



Digital sunset

by **Xinwei Yin**

Master of Social Work

For a long time, I struggled with sleep. At night I would lie in bed scrolling endlessly through my phone, telling myself “Just one more video, one more post.” Hours disappeared, and before I knew it, it was well past midnight.

The next morning, I woke up tired, anxious, and guilty. The cycle repeated itself – less sleep led to more anxiety, and the more anxious I felt, the more I relied on my phone as a distraction. I began to realise that my nights were being consumed by a device that was supposed to serve me.

One evening, after an exhausting day, a thought struck me: I treat my phone with more care than I treat myself. I charge it, silence it, and even turn it off to rest, yet I never gave myself the same permission. That was when I decided to create my own “Digital Sunset.”

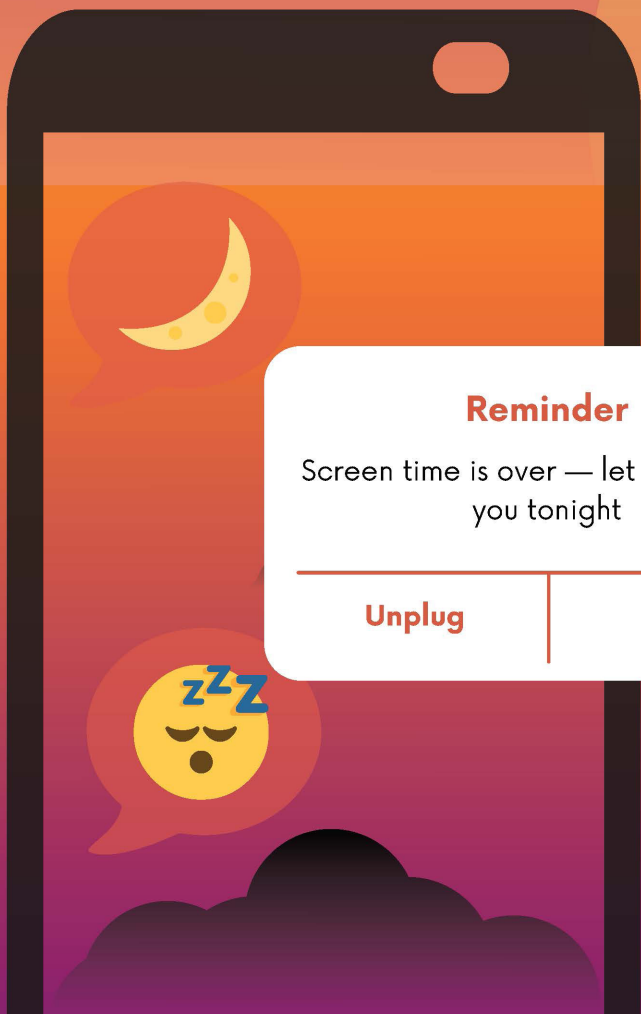
I set a reminder on my phone: one hour before bed, I would put it down, as if saying goodnight. Instead of scrolling, I began to stretch, journal a line of gratitude, or simply listen to quiet music. The first few nights were uncomfortable – I kept reaching for my phone out of habit. But the reminder notification appeared: “Screen time is over – let peace find you tonight.” It felt like a gentle nudge from a kinder part of myself.

Within weeks, I noticed small but powerful changes. I fell asleep more easily, and my mornings no longer started with guilt but with calm. My anxiety softened, and I had more energy during the day. What surprised me most was how this simple practice influenced my relationships. When I shared the “Digital Sunset” with a friend, she told me it helped her feel more in control and less alone. We even began reminding each other to unplug before bed, turning it into a shared ritual.

Looking back, I realise that the Digital Sunset is about more than sleep. It is about boundaries and self-respect. It reminds me that rest is not a luxury, but a necessity; that switching off from screens is really about switching on to myself.

That is why I created this poster. It carries a simple message born from my own experience: you deserve to unplug. If even one student sees it and chooses to give themselves a Digital Sunset, they might find, as I did, that peace often begins with something as small as putting the phone down.

Digital SUNSET



Reminder

Screen time is over — let peace find you tonight

Unplug

Later

