

Dear Digital, We need to talk

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Many of us knowledge workers are spending more time attached to technology.

Our unhealthy digital dependencies are having significant impact on our mental well being, physical health and productivity.

In 2011, Americans consumed five times more information daily than they did in 1986, that's an estimated equivalent of 174 newspapers every single day.

Our digital behaviors cause neurobiological changes

The World Health organization criteria for burnout are :

Exhaustion

Cynicism

Reduced professional efficacy

The 4 pillars of digital peak performance

1. Establish digital borders and boundaries
2. Adapt neuro productivity principles
3. Disable digital distractions
4. Unplug for rest and recovery

Our screen habits are amongst the chief culprits sabotaging our sleep. Sleep really is the elixir of life.

Which are the places and spaces in your house you want technology to enter and which are areas and spaces you want to be tech free?

Optometrist Karen Garner Hamilton has a 20-20-20-20 rule

For every twenty minutes you're using a screen, take at least a 20 second break, look at something 20 feet away and blink 20 times.

Placing your hand on your chin, your screen should be no closer than your elbow.

Aim to get 20 to 30 minutes of natural sunlight within the first hour of waking up.

We are spending more time sitting than ever before in history. You must sit-stand and switch.

Our energy goes through peaks and troughs every 90 minutes. Every 90 minutes you crave for one of the three Cs – caffeine, carbs and crappy connections via social media.

Your chronotype is your unique biological rhythm.
There are 4 chronotypes:

1. Lions are morning - oriented people with a medium sleep drive
2. Bears have a solar based schedule with a high sleep drive
3. Wolves are night - oriented people with a medium sleep drive and
4. Dolphins have a low sleep drive and tend to be insomniacs

Chronotype sleep schedules

	Lion	Bear	Wolf	Dolphin
Ideal wake time	6 am	7 am	9 am	6.30 am
Ideal sleep time	10 pm	11 pm	1 am	11.30 pm
Peak performance window	6 am to 11 am	10 am to 3 pm	5 pm to 10 pm	3 pm to 9 pm

Mono task, don't multi task

Our devices lure us via metrics, metrics like you have 18 unread messages, 48 unread e-mails etc. we look for quick wins and get hooked to clearing them.

Put your phone out of sight when doing deep work

Piccolo breaks are typically two to ten minutes in duration and should occur frequently throughout the day. They help recovery.

Cutting your smart phone use by one hour
each day improves well being
After 4 months people permanently cut 30
mts off phone usage.

Have screen sabbaticals

Despite their growing popularity there is little evidence that digital detoxes work.