

Insomnia:

Studies show that using electronics right before going to sleep can lead to poor quality of sleep and a longer time needed to fall asleep. In order to prevent that from happening to you or someone you know, feel free to employ this *sleep defense* move.

To learn more about tech related insomnia visit:

<https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5363971/>

<https://edition.cnn.com/2016/11/09/health/smartphones-harm-sleep/index.html>

About CTP:

Center For Technological Pain is a non-profit organization focused on offering DIY and Open Source solutions to health problems caused by technology. These solutions range from physical objects that help eliminate certain problems to self-defense moves and classes that help beat tech-addiction.

For more information visit:

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centerfortechpain.com

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INSOMNIA

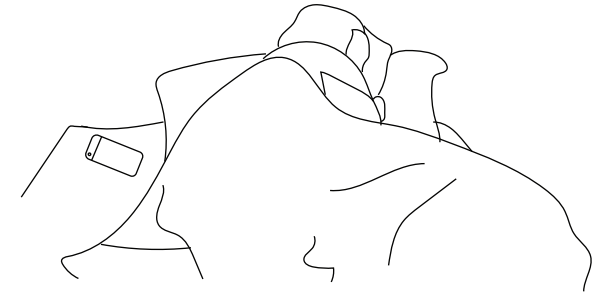
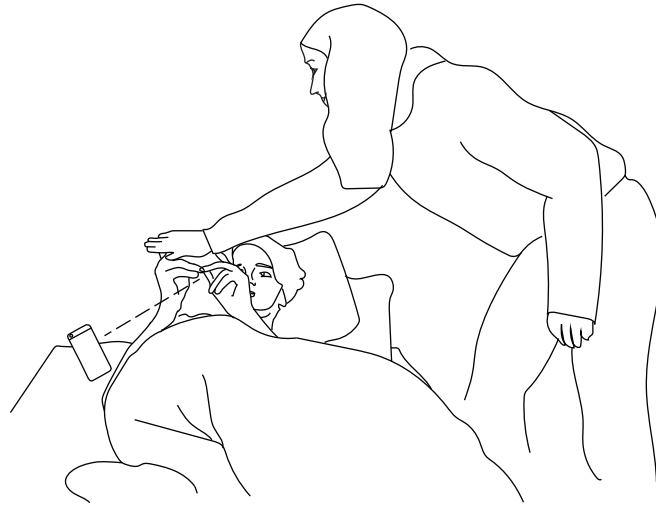


Self-Defense
Against Technology

SLEEP DEFENSE

Exposure to blue light emitted by electronics within 2 hours of going to sleep can be a cause of insomnia.

Here's an easy way to ensure good sleep.



Phone Addiction:

Though mobile phones are seen as indispensable in our every day lives, mobile phone addiction can be a serious issue for some and certain behaviors can be equated to other addictions such as alcohol, drugs etc. It is important to notice those behaviors and eliminate them.

To learn more about tech related addictions visit:

<https://www.liebertpub.com/doi/abs/10.1089/cpb.2009.0022?journalCode=cpb>

<https://www.theguardian.com/technology/2018/jan/27/mobile-phone-addiction-apps-break-the-habit-take-back-control>

<https://www.youtube.com/watch?v=NUMa0QkPzns>

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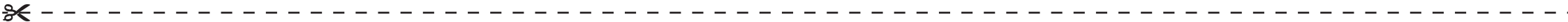
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ADDICTION



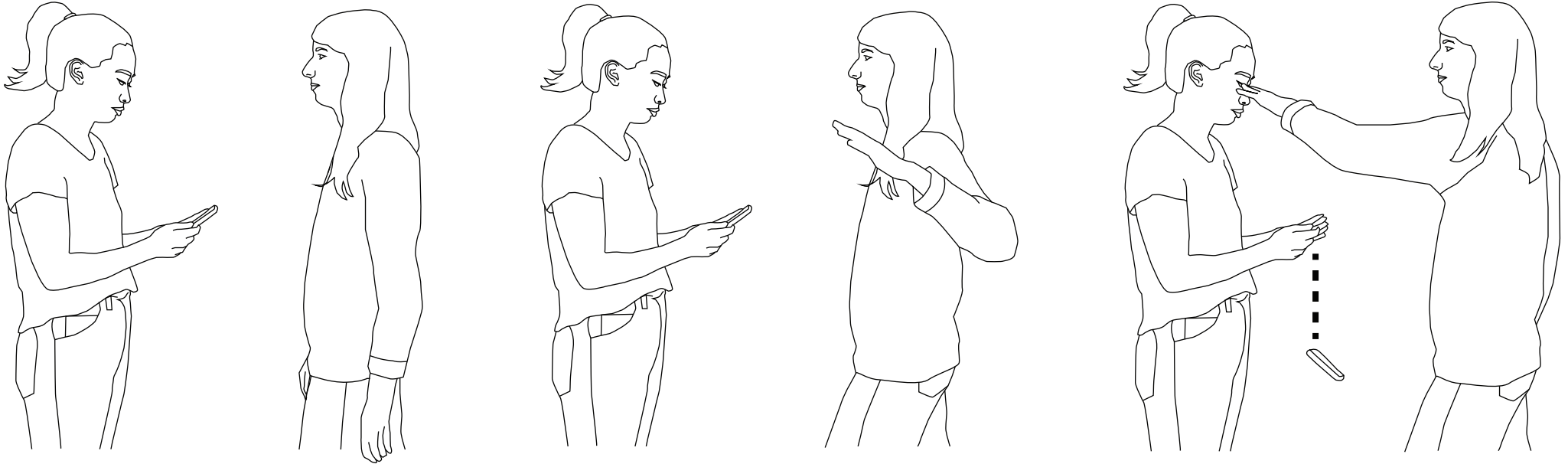
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EYEPHONE

The use of mobile phones can cause serious addictive behaviors that can lead to other problems in the future.

Sometimes the only way to get your friend off their phone is by giving them a taste of this EyePhone.



Phone Dependence:

Though mobile phones are seen as indispensable in our every day lives, mobile phone dependence can be a serious issue for some and certain behaviors can be equated to other addictions such as alcohol, drugs etc. It is important to notice those behaviors and eliminate them.

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<https://www.theguardian.com/technology/2018/jan/27/mobile-phone-addiction-apps-break-the-habit-take-back-control>

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DEPENDENCE



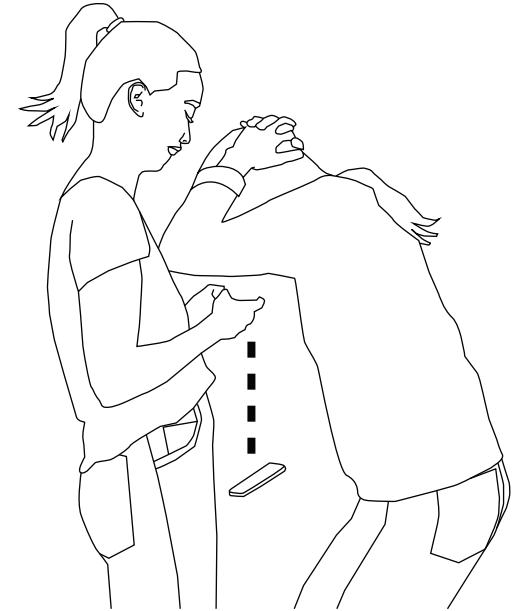
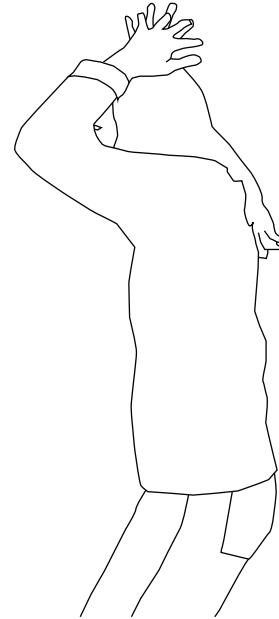
Self-Defense
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PAINDESTRIAN

The use of mobile phones can cause serious addictive behaviors that can lead to other problems in the future.

Strangers walking into you on the street will no longer be a problem, if you practice this move.



Phone Overuse:

Have you not been able to concentrate? Having a hard time with participating in a face-to-face conversation? Do you wish you and your phone could spend all your time together? If you answered yes to at least one of those questions you might be experiencing the negative effects of phone abuse. It could lead to serious issues, so do not take it lightly! Visit CTP to learn what you can do to make it better.

To learn more about overuse of technology visit:

http://www.streetdirectory.com/travel_guide/7757/phones/cell_phone_abuse_are_you_a_victim.html

<https://teencellsafety.wordpress.com/category/cell-phone-abuse/>

https://ipfs.io/ipfs/QmXoypizjW3WknFiJnKLwHCnL72vedxjQkDDP1mXWo6uco/wiki/Mobile_phone_overuse.html

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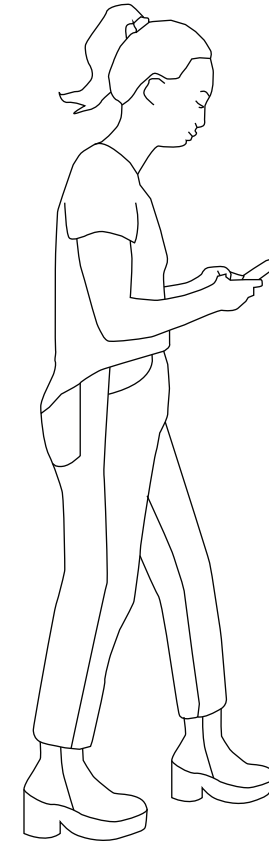
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OVERUSE



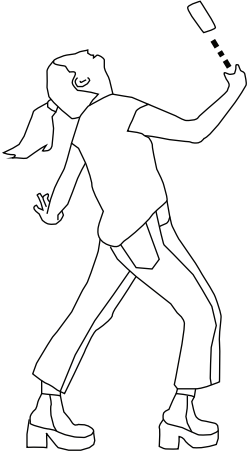
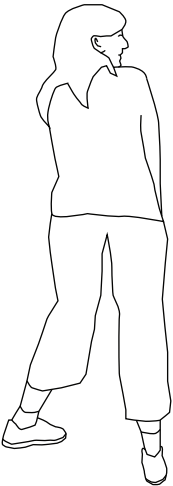
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WEAK KNEES

Overusing mobile phones can lead to serious social and psychological problems.

If you see someone on their phone, when they should be paying attention - make them weak at the knees.



Obsession with Technology:

Phantom vibrations, binge watching tv, constantly checking one's phone - all of these symptoms can be signs of obsession with technology. This unhealthy obsession can invade your personal and professional life in ways that could potentially affect your relationships with other people. Luckily, we have developed an easy solution to overcome your obsession.

To learn more about obsession with technology visit:

https://www.huffingtonpost.com/dr-larry-rose/n/our-obsession-relationshi_b_6005726.html

<https://blog.hubspot.com/marketing/behaviors-technology>

<https://psychcentral.com/lib/idiorder-understanding-our-obsession-with-technology-and-overcoming-its-hold-on-us/>

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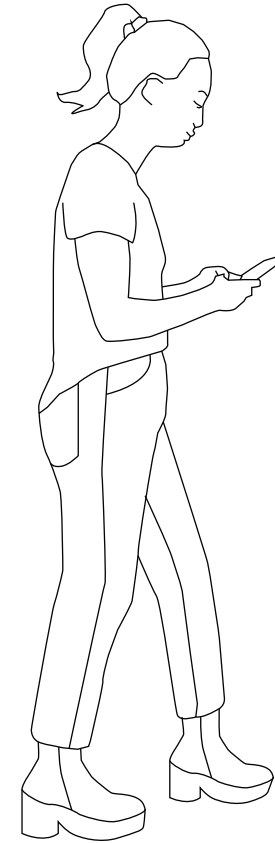
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OBSSESSION



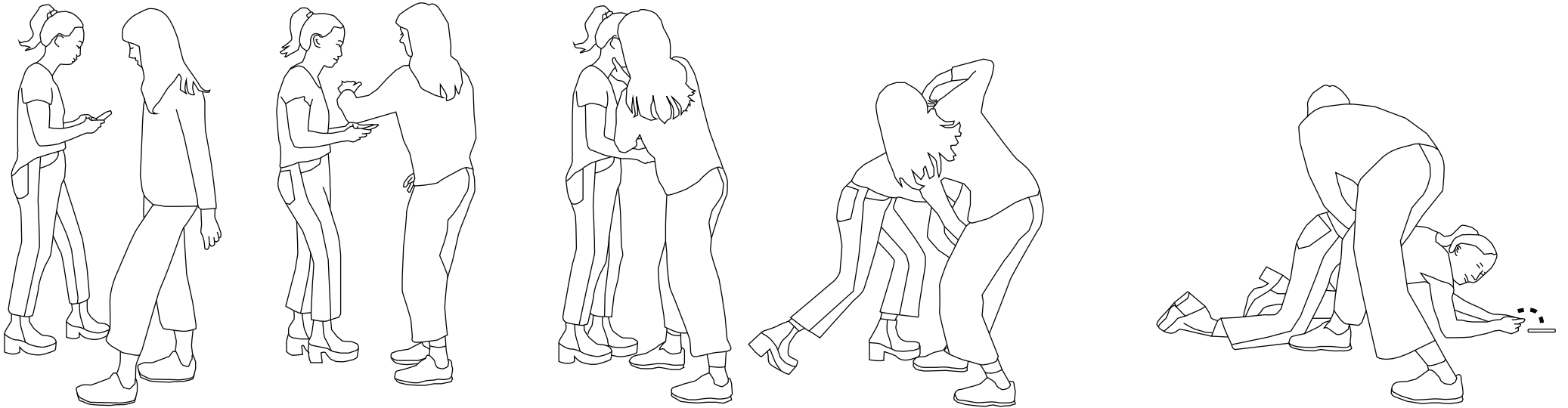
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A LIL' PUSHY

Forming an unhealthy obsession with the devices we use is very common nowadays.

When you see a person in need of giving up their device, give them a push in the right direction.



Poor Posture:

Poor posture while using technology can lead to longlasting negative effects, such as lower back pain, wrist pain, should or hip pain. Make sure to keep your back straight and position yourself correctly at a desk, when texting or using your computer.

To learn more about tech related poor posture visit:

<http://www.cbc.ca/news/health/poor-posture-from-technology-use-can-lead-to-4-damaging-effects-1.2879550>

<http://www.biltmoreparkchiropractic.com/chiropractic-education/poor-posture-and-technology-asheville-chiropractor-dr-michael-masterman/>

<https://www.urbanmassage.com/editorial/technology-affecting-posture/>

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POOR POSTURE



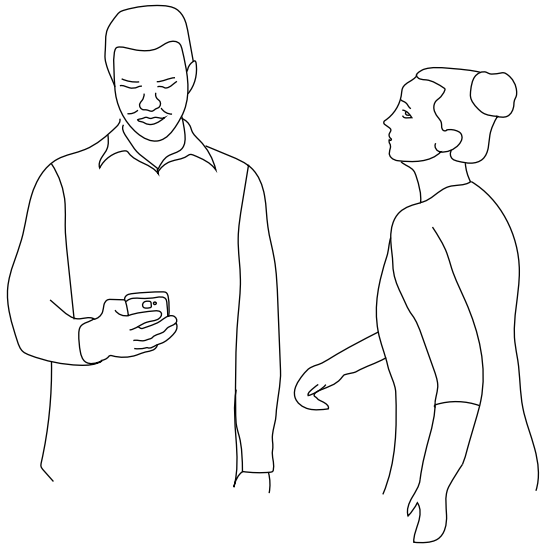
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EAR PULL

Improper use of your phone can cause you to have poor posture.

Grab one's ears and yank them to protect the person from obtaining bad posture.



Bad Posture:

Starting from the position of your wrist, while using your phone to the angle of your neck when looking down, most people don't retain proper posture when using technology. Use some of our self-defense against technology moves to prevent pain in the future.

To learn more about bad posture caused by technology visit:

<https://www.njspineandortho.com/how-technology-affects-posture/>

<https://www.skyflohealth.com/technology-posture/>

<https://www.backinmotion.com.au/blog/article/how-technology-is-ruining-your-posture-what-to-do-about-it>

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BAD POSTURE



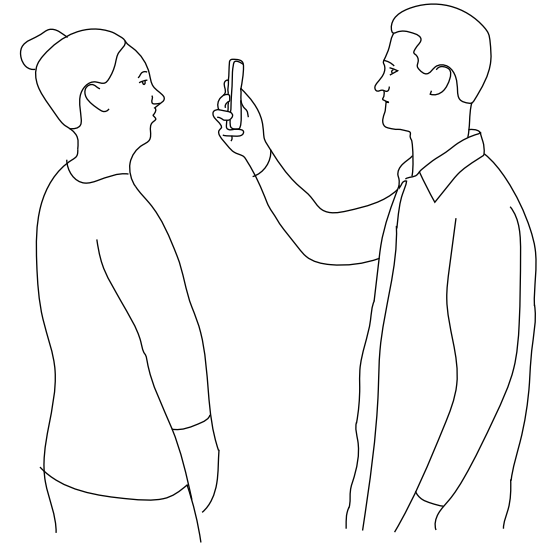
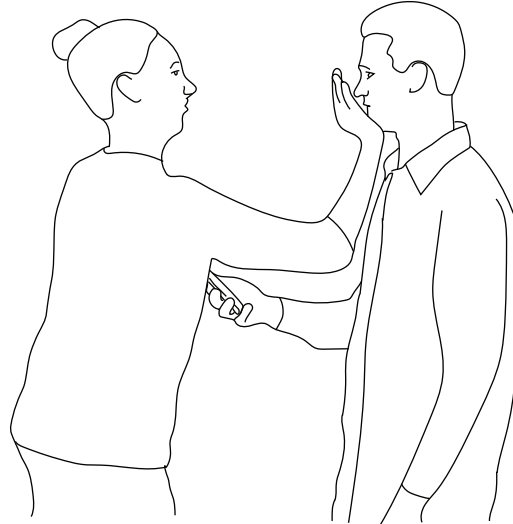
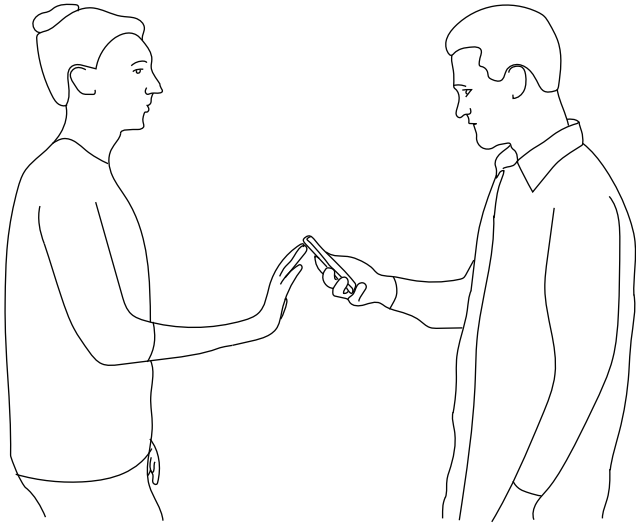
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NOSE PALM

Make sure you're aware of your posture when using your devices.

Use the heel of your palm to strike up under someone's nose to correct their posture.



Abuse of Technology:

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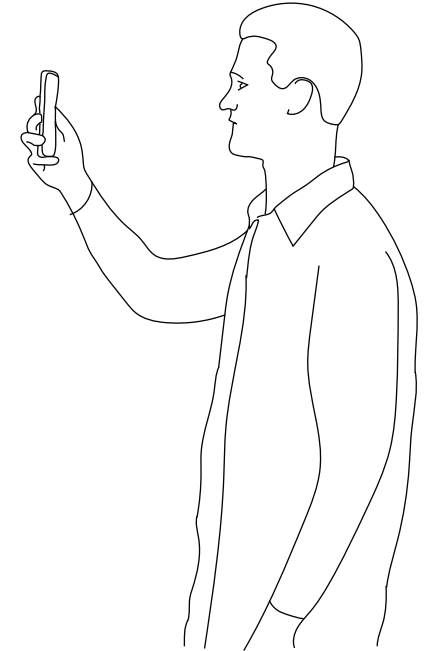
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ABUSE



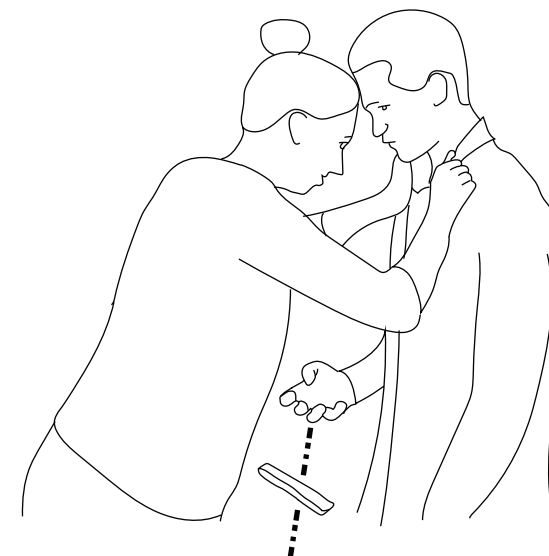
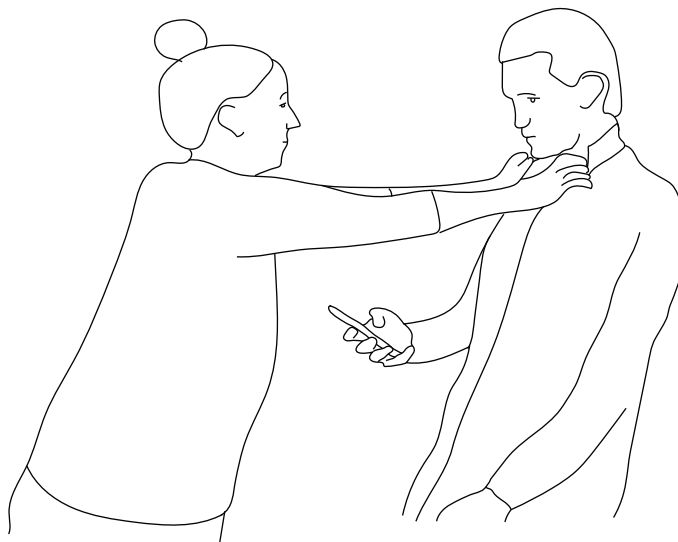
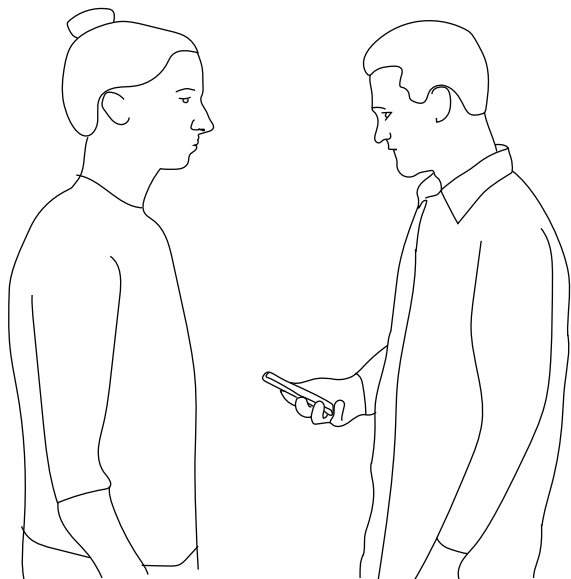
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THE GOOD OL' HEADBUTT

Abusing mobile phones can lead to serious social and psychological problems.

Headbutt a friend or a stranger to remind them the real values in life.
(P.S. it's not your phone)



Craving of Technology:

Have you ever experienced the feeling of withdrawal when you accidentally leave your phone at home? Or have had a hard time putting your phone down, while feeling you haven't had enough? If so, then you might have a serious addiction to technology, similar to a craving of drugs. Not to worry! CTP has many solutions to your tech addictions.

To learn more about the craving of technology visit:

<https://www.telegraph.co.uk/technology/news/8436831/Student-addiction-to-technology-similar-to-drug-cravings-study-finds.html>

<http://time.com/money/4321597/psychology-why-want-gadgets-iphone/>

<https://www.independent.co.uk/life-style/gadgets-and-tech/features/mobile-devices-a-constant-craving-that-may-be-changing-our-personalities-7858608.html>

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CRAVING



Self-Defense
Against Technology



WRIST HOLD ONTO YOUR PHONE

The craving of technology has often been compared to the craving of drugs. Don't let technology take over your life.

You can always use a wrist hold to ensure someone pays attention to you.

