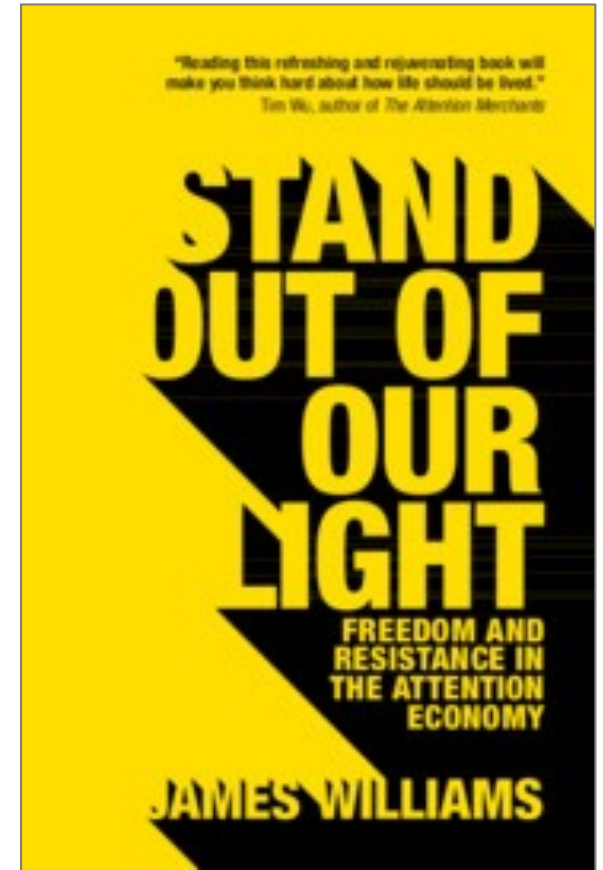


Managing Your Relationship with Your Phone

Attention Economy

People with PhDs and \$300,000/yr salaries are paid to keep you looking at your phone.

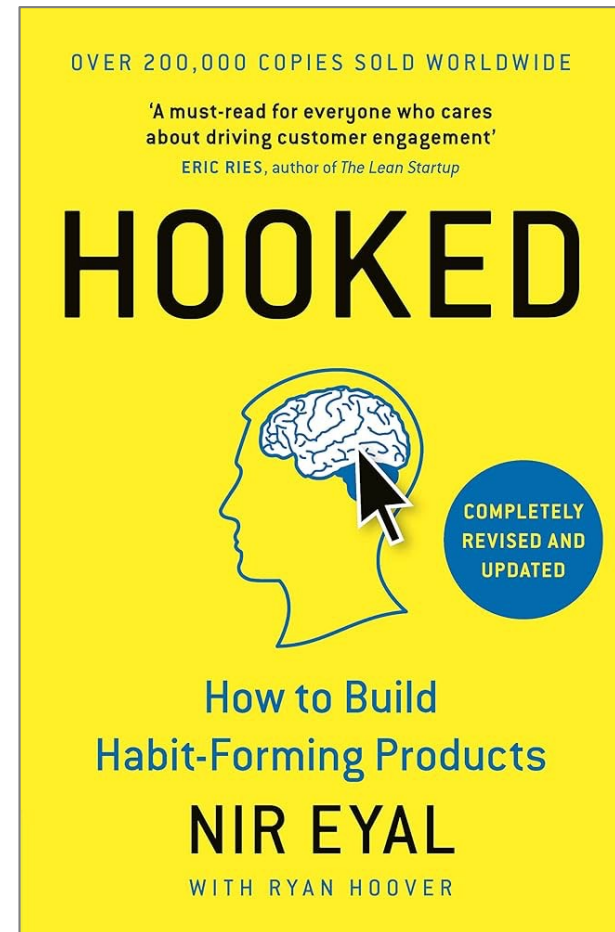
It's not your fault if you find the phone compelling.



<https://doi.org/10.1017/9781108453004>

One formula for keeping
you looking.

A powerful example of HCI
at work.



Hide it from yourself



Cell phone on table led to ~20% lower performance.

Thornton, B., Faires, A., Robbins, M., & Rollins, E. (2014). The mere presence of a cell phone may be distracting: Implications for attention and task performance. *Social Psychology*, 45(6), 479-488.

<http://dx.doi.org/10.1027/1864-9335/a000216>

Hide it from others



“The mere presence of mobile phones inhibited the development of interpersonal closeness and trust and reduced the extent to which individuals felt empathy and understanding from their partners.”

Przybylski, A. K., & Weinstein, N. (2013). Can you connect with me now? How the presence of mobile communication technology influences face-to-face conversation quality. *Journal of Social and Personal Relationships*, 30(3), 237-246.
<http://spr.sagepub.com/content/30/3/237.full>

College academic performance negatively correlated with frequency of phone use



Review of 23 studies:

- 18 showed negative correlation
- 5 showed no correlation
- 0 showed positive correlation

Causality **not** able to be established.

Amez, S., & Baert, S. (2020). Smartphone use and academic performance: A literature review. *International Journal of Educational Research*, 103, 101618.

<https://doi.org/10.1016/j.ijer.2020.101618>

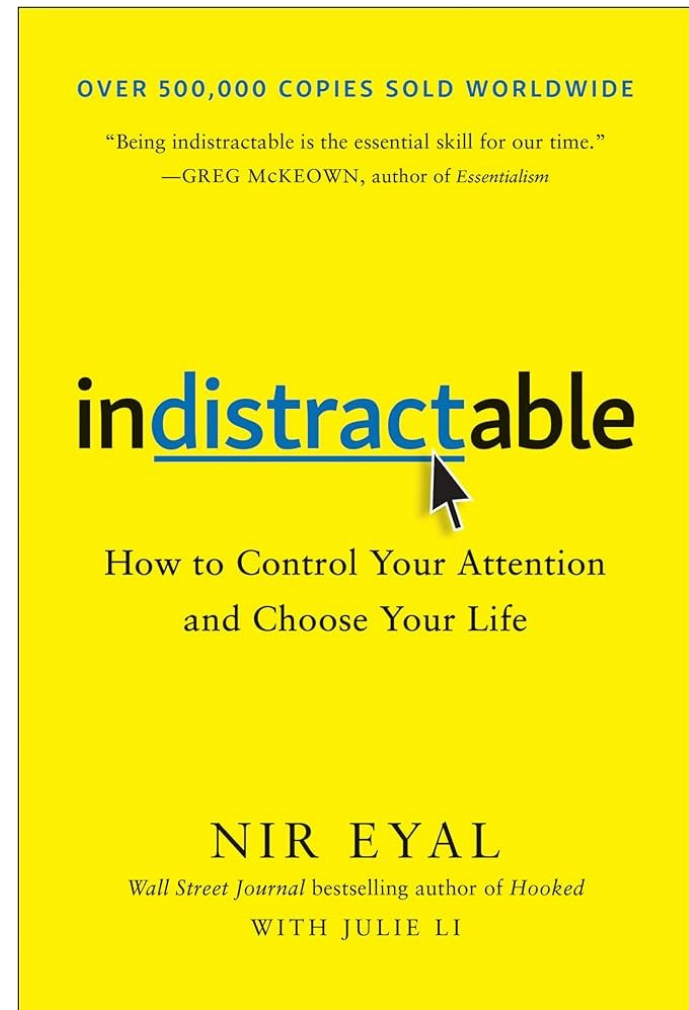
When do great new ideas arrive?



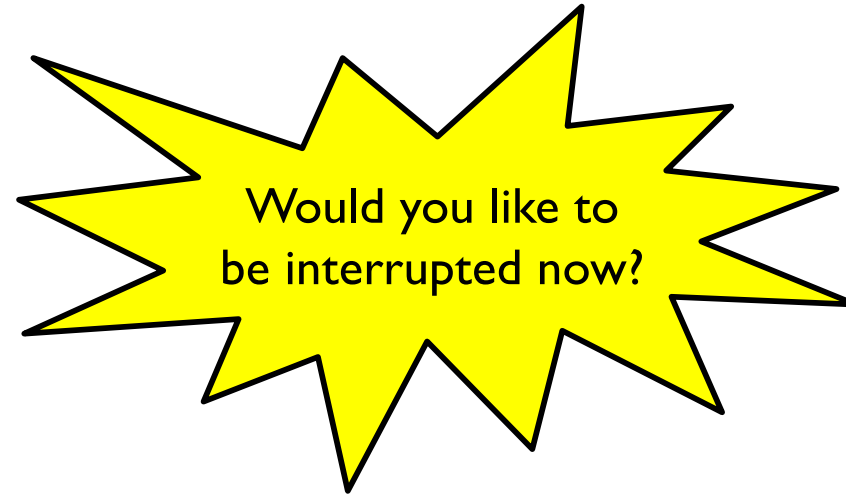
When you're not stimulating your brain.

What can you do about it?

Eyal felt bad from what he had created with *Hooked*, so...



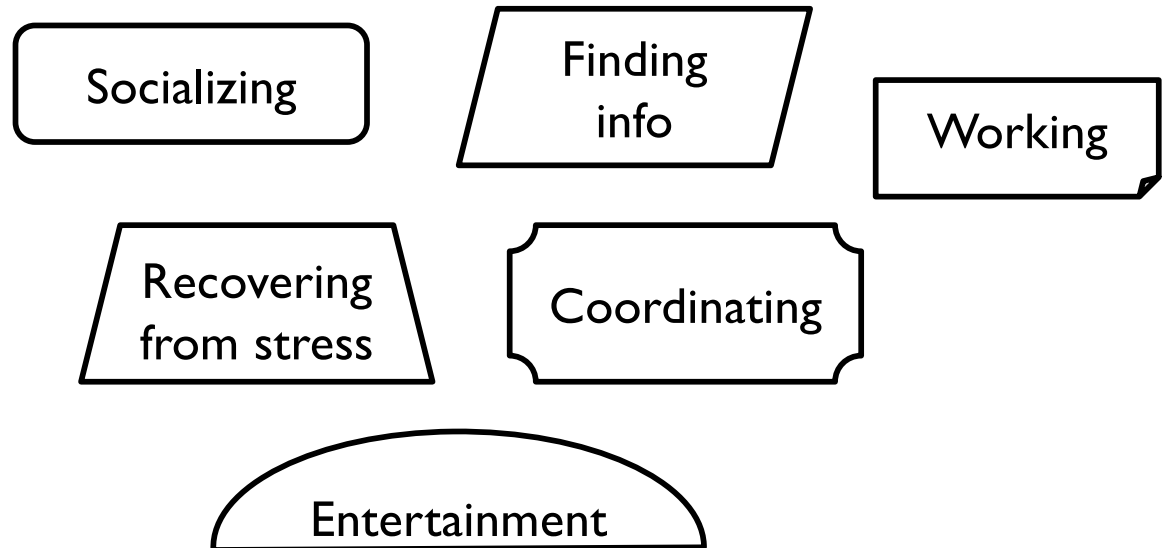
Fewer notifications.



Check your phone only
if you have time to act.



Reflect on what you're using your phone for.

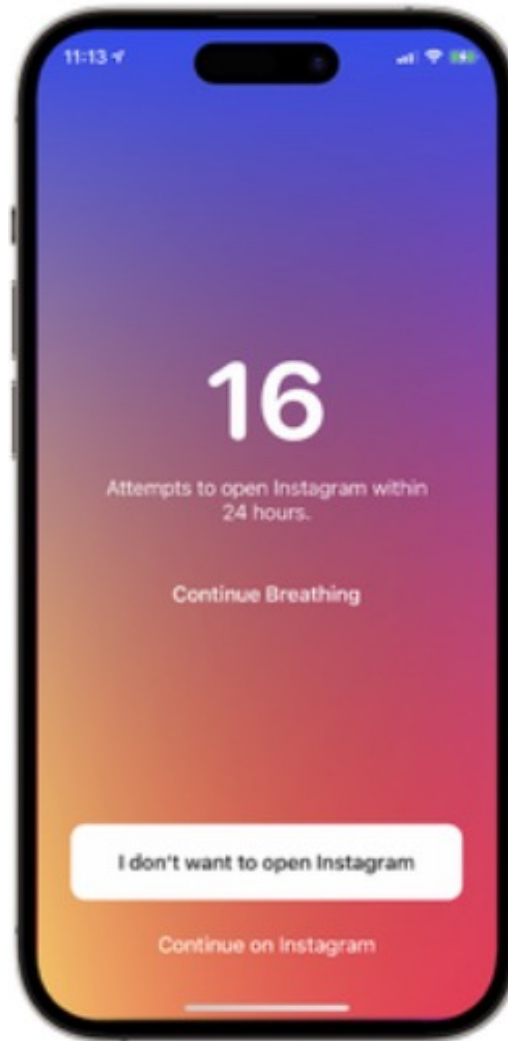


Catherine Price, author of *How to Break Up with Your Phone*, recommends sliding a rubber band around your phone when you're not using it.

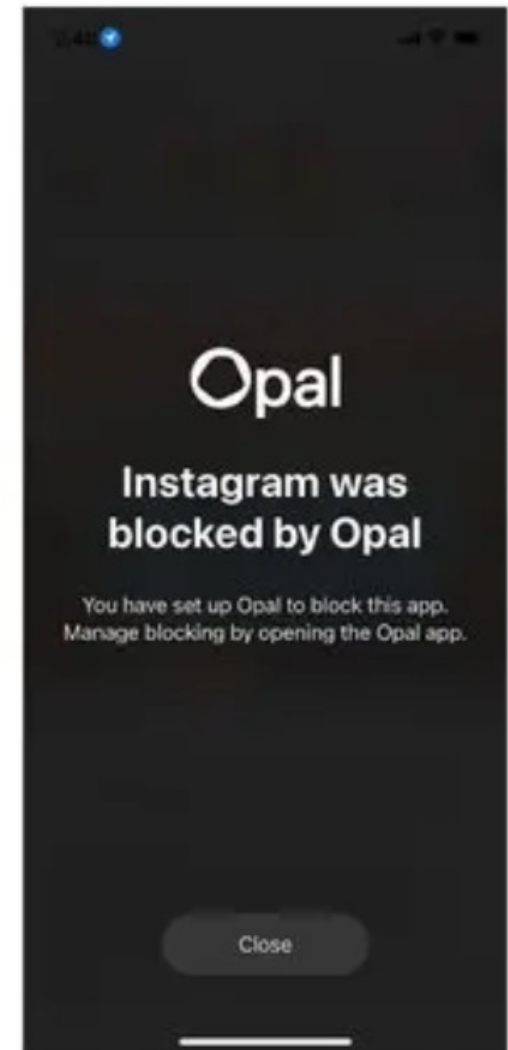


How to Limit Your Phone Use
Elissa Sanci, [NYTimes](#), Feb 18, 2024

Apps like **One Sec** ask you to breathe deeply before opening apps you've flagged.



Opal restricts access to apps during times you select. Free version gives you one session of focus.



Bagby makes gear to hold your phone safely out of reach.



Lockboxes require extra effort to access your phone. Opaque might be better.



Summary:

Actively manage your phone relationship.