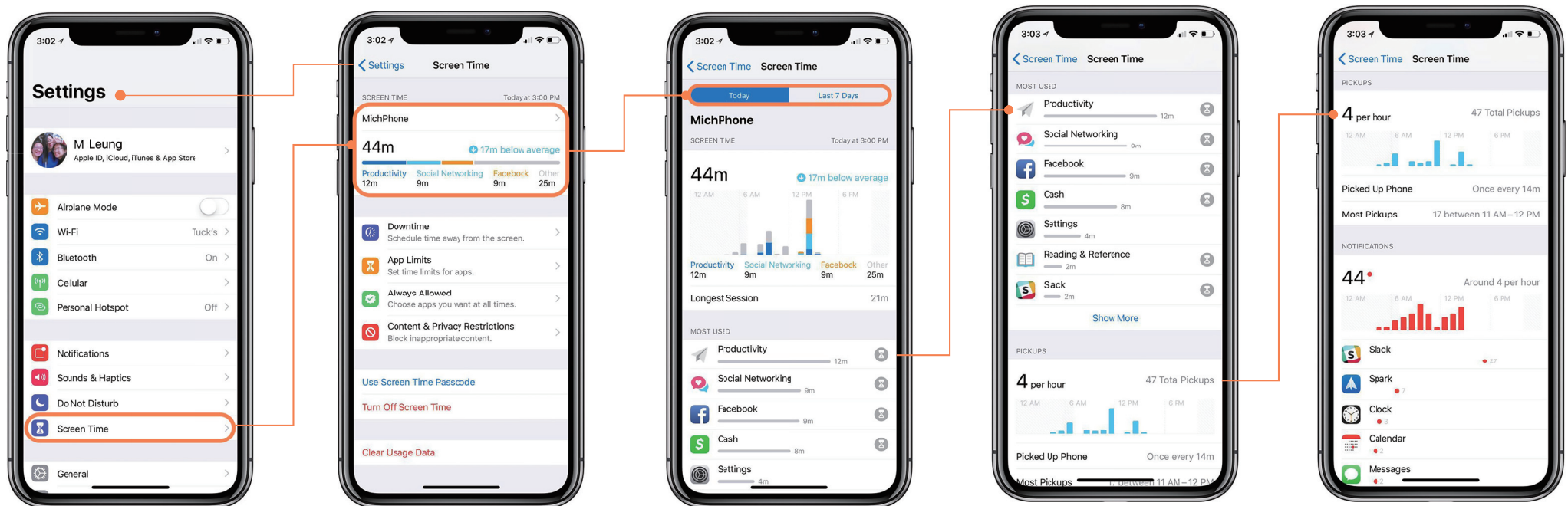
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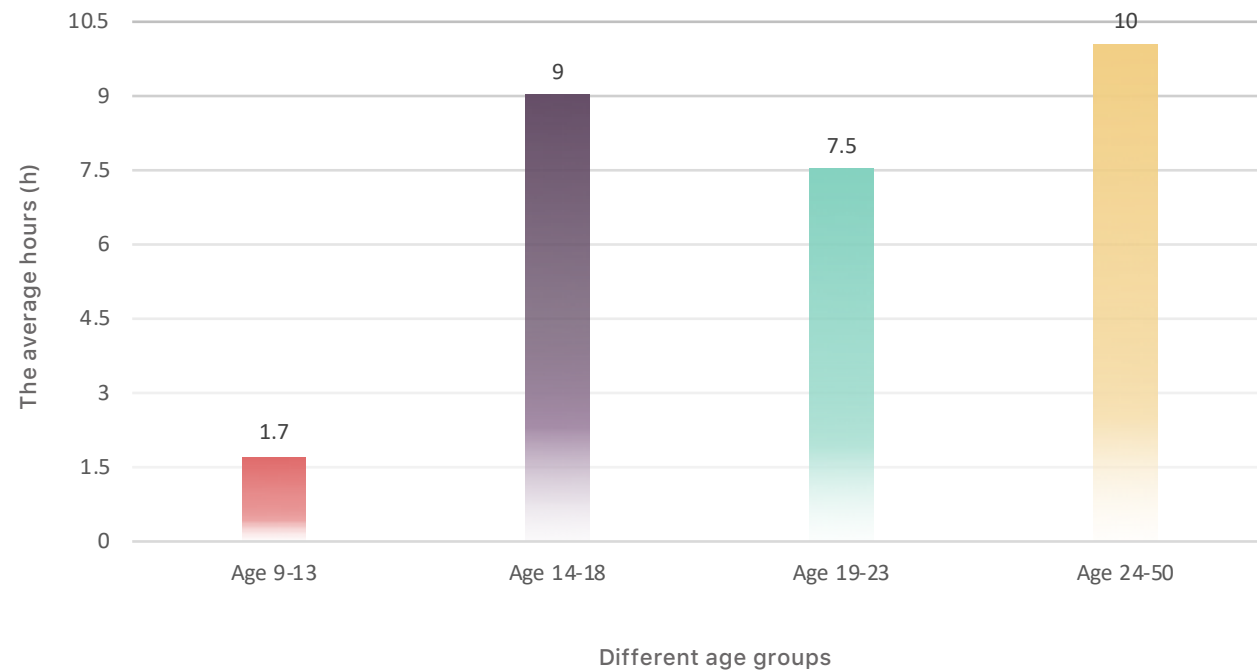
How to use Screen Time on iPhone in iOS 12

1. Open **Settings**
2. Tap on **Screen Time**
3. Tap your device at the top of the page
4. You can view your Screen Time data for the current day or the last 7 days

As seen below, there's a good amount of data to check out. You'll see time spent for most apps, although some may be lumped into broader categories like productivity, reading and reference, etc.

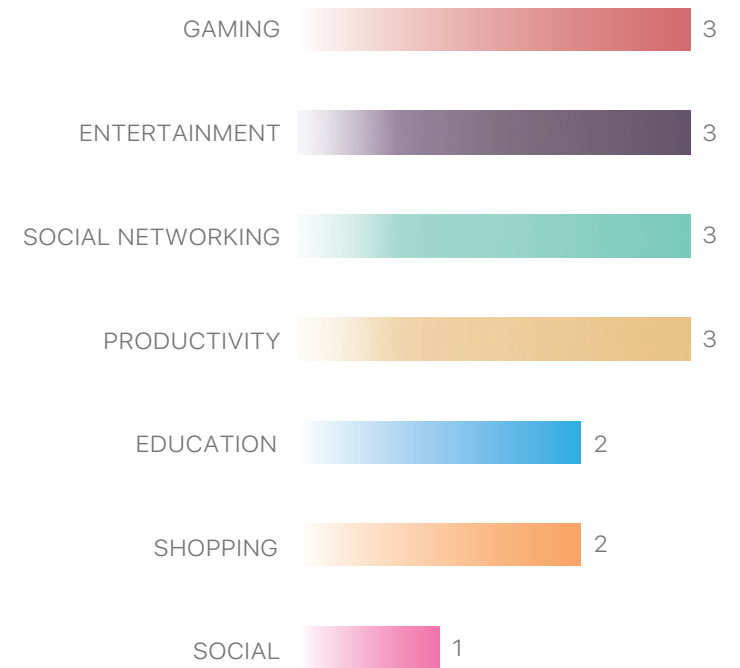


The average screen time for different age groups



Most use categories for screen time (of 18 total)

% Proportional



Average screen time on social media

In Minutes

