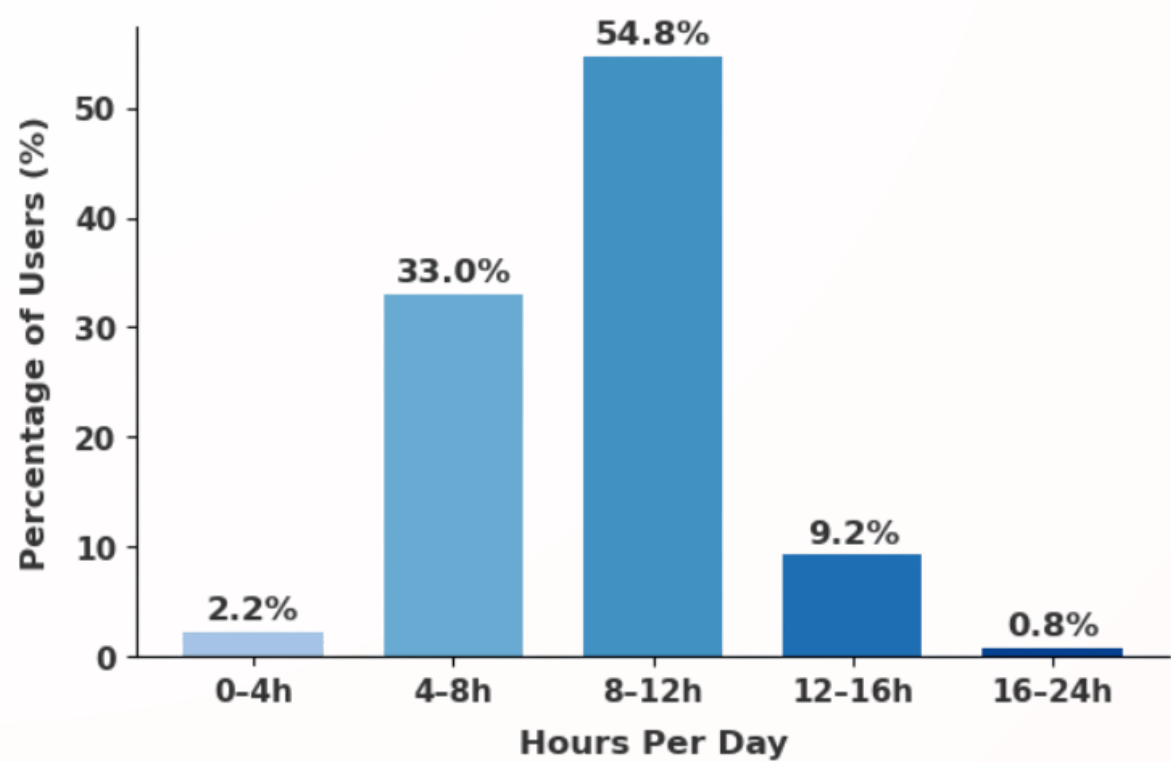
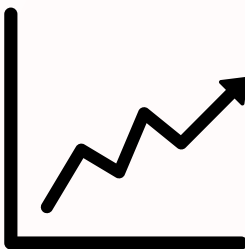


UNPLUG YOUR MIND

Screen time is taking a toll on sleep, stress and mental wellness

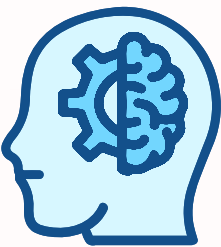


More than 50% of users spend 8-12 hours per day on screens



72.8 %
HIGH STRESS

Participants reported high stress levels (above 7 on a 10 point scale)



83.8%
LOW WELLNESS

Participants reported low mental wellness scores (below 40 on a 100 point scale)



Digital Diet

Reclaim your time, your focus, and mind.
Just one hour offline each day makes a difference.
Scroll less. Live more.