

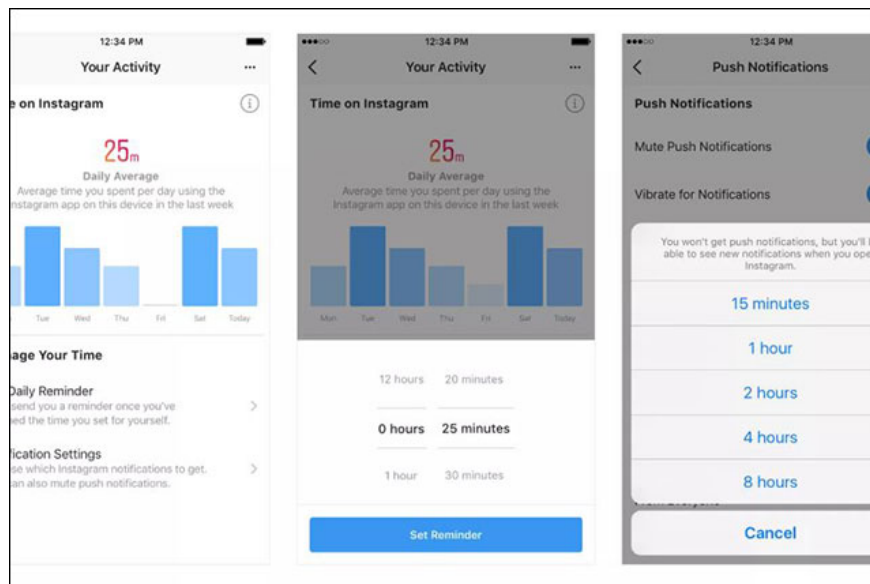
Facebook and Instagram added Dashboard to monitor social network usage time

Now you can set reminders when using too much time to surf the News Feed.

Facebook and Instagram are about to introduce the new Dashboard to let users know when they use the app, along with a tool to set the maximum time to use each day and temporarily turn off notifications. New features called 'Your time on Facebook' and 'Your Activity' on Instagram to address the problem of addiction to social networks have a great influence on modern social life.

The company said new features will be launched globally in the next few weeks, except for 1% of users to perform tests comparable to the other group. Although it was only released at the end of the month, there were leaked images of these features.

On Facebook, tap the 3-tile icon - also known as the hamburger menu - in the lower right corner of the app and find your Time on Facebook. On Instagram, you will see Your Activity in the settings by touching the Profile icon.

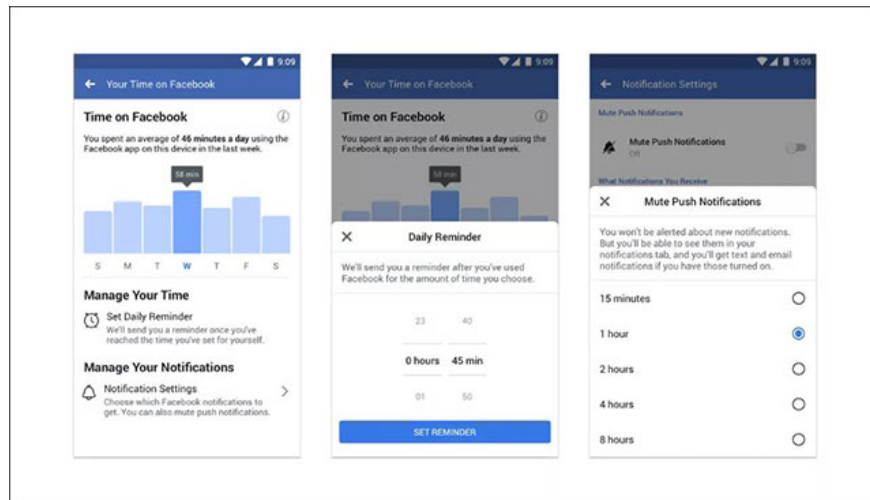


Keep track of Instagram usage

The control panel has a chart that shows how long these apps have been used in the last 7 days, touch each bar to see the number details. From there, users choose the number of times they want to use Facebook and Instagram. When you reach that number, the application will prompt, but you can still use it if you want. There is

also a feature that allows notifications to be turned off for up to 8 hours.

'We want these tools to be available to everyone, for anyone who can benefit from it,' said Ameet Ranadive, team leader at Instagram. 'It's important for users to use Facebook and Instagram to feel their time using the app effectively.'



Dashboard to track time using Facebook

Ranadive said the company found it necessary to launch this control panel even though it could lead to reduced usage time on Facebook and Instagram. 'We want users to decide the time they use and interact with the application. There will be trade-offs with the company's parameters but that is the trade-off we are willing to accept. In the long term, it's something important to the community and what we want to invest. '

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