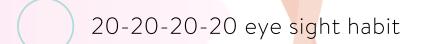
Digital Wellbeing



DR KRISTY



60-60 headphone rule

Natural sunlight 10-15 hours/week & before 12pm each day

Digital bedtime- 60 minutes before sleep

Time, filter & curate your tech time

Green time each week (10-15 hours/week)

Time to digitally disconnect

