

# 5 TIPS ON HOW YOU CAN REDUCE YOUR SCREEN TIME

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1

**Set limits on screen time.** A good target for adults and children is 1 hour of screen time.

2

**Take up a new hobby or learn a new skill to counteract boredom.** There's a whole world out there outside of our screens. Check out this comprehensive [list](#) of all the activities you can do.

3

**Make meal times screen-free.** Use this time to talk and bond with family, friends or coworkers.

4

**Eliminate screen use 1 or 2 hours before bed.** Limiting your screen exposure before bed can help you get a good night's rest.

5

**Avoid charging your electronic devices next to your bed.** Don't charge your phone next to your bed so you can avoid distractions and notifications from disrupting your sleep.

