

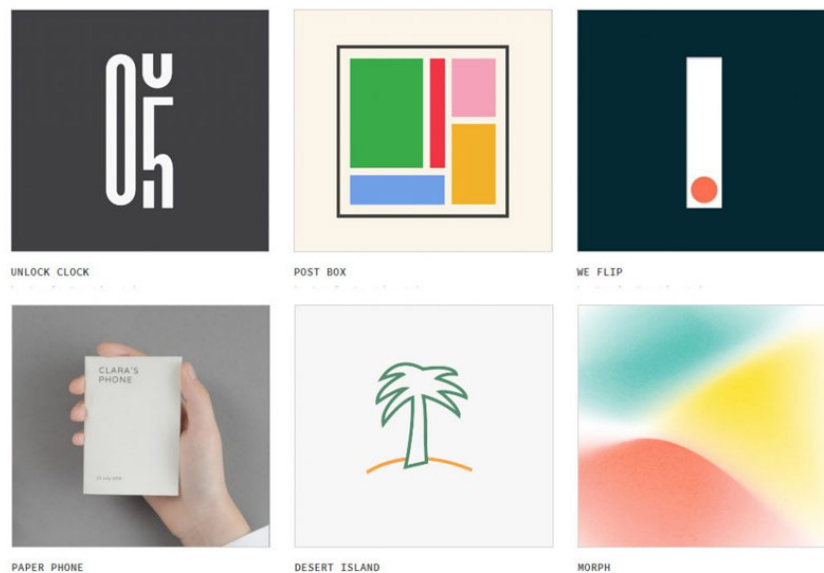
# Google launches Digital Wellbeing Experiments platform to help users improve smartphone abuse

Google has released Digital Wellbeing Experiments.

To help users improve smartphone usage and regain balance with technology based on user behavior, on October 23, Google released Digital Wellbeing Experiments. The new platform consists of six basic applications, each based on the behavior that users commonly use on smartphones to provide a separate test.

1. Morph: Get recommendations for the applications that are most relevant to the keywords you enter, which helps to increase your focus.
2. Desert Island: Find focus by giving users a selection of the day's essential apps on their phone.
3. Paper Phone: Help you create a useful paper smartphone to help you "temporarily leave" your phone.
4. We Flip: Allows users to set phone lock time.
5. Post Box: Scheduled notifications to minimize distractions.
6. Unlock Clock: Count the number of times your phone is unlocked in real time.

## Digital Wellbeing Experiments



All 6 applications have simple interface and functions but can help users become more aware of using the phone.

If you are abusing your phone too much, opening your phone just to check some miscellaneous things on Facebook, Zalo, Instagram . and want to limit this, try downloading and using the Digital Wellbeing applications

provided by Google level to see if you can regain your balance.

1. Google Maps adds a feature to report incidents on the road, warning areas where police shoot speed
2. Google's quantum supercomputer can solve the 'impossible' calculation in just 200 seconds
3. Freeze tab, a new feature that helps Google Chrome to consume less RAM, please experience

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