

Something Unexpected

Disconnect to Increase Happiness

Has the constant pull of technology become a source of stress or anxiety?

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Living IRL (In the Real World)

Picture what an ideal evening or perfect weekend looks like to your family—does an image of everyone with their noses buried in a device come to mind? Probably not. You want a meaningful life where you and your family have time to:



- Read books, color, craft, and play games
- Be more active
- Pursue hands-on hobbies and projects
- Connect over family meals
- Enjoy the outdoors more
- Sleep with fewer interruptions

There are many ways to manually unplug from online. You can block incoming calls on your smart speakers, disable voice purchases, turn off the camera, mute the microphone, and silence app notifications⁵. The problem is that you have to go through these steps on each and every device you own. That's a pain.

You can also exercise self-control by downloading tools like [StayFocused](#), [SelfControl](#), or [Freedom](#) that limit how often you browse on social media sites. There's even an app called [Moment](#) that tracks how much time you spend using devices. Of course, these apps are only useful if you truly commit to changing your habits.

An article in *Psychology Today* argues that “we habitually waste time, creating the illusion of busyness.”⁶ We feel pulled to our devices constantly, even though there's rarely anything so important that it can't wait for a few hours. There are so many better ways to spend our precious time and energy.

Off Hours™ allows you to set boundaries with your smart devices. The system schedules how often your home network is connected, empowering you to make disconnecting from the internet part of your daily routine.

Meals, homework time, family time, and sleeping become Off Hours™ automatically or with a simple button push on the smartphone app or the Off Hours™ appliance.



The system ensures the network is available in the morning, powers down when you are away at work or school, and then powers up when you return.

With customizable scheduling, you decide when your home is Off Hours™.

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References

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6. Six Reasons to Get a Hobby, Psychology Today

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