



Disconnected

Linux Day 2021

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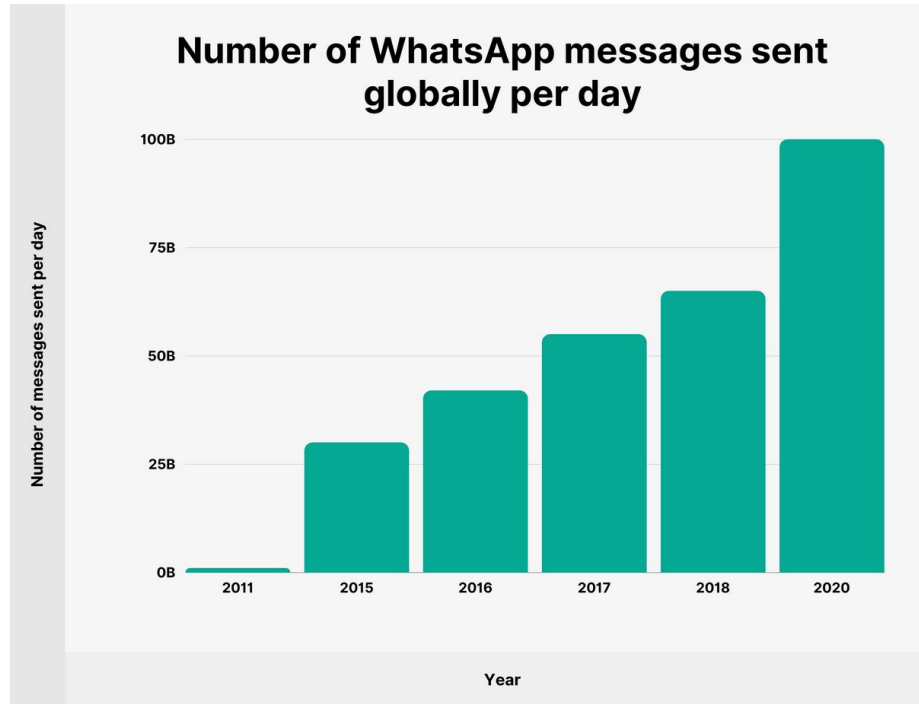
What about us?

How connected are we in daily
life?

“The original idea of the web was that it should be a collaborative space where you can communicate through sharing information.”

— Tim Berners-Lee

IM Data - Whatsapp



fonti: backlinko, statista

IM Data - Telegram



15 Billion Telegrams Delivered Daily

Two and a half years after launch, Telegram is delivering over **15 billion** messages daily - that's roughly the number of push notifications that are sent by Telegram each day. All thanks to you.



blog telegram ufficiale

Recent News

Sep 19

Chat Themes, Interactive Emoji, Read Receipts in Groups and Live Stream Recording

Aug 31

Live Streams, Flexible Forwarding and More

Jul 30

Video Calls with up to 1000 Viewers, Video Playback Speed and More

Jun 25

Group Video Calls

Jun 25

Animated Backgrounds

Apr 26

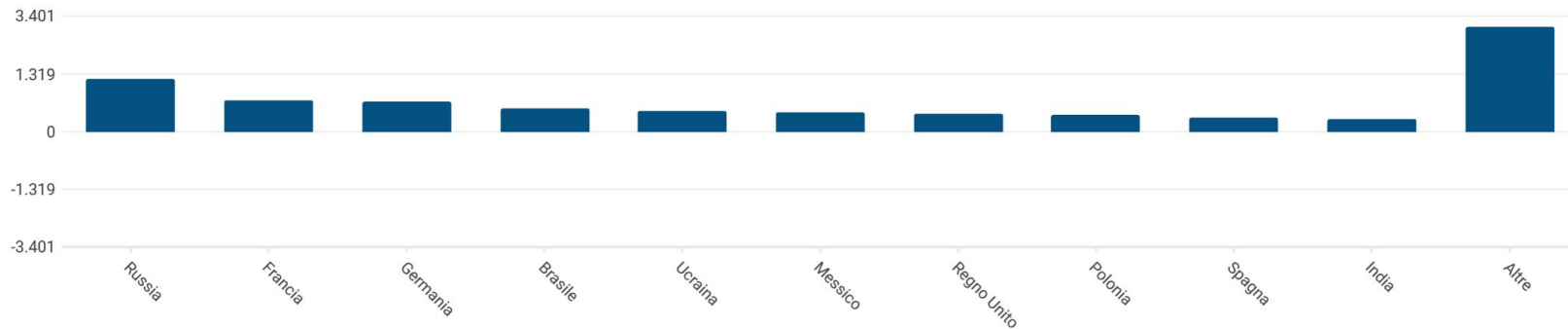
Payments 2.0, Scheduled Voice Chats, New Web Versions

Mar 19

Voice Chats 2.0: Channels, Millions of Listeners, Recorded Chats, Admin Tools

Play Store Data

Pubblico che ha eseguito l'installazione



Dispositivo: [Samsung Galaxy A21s](#)

Lingua dispositivo: Spagnolo

Codice versione app: 32

Nome versione app: 1.8.0.2

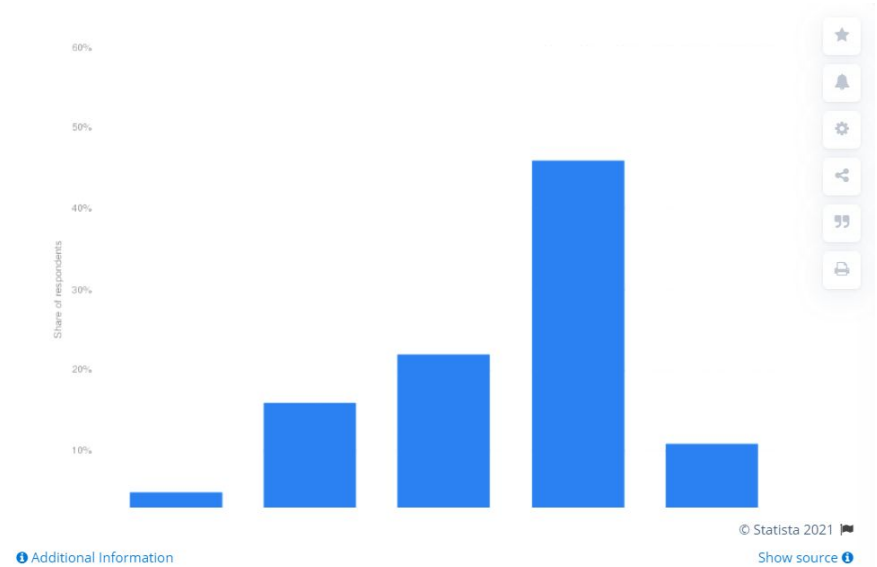
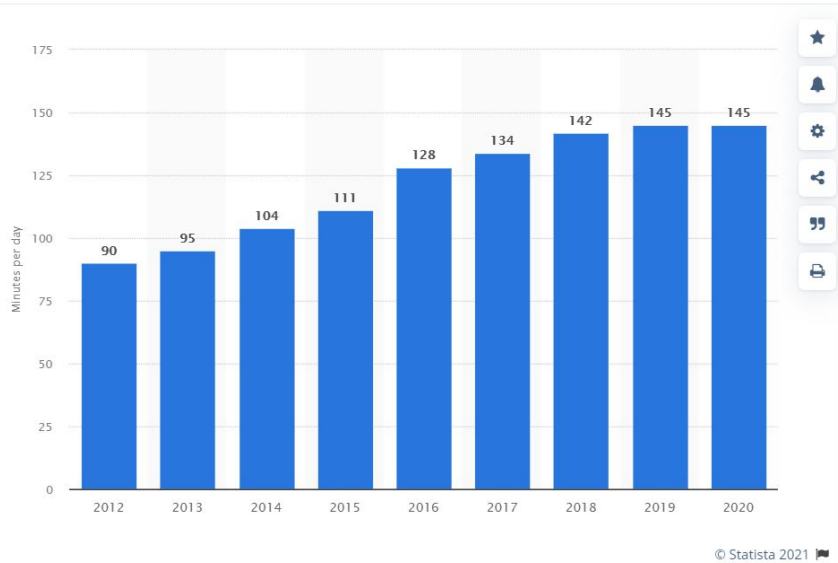
Versione di Android: Android 11 (SDK 30)



Recensione tradotta dalla seguente lingua: Lingua imprecisata - [Mostra recensione originale](#) ▾

Time and wellbeing

Daily usage - the truth



Circa dalle 3 alle 4 ore!

Disconnected

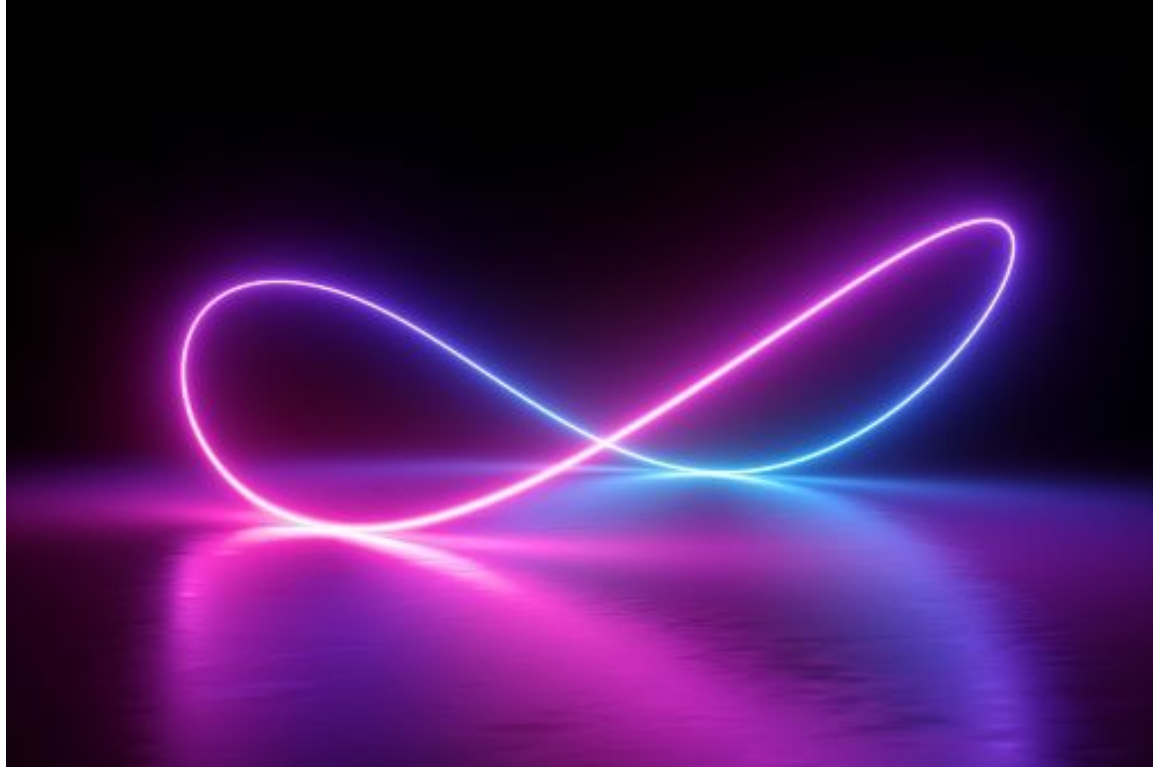
What happened?

Rules

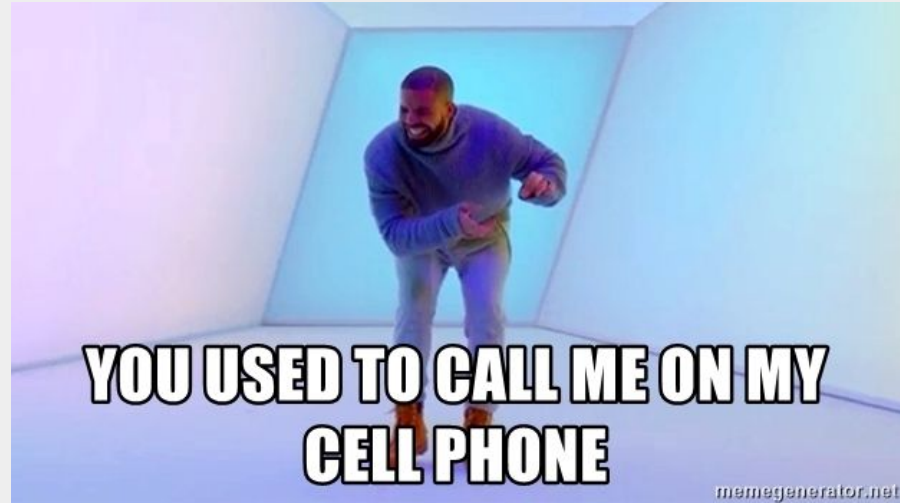
- The rules I imposed on myself were the following:
- do not use telephone or pc except when strictly necessary
 - otp managers
 - pwd manager
 - maps
 - mobility app
 - urgent calls and text messages
 - login or use of university services
- every IM and social app had to be uninstalled
- telegram, online backup
- other apps: local backup
 - exception: Signal, as few contacts had it and I needed to communicate with certain people (mostly family members), it also acts as an app to manage SMS youtube and similar are prohibited (except for any study purposes)
- calls and sms allowed (both those, who still use them in 2021 :D)
- it is forbidden to play (both video games and board games) or watch movies and TV series

What happened? - part 2

Neverending story



What about the
phone?



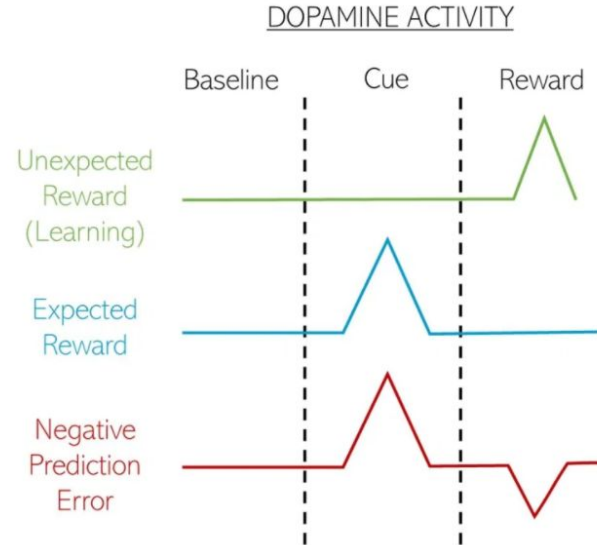
Results

- able to remember what I did
- higher focus
- being quieter
- new ideas



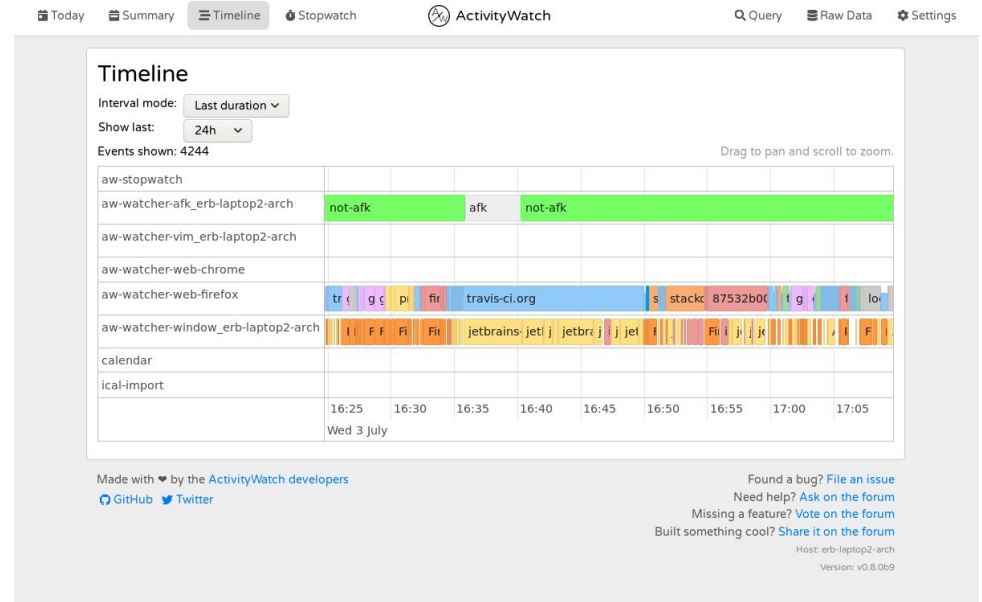
Harvard University Research:

<https://sitn.hms.harvard.edu/flash/2018/dopamine-smartphones-battle-time/>



Benessere - come?

- Tracciare il tempo che si passa davanti allo schermo (e come)
 - Activitywatch
- Migliorare il focus:
 - Forest
 - SelfRestraint (URL blocker)
 - Limite (estensione Firefox)



Schermata di ActivityWatch

Thanks!

For any other question contact me at dag7@pm.me or on my website: <https://dag7.it>