



Remember when you could read for an hour without checking your phone?

That ability didn't fade naturally.

Research shows that even having your phone nearby reduces your working memory and capacity for sustained attention. Social media platforms spend billions engineering products that fragment the deep focus a good book demands.

Visit the site to take a self-reflection quiz, learn why this is worth your attention, or make a 10-day pledge to try something different.

disconnectmadison.org



No spam. No tracking. Just a question worth asking.