2-week mobile-internet → happier, sharper, more present

→ What if unplugging from mobile internet made you sharper & happier?

A recent PNAS Nexus study found that turning off mobile data and Wi-Fi for "just two weeks" :

· 📴Cut average phone use from ~5h to ~2.5h/day
· 😊Boosted mental health & life satisfaction
· 🎯Improved sustained attention by ~10 years' worth of decline!

Why? People spent "more time socializing in person" exercising, being in nature, sleeping better, and feeling more in control of their time. 91% of participants saw improvements in at least one area??

Ready for a digital detox?
Tell us: Could you go without mobile internet for two weeks?

→ Our pilot training programs are starting soon!

Preparations for pilot training programs for high schools under our project are nearing completion.

Our programs will start in 3 countries soon.
Stay tuned for updates!

COMING SOON

→ "Our latest blog posts are now live."

Our blog posts and informative content on technology and social media addiction are continually being published on our website.

LEARN MORE