



Balance your screen time in the bedroom

Do you sleep with your smartphone next to you at night? 72% of Danes do, and this increases the risk of poor sleep quality. Finding the right balance in your screen time can have a positive effect on your sleep pattern, and this is important, as poor sleep quality can lead to stress and other health consequences.

Over the next 21 days, we want to help you balance your screen time, as this is how long it takes to change a habit.

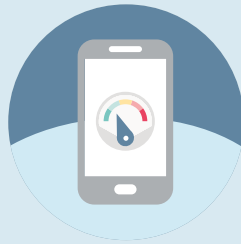
Challenge yourself: Ban your smartphone from the bedroom in 21 days

It may sound easy, but it is more challenging than you might think – especially if you usually check your smartphone just before you close your eyes at night. Remember to buy an alarm clock – that will be one less excuse.

What do you expect from not sleeping with your smartphone next to you?

Positive expectations:

Concerns:



Tick a box each night that you sleep without your smartphone in the bedroom.

Day	No smartphone	Write down your experiences
1		
2		
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11		Well done! You are now more than halfway through the challenge. Maybe you have already noticed a change in your sleep pattern or energy level. Continue to write down your experiences.
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21		Congratulations on completing the challenge! Did the challenge live up to your positive expectations? Were your concerns unfounded, or did you have new concerns? And will you sleep with an alarm clock or your smartphone next to you from now on?

Find more tips at danicapension.dk/screentime