

NEWSWORTHY TRENDS

Tips To Help The Tech Obsessed Disconnect

(NAPSA)—Just how connected to the Web are we?

According to a survey conducted by Harris Interactive and sponsored by Intel Corporation, 65 percent of adults feel they “cannot live without Internet” access.

So it’s probably no surprise that 71 percent of respondents said that it is important or very important to have Internet-enabled devices—such as laptops, netbooks and mobile Internet devices (MIDs)—that can provide real-time updates on important issues.

But constantly staying connected can be a distraction for many people and, in some cases, even take its toll on family and social life. To help, Intel—the company whose processor technology acts as the “brains” inside smaller and faster computers and devices—offers these tips to help the tech obsessed disconnect.

1) Keep a log—By keeping track of how often you are using your mobile gadgets, you can start to ease up on excessive use. Are you logging on to your e-mail at night, when nothing is on the television and you are bored? Do you text at a bar when waiting for your date to show up? Find other ways to deal with this downtime and be conscious of your activity.

2) Set limits—Set the expectation that you aren’t available around the clock, even if your device keeps you connected. Also, only answer e-mails if you are sitting at a desk.

3) Experiment with inaccessibility—Ease into a gadget detox by leaving your cell phone at



Seventy-one percent of survey respondents said it’s important or very important to have an Internet-enabled device.

home one day a week, or “accidentally” leave your BlackBerry at the office over the weekend.

4) Have an intervention—Turn to friends and family to help get over this obsession. Give your laptop or BlackBerry to your roommate or significant other once you get home so you aren’t able to check e-mails. Have a “no computing” policy during certain times of the day that applies to everyone in the house.

5) Reward yourself—As you ease up on your technology use, reward yourself at certain milestones. If you don’t check e-mail from the hours of 8 pm to 10 pm for two weeks, treat yourself to something nice. If you resist picking up the BlackBerry before even brushing your teeth for a month, go out to dinner.

For more information about mobile computing and devices, visit <http://www.intel.com/consumer>.