

Challenge:

Keep your device out of your bedroom

The Goal of this challenge is simple: Don't bring your smartphone or tablet into your bedroom before you go to sleep for five days.

At the end of five days send me evidence of your successful completion and be entered into my giveaway to win a Delayed Digital Consumption Prize Pack.

Read this article if you need convincing- [Seven Reasons Why you should Ban Phones in your bedroom.](#)

1 How did it feel leaving your device out of your bedroom?

2 What can you do before bed other than use your device?

3 What benefits did you notice in your mind and body when you don't grab your device first thing in the morning?

Finally the goal is not to demonize your device. The goal is to prepare you to handle the day, prepare yourself to deal with the digital world by warming up your mind in the morning.