**What does your screen-time report tell you?**

**Useful or useless? You decide! Here’s what your report can tell you about your usage and how you can use it to your advantage …**

Most phones are now smart enough to track and collate exactly how much you use them, what apps you use and will even let you restrict when and how you access these apps. Whether this is through Apple’s ‘Screen Time’ or Android ‘Digital Wellbeing’, most systems offer similar functionality. Here’s how to make the best of the software available to you.

**Reviewing your usage**

Whilst it may be painful reading, it’s probably good to know how much you are using your phone. Both systems offer a visual breakdown so you can clearly see how much time you have spent using your phone as well as the amount of unlocks and notifications received.

It’s difficult to determine exactly how much screen time is too much, as it will really depend on what you use your phone for and whether you should be really doing something else. For example, if you use your phone to read books or study using YouTube tutorials, then maybe a higher amount of screen time is OK because you are using that time productively. If you are spending that time scrolling through Instagram, then maybe not… Have a look at the breakdown and work out where you are spending most of your time. Also take a look at the amount of times you pick your phone up and unlock it – it may be that you have developed a bad habit of checking your phone too often.

**Control how you use apps**

If you struggle with self-control, it is possible to put limits on how much you use certain apps. This is particularly good if you have an important deadline up and need to concentrate, or just want to limit the amount of time you spend, for example, on social media.

**Do Not Disturb function**

The ‘Do Not Disturb’ function is a great way to avoid notifications pinging at important times if you do not want to turn your phone off. It is particularly great at night – especially if you struggle to sleep but your mates keep messaging. You can change the settings to suit your lifestyle and help you get some much-needed rest.

Both systems allow you to effective review and manage the way in which you use your phone – both in terms of the time you spend on it, and the apps you use. Whilst you may want to ignore the reports and continue as you are, you might decide to utilise the functionality in order to improve your focus, sleep quality, mental health and ultimately break bad habits. The report will only give you the data – it’s your responsibility to decide whether that amount of screen time is at an acceptable level for you. Remember, all of these settings can be changed, so when the deadline has passed or you have more free time, you can remove any restrictions!

To find out more about Apple ‘Screen Time’ and how to amend the settings, visit [support.apple.com/en-gb/HT208982](http://support.apple.com/en-gb/HT208982) and for Android ‘Digital Wellbeing’, visit [www.android.com/digital-wellbeing/](http://www.android.com/digital-wellbeing/)

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