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.

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.”

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.

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.

Would you like to be interrupted now?

Check your phone only if you have time to act.
Reflect on what you’re using your phone for.

- Socializing
- Finding info
- Coordinating
- Recovering from stress
- Working
- Entertainment
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.
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.