10 Benefits from Reducing Smartphone Use

1. **More Savings**
   Smartphone data plans are plenty pricey.

2. **More Sleep**
   A dose of screen time before bed time equals less sleep time.

3. **Better Relationships**
   Toss your smartphone and reach for a loved one.

4. **Better Concentration**
   We've sacrificed our concentration to 140 characters or less.

5. **Self-Mastery**
   Who's in charge? You or your smartphone?

6. **More Time**
   If you own a smartphone, do you know where your time has gone?

7. **Down Time**
   A smartphone can keep you connected way beyond your limit.

8. **Better Health**
   Not enough room to list all the health issues related to smartphone use.

9. **More Privacy**
   Going offline can keep you under the radar.

10. **Increased Safety**
    The urge to browse while driving or walking is dangerous.

Rethink Your Phone.