

5-Day Digital Reset Challenge



1. Introduction

“Digital detox is not just about taking a break from technology. It’s a mindset shift.”
— Colin Corby, *The Digital Detox Coach*

Welcome to your 5-Day Digital Reset Challenge - training your habits and mind to thrive in a tech-driven world.

Each day will consist of five simple digital detox practices, repeated daily for just five days. Think of them as your daily digital detox ‘gym sessions’.

At the end of the challenge you will have the tools to boost your energy, improve productivity, enhance creativity and problem-solving and create deeper human connections.

Difficulty level: Beginner ● Intermediate ● Advanced ●

Note: The 5-Day Digital Reset Challenge was first published in ‘The Digital Detox Guide – January 2026’ edition available free on Substack <https://colincorby.substack.com>

1. Protect Your Sleep ●

Sleep is so much more important than many of us realise, playing a vital role in learning, memory, and overall brain & body health. Yet many people don’t get enough quality sleep to perform at their best. But did you know that even the **mere presence** of a smartphone at your bedside can adversely affect the quality of your sleep? [1]

This challenge creates more distance between your smartphone and your all-important sleep.

- ✓ Don’t have your smartphone anywhere near your bed.
- ✓ The last time you can look at your smartphone is one hour before you go to sleep.
- ✓ Why not relax with a good book instead.
- ✓ Keep a notepad by your bed to jot down any urgent thoughts or reminders.
This way, you can drift off safe in the knowledge that you won’t forget them.

2. Be in Control of Your Day

We are often at our best after a good night's sleep, but too often our mood, energy levels, good intentions, relationships and plans for the day can be derailed by doomscrolling the moment we wake up. This challenge helps you begin your day intentionally.

- ✓ For the first 45 minutes after waking, you may only switch off your alarm and check the time.
- ✓ Use this time to prepare for the day ahead and connect with the people around you.

3. Micro Recovery Breaks

This challenge helps restore **focus & attention**, manages information overload and stress, and creates space and time to think.

- ✓ Take three or four intentional screen breaks of ten to fifteen minutes during the day.
- ✓ Schedule them in your diary as an important part of your working day.

This could be at mealtimes or coffee breaks. Make sure that you have something else to do that you really enjoy, perhaps talking to a colleague or friend, playing with a pet or spending a few minutes in nature.

4. Just One Thing

Smartphones and their apps are designed to nudge our behaviour by creating unconscious habits, and for much of the time, we don't even realise it's happening.

However, if we place an interrupt into the habit, then we create time to consciously decide whether this action is something we truly want to do.

But it is hard to do this when we are already on our smartphone, and when our unconscious habits are in full swing. It's best to think about what we need or want to do, and set an intention to do it, before picking up our smartphone.

This challenge trains your ability to control how we use our technology tools.

- ✓ Each time you pick up your smartphone, decide in advance on one single task (check the weather, reply to a message, scroll social media briefly, etc.).
- ✓ Complete that task, and then put your smartphone down. Wait at least five minutes before doing anything else.

This small pause acts as an **“interrupt” in the habit loop**, shifting your smartphone use from automatic to intentional. Over time, these micro-interrupts can help retrain the brain to be more deliberate, reducing compulsive checking.

5. Focus Your Attention ●


Our attention spans have been getting shorter, in part due to the way we interact with technology. We are so used to interruptions that we often interrupt ourselves.

It's easy to believe that we can multitask, but in reality, the brain fools us by rapidly switching between tasks. Too much multitasking can lead to increased stress and reduced productivity.

This challenge helps you be fully present when with other people.

- ✓ When with someone, put your smartphone away.
- ✓ Practice being fully present and see if you can pick up on what is not being said.

Human connection is essential for your mental health and your emotional intelligence.

 Let me know how you get on with your Five-Day Digital Reset Challenge.

About Colin Corby

Colin Corby is a leading digital detox expert, speaker and coach, and the creator of *The Digital Detox Coach*. He is the founder and CEO of Technology Wellbeing Ltd and an international TEDx speaker, helping individuals and organisations take back control of their relationship with technology.

He has appeared on BBC Wales X-Ray and Radio 4's You and Yours, is the author of *The Digital Detox Guide*, and is a sought-after podcast guest.

Colin delivers engaging talks, coaching and workshops on digital detox, digital wellbeing, and the mindset of a business athlete - equipping people with practical tools to improve focus, performance and resilience in a digitally demanding world.

His mission is simple: to help people work and live better with technology, not be controlled by it. Combining his background as a technologist with deep insight into human behaviour, Colin helps audiences build lasting habits that drive wellbeing, clarity and productivity.

He closely follows the latest developments in AI and emerging technologies, with a particular focus on their impact on health and wellbeing. Colin is a member of the Institution of Engineering and Technology (IET) and holds a Postgraduate Diploma in Technology Management and a Bachelor of Science (Honours) in Mathematics.



- Web: thedigitaldetoxcoach.com
- Substack monthly blog [The Digital Detox Guide](#)
- LinkedIn: [Colin Corby](#)



Thriving Minds podcast - *'How Technology Is Destroying Your Focus and Health'*

Studio guest on the fast-growing UK *Thriving Minds podcast*, hosted by entrepreneur **Alberto Zandi** (Forbes 30 Under 30; Founder, Emerald Hospitality Group).
[apple](#), [Spotify](#), [YouTube](#)



The Health Review - *'Digital Detox: Why You Can't Stop Scrolling'*

Studio guest on *The Health Review* hosted by Emily Rose Adams, broadcast presenter and journalist.
[apple](#), [Spotify](#), [YouTube](#)



TEDx: [Are We Losing our Human Identity to Technology?](#)