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Life Without Internet Connection: A Nightmare Or A Blessing?

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To imagine a world in which we don't have access to the internet is something that most of us can't even imagine. We use it for literally everything in our lives, including staying in touch with folks in our near surroundings.

Consider what would happen if the internet suddenly shut off in this scenario. While it may appear that living without an internet connection is impossible, it is achievable and does not result in any prison sentence. However, there are various advantages to not having access to the internet when living in one's own home, in contrast to this. Before we get started, let's have a look at some statistics about the advantages of not having internet access at home:

- Social media platforms are used by people between the ages of 16 and 29 who spend an average of three hours per day on them.
- According to the survey results, about 80 percent of us check Facebook within 15 minutes of waking up.
- Also 31% of Americans get informed about the latest news on Facebook regularly.
- According to the Social Media Marketing Association, Americans spent an average of 325 hours per year on Facebook during the COVID-19 epidemic last year, attributed to the virus.
- According to the survey's conclusions, an average of 6.5 minutes is spent checking one's smartphone by various individuals.
- Daily, the average person engages in a whopping 2,617 interactions (typing, taps, swipes, and clicks) with their mobile phone.
- A stunning 84 percent of mobile phone users believe that they would not be able to survive even a single day without their mobile devices.
- People often use mobile phones late till night that may affect their eyesight. The rays emitted from the screen significantly impact a person's health and cause severe damage to your brain.
- It is true that the more connected we are to the internet, the further we become from our physical surroundings and vice versa.

Are you prepared to disconnect your computer from the internet and turn off your internet service? When you disconnect from the internet and cut the invisible link, you will be amazed at how much you stand to gain from this decision.

1. **Spending More Time With One's Loved Ones**

These days, family time often consists of everyone being seated in a single room while each family member is conversing on their phone. We've all done this at some time in our lives some point. For

us, this may be an excellent opportunity to spend quality time together while still doing something we both enjoy doing. It can, however, harm one's ability to maintain family ties.

The time spent sharing how your day went and what's going on in your life becomes far more productive when you establish rules for family time, such as prohibiting phone use or technology consumption. It allows you to strengthen your family bond indeed.

2. **Improved Sleeping Patterns**

The study found that teens who used their mobile phones 15 or more times per day had more difficulty falling and staying asleep than those who used their mobile phones less frequently or for a shorter period. A large number of heavy phone users have even reported experiencing sleeplessness as a result of their habits.

3. **Anxiety Is Decreased, While Happiness Is Increased**

A type of information consumption addiction has evolved due to the rapid increase of smartphones, wearable devices, and tablets in recent years. We are continuously interested in what is going on in our immediate environment, and we check our social media and email accounts. Especially in situations where we cannot check our phones every five minutes, such as in schools, this might increase anxiety.

4. **Avoid Engaging In Activities That Require a Significant Amount of Time**

Even if you do not have access to a home internet connection, it is quite probable that you will have some internet access available on your phone. Get into the practice of shutting it off or just switching to airplane mode on your phone regularly, no matter what. Determine when it is okay for your family members and yourself to use the internet together and set aside specific times for this.

When you have a limited data plan and no access to high-speed internet at home, staying away from the internet is pretty simple and devoting your time to more valuable pastimes such as reading or watching television.

5. **Savings That Are Higher Than Before**

Have you ever given any thought to how much money you spend on the internet each month that you are entirely unaware of? In general, the cost of an internet connection ranges from approximately $60 for a standard internet connection to $100 for high-speed, high-speed internet access, with the latter being the most expensive. It is heavy on your pocket so search before investing your money in it.

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