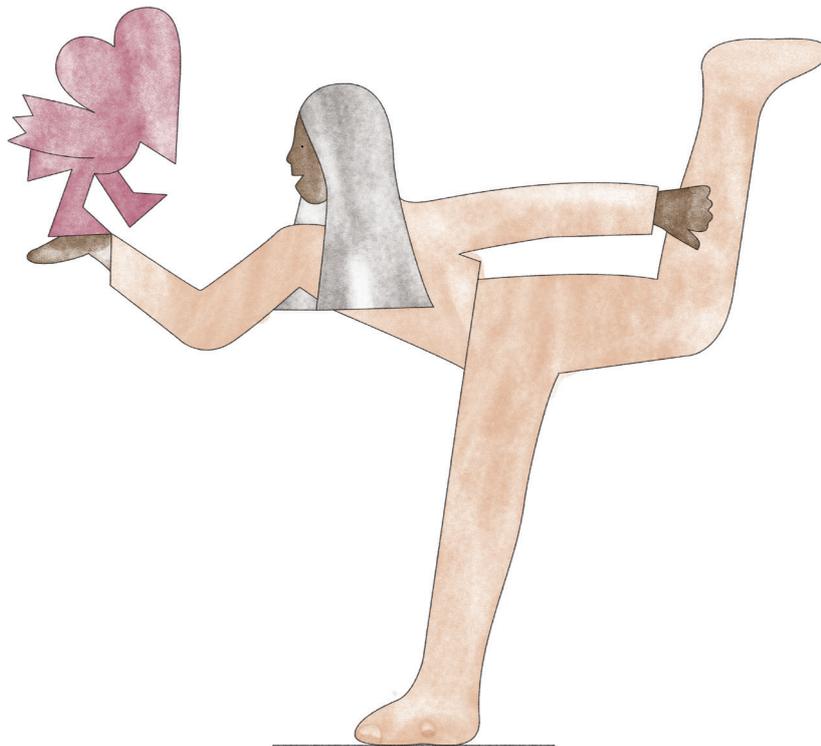


# Digital Wellbeing Experiments

## Hack Pack

What is Digital Wellbeing Experiments?

A platform to share ideas  
and tools that help people  
find a better balance  
with technology.



# What's inside?

## Overview

Why the project exists, the challenge and key considerations for creating your experiment.

## Prompts

A range of user habits and APIs to help kickstart your project.

## Idea Template

A few blank pages to sketch out your ideas and share with others.

# Overview



Digital Wellbeing Experiments is a platform to share ideas and tools that help people find a better balance with technology. Since we all have different relationships with our phones, we're exploring a range of ideas to help

people find a balance that's right for them. If you'd like to create your own experiment, we'd love to see it and possibly feature it in our collection. Submit your experiment at [g.co/digitalwellbeingexperiments](https://g.co/digitalwellbeingexperiments)

## The Challenge

Create an experiment  
that helps people  
find a better balance  
with technology.



## Things to Consider

### Simple & Useful

These are experiments for people to try out, so make them easy to understand and use.

### Tangible & Accessible

The more people who can interact with your experiment the better.

### Phones & Beyond

Technology has many forms, we're open to seeing ideas beyond mobile.

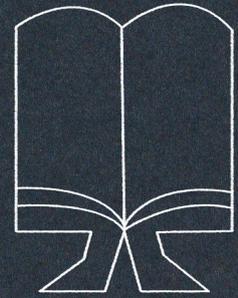
### Open Source

Consider open sourcing your experiment, or parts of it. It can help inspire others.



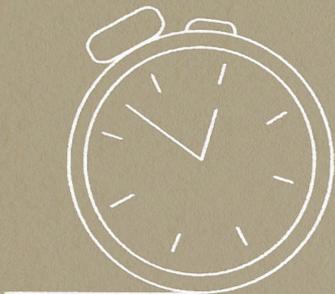
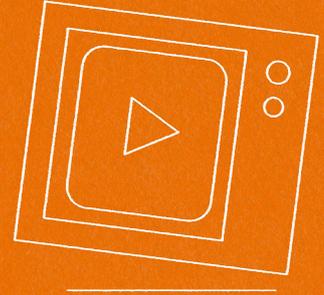


“I’ll stay on my phone  
instead of going to  
sleep when I intend to”



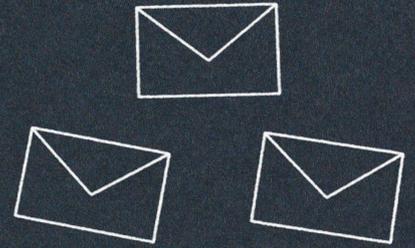
“I feel like I’m missing  
something important  
at work if I don’t  
check my phone”

“I get distracted  
when I’m with my  
friends and family”



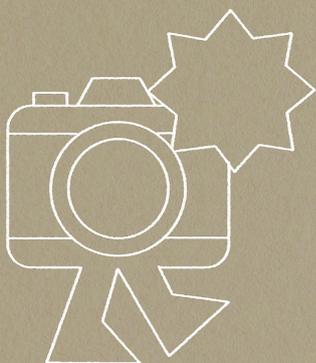
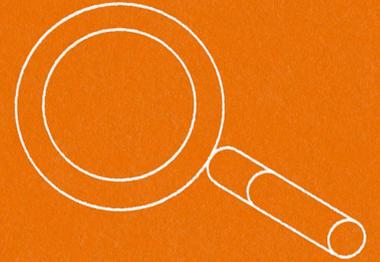
“I tend to lose track  
of time when I’m  
on my phone”

“I feel overwhelmed  
by the amount of  
unread emails I have”



“I feel the need to  
check my phone right  
away if it vibrates or  
makes a sound”

“If I have a question  
I reach for my phone  
for an immediate  
answer”



“I spend more time  
on social media  
than I would like”

goo.gle/dwe-toolkit



01

Consider copresence  
with the [Nearby APIs](#)

02

Build for context with  
the [Google Maps Places  
SDK](#) & [GeoFence APIs](#)

03

Interact with  
notifications using the  
[Notification Listener API](#)

04

Interact with apps using  
the [Package Manager API](#)

05

Dynamically surface  
information with  
[Live Wallpapers](#)

06

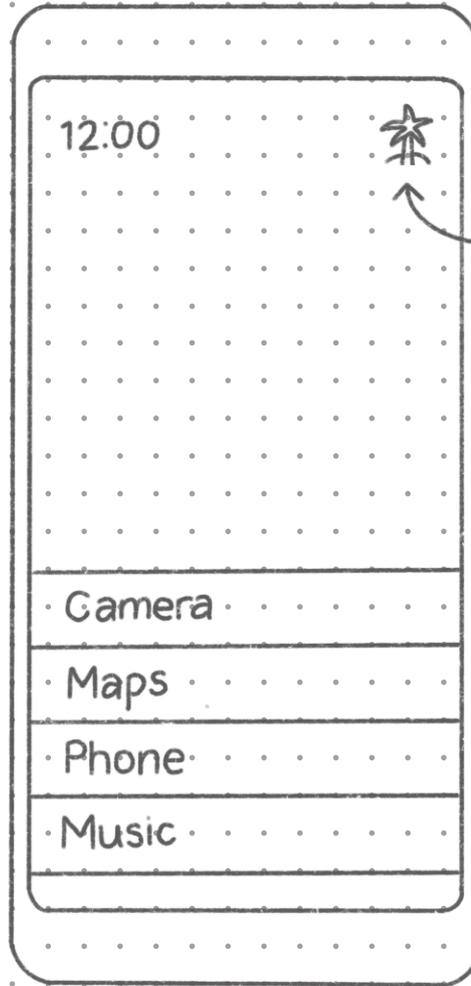
Schedule actions with  
the [Alarm Manager API](#)



01	The problem is...
	<i>Too many apps can distract us from the things that matter most.</i>
02	So what if we...
	<i>Create an experiment that challenges us to go a day with only a handful of apps.</i>

# EXAMPLE

Minimise distractions on home screen with simple design



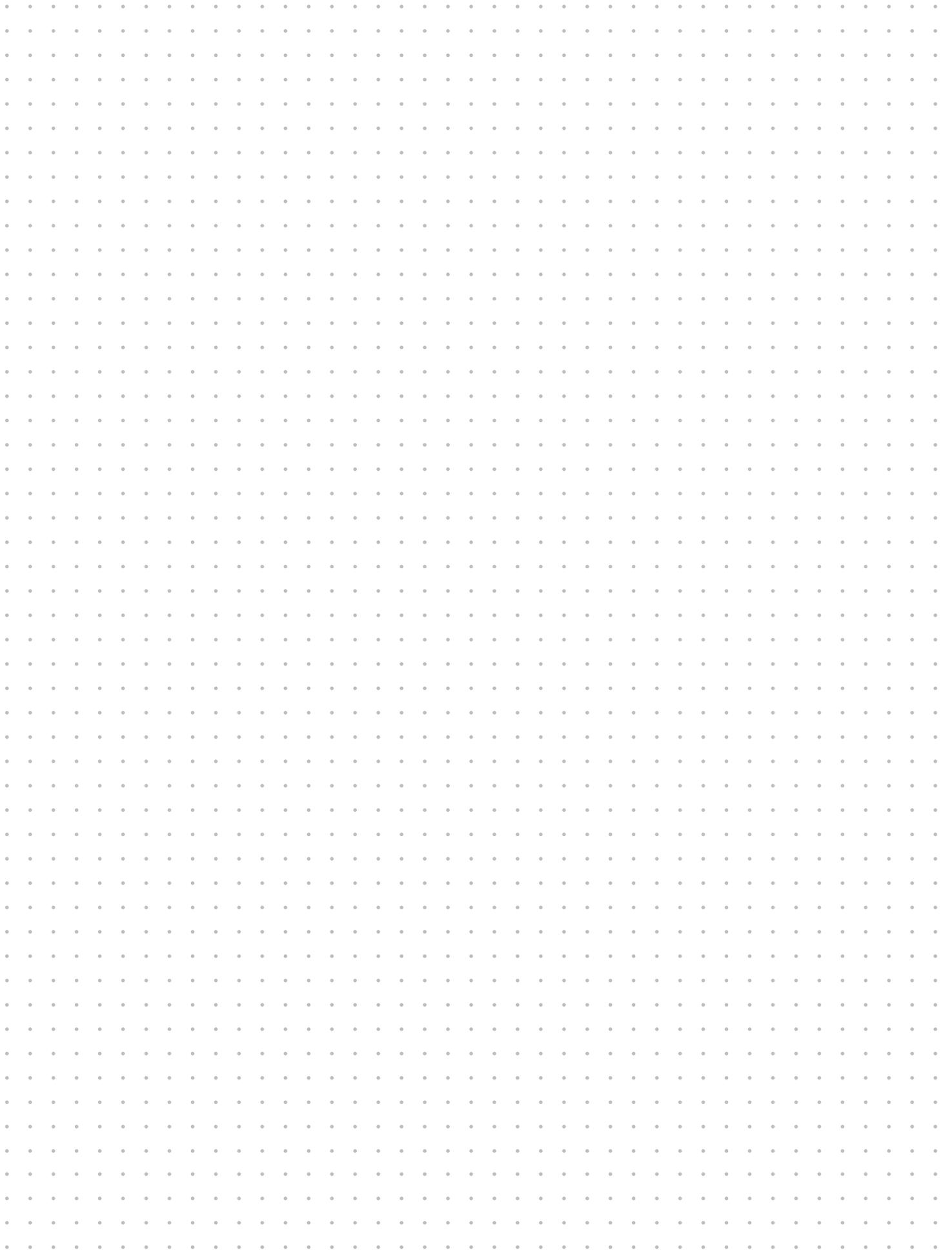
All other apps out of sight (but accessible)

Reduce number of apps visible, leaving only essential apps

'Desert Island' Experiment

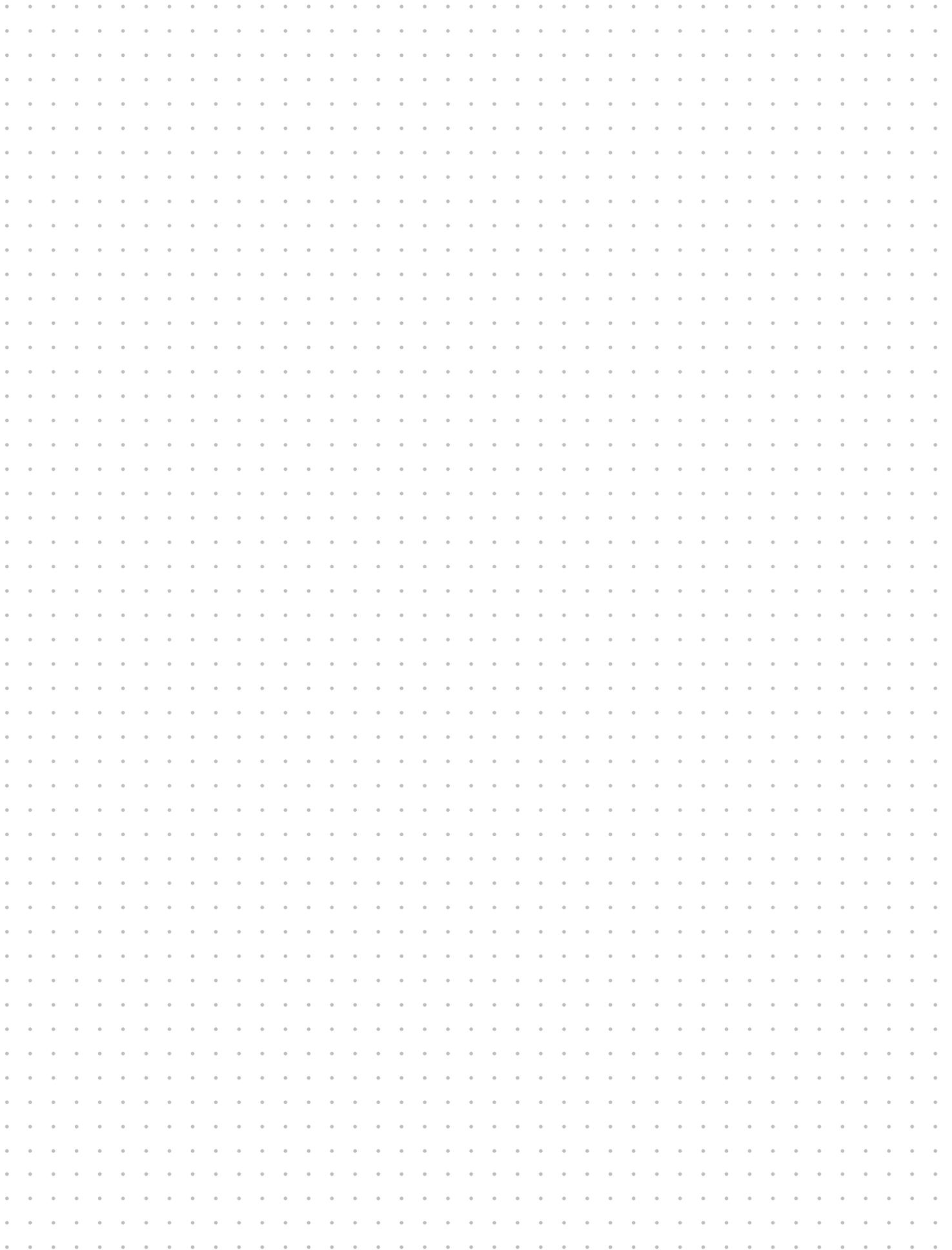
01	The problem is...
02	So what if we...
03	To help people...

# Idea Template



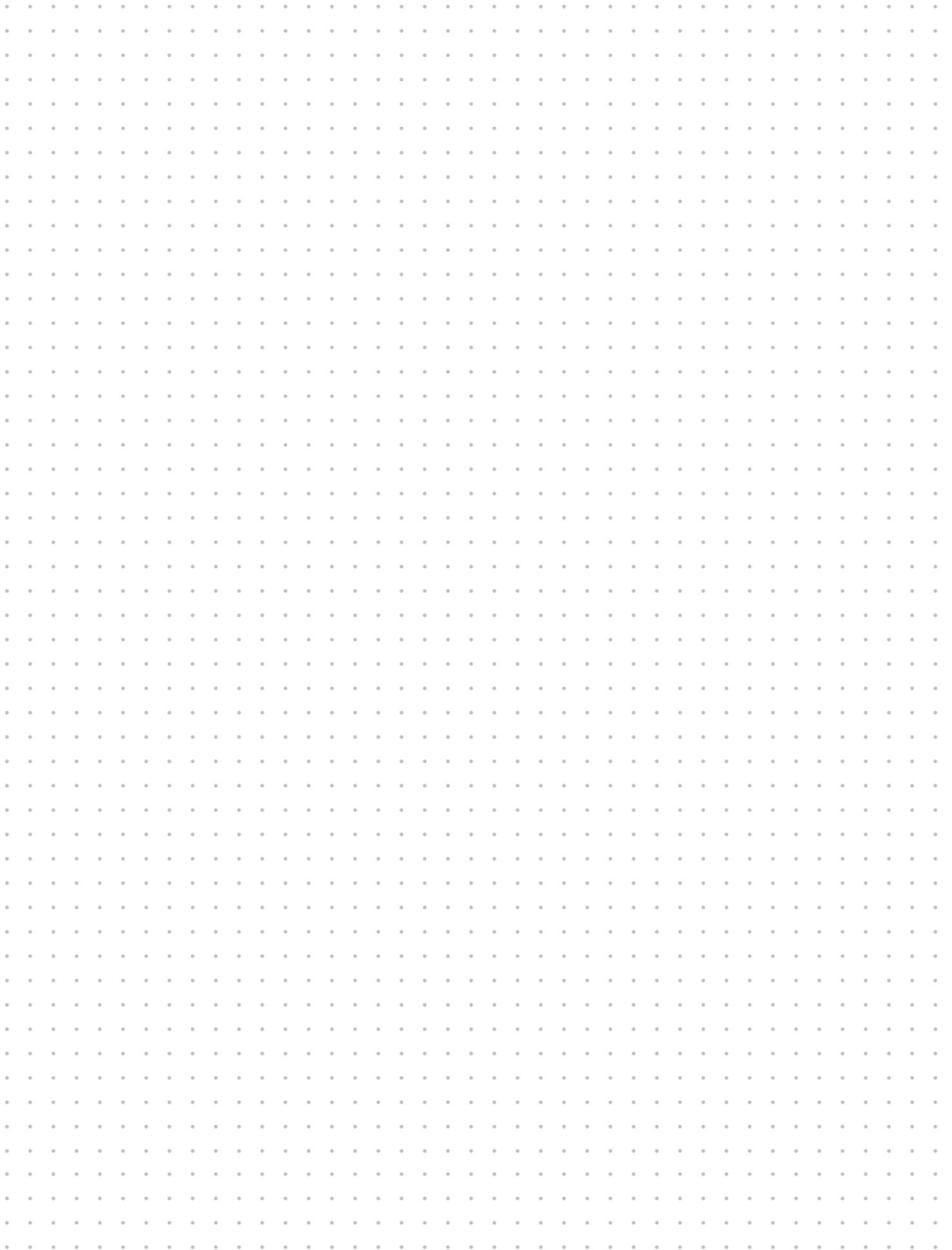
01	The problem is...
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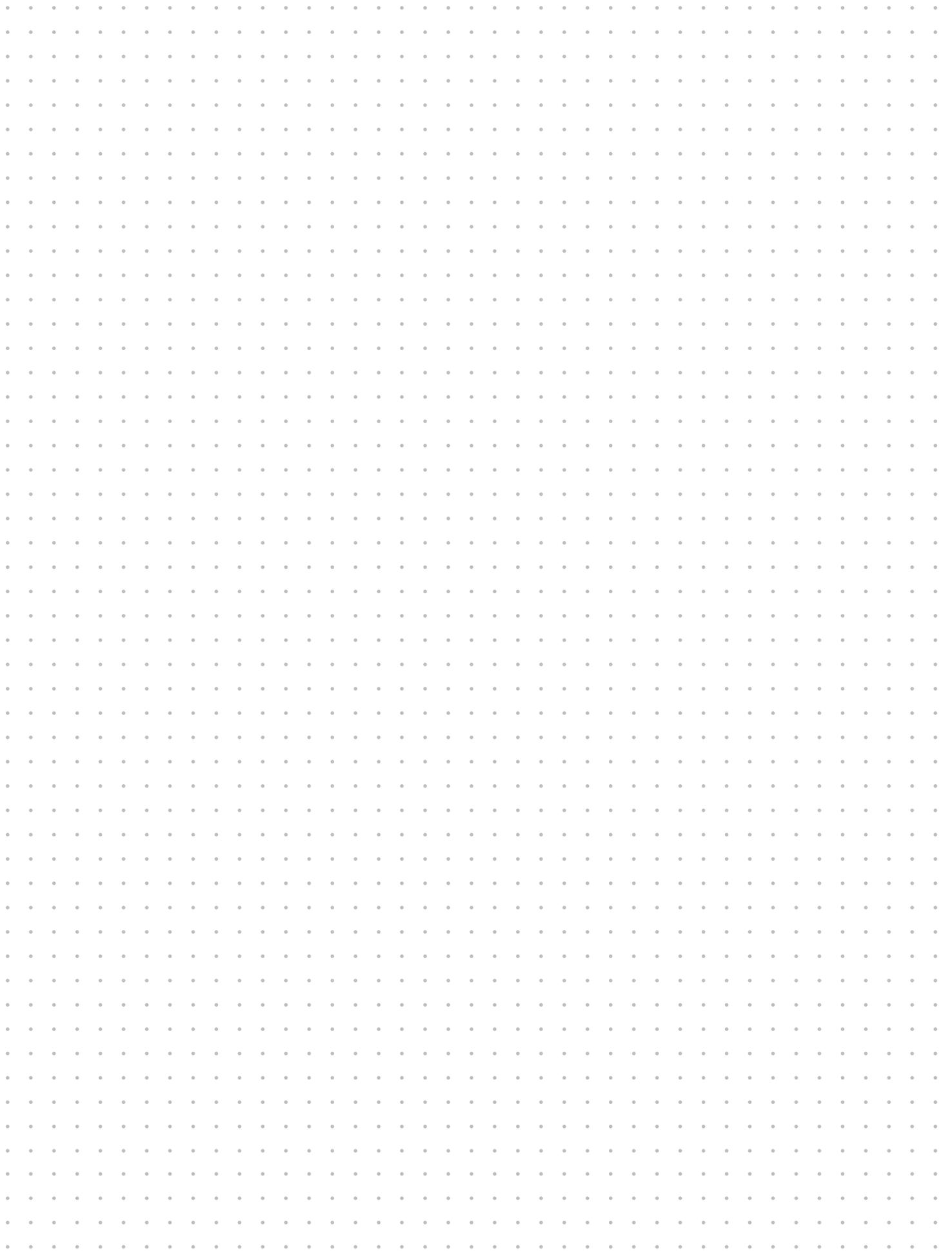
01	The problem is...
02	So what if we...
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# Idea Template



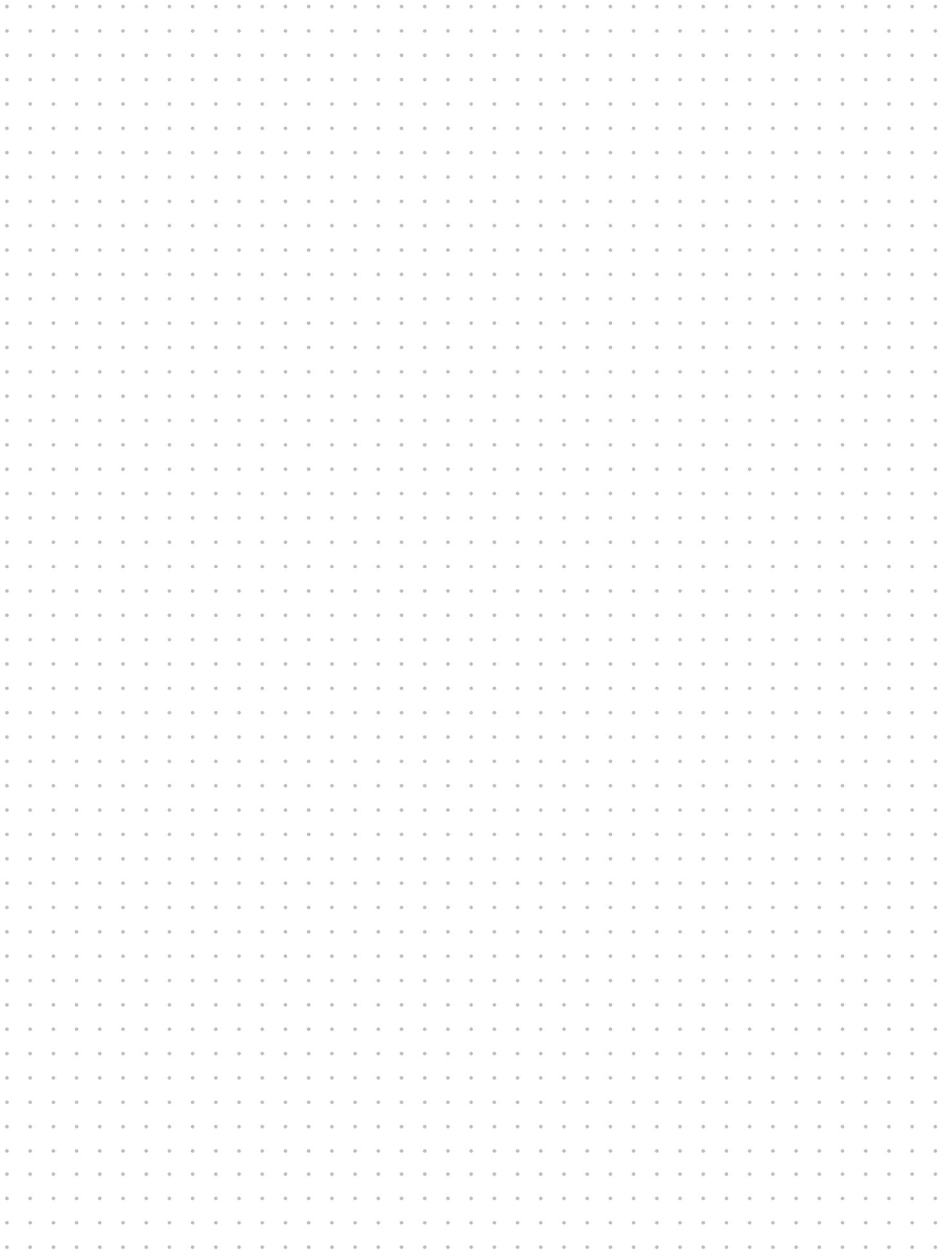
01	The problem is...
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# Idea Template



01	The problem is...
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# Idea Template





Try the experiments and submit  
your own at [g.co/digitalwellbeingexperiments](https://g.co/digitalwellbeingexperiments)

Google