Cellphones, tablets, laptops and other digital devices are undoubtedly handy. But overuse can undermine your health and happiness. From time to time, it’s good to detox from your gadgets.

**Why You May Need a Digital Detox**

- **Depression.** Some research has tied frequent social media use to depression and decreased well-being.
- **Weakened bonds.** Among people who are constantly checking their devices, four in 10 say they often feel disconnected from their families.
- **Stress.** More than 80 percent of Americans say they frequently check texts, emails and social media accounts—and that can lead to stress.
- **Decreased concentration.** Frequent interruptions from beeping and buzzing devices make it difficult to focus.
- **Impaired sleep.** Researchers have found that using digital devices close to bedtime can interfere with getting a good night’s sleep.

**5 Ways to Make It Happen**

1. **Pick your detox times.** Take breaks from your devices at meals, during outings with family and friends, and at least a half hour before bedtime.
2. **Turn off notifications** for texts, emails and social media. Silence your phone during detox times, too.
3. **Put devices out of sight.** Research has shown that just seeing a cellphone sitting there can be distracting, even if you don’t use it.
4. **Let others know.** Explain to family and friends that you unplug during specific times, but you’ll respond to their messages later.
5. **Make it a family affair.** To create a family plan for the use of mobile devices and TV, go to healthychildren.org/medialseplan.