

Habits should give up when using technology

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1. Sit for a long time in technology

Sitting for hours in front of a computer whether you are working at work or at home is bad enough to push your body out of balance with a chair without a backrest, and a chair that is too small prone to spinal diseases and makes your body tired. You should choose the right equipment for your working conditions.

2. Your technology items are unsanitary

60% of phones stick with dirt, while the keyboard of the machine contains 60 times the number of bacteria in public toilets. Make a habit of cleaning your belongings once a day with a washing machine to clean and remove bacteria and viruses that make you sick.

3. Using the phone at the wrong time

You have a habit of using the phone 24 hours a day, this may be the main reason for the rift between you and your friends and other family members. Keep your phone away from the dining table, don't talk in the bathroom or the gym and speak quietly when you're on the bus.

4. Do not back up data

You are afraid because it takes a few minutes to back up your important data! After that, you will have to reinstall Windows (at least 20 minutes), then install the software for hours, copy the data again. In particular, some valuable data that only you own, if lost, will not be regained forever. In order to prevent the above blackouts, it's best to regularly back up your data to a safe place.

5. 'Crushing' game for many hours

Interesting games on hitech items attract you for hours. But because of that, it upset the blood circulation. Being busy playing games puts you at risk for heart disease and severe blood clots, and inactivity leads to weight gain. You should adjust your study and leisure time to get the best health.

6. Do not follow the full shutdown process

Laptops are great because you just need to fold your phone and leave it right? In fact, it makes the machine's durability significantly reduced. In fact, instead of just folding the device down, switching your laptop to sleep mode will prevent it from overheating, all of the activities will take a break. But don't forget to shut down your computer often.

7. Use technology in bed

With typical mobile style, laptop, tablet and smartphone are usually brought by owners anytime, anywhere. Sometimes, they were also pulled to bed, a very bad habit of many users. The light that these electronics emit can be stimulated into the misleading brain that is daytime, delaying your body from falling into sleep. So to get a good night's sleep, you should turn it off completely and leave the technology away from your sleeping area.

8. Ignore the updates of the system

Clicking on the ' **cancel** ' button when you see an update for the system just to avoid having to restart the computer while using is completely wrong. Make sure all updates of all antivirus programs, operating systems, and programs are available on your computer as they will make your computer run smoother and safer.

9. Not careful with the password

Besides simply setting a password like ' **12345** ' or ' **password** ', many people have a habit of backing up passwords with a notepad file or a text file on your computer and phone. This is likely to result in your bank account being used for free one day when the computer is attacked by a hacker or losing a phone.

In addition, for a variety of reasons, you only choose a single password for all accounts, which causes serious consequences if you lose the password of any account. For example, when a yahoo password is leaked, it means that e-mail, online trading accounts, forums . are no longer secure.

10. Neglect optimizing battery usage

Optimize battery usage the first time you use a new product, and a few months later will help your device's battery in the best condition. First, fully charge the battery, then let the battery drain completely before refilling it again.

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