

UNPLUGGED

In 2012, the average American consumed 13.6 hours of media each day. By 2015, that number is expected to rise to 15.5. These figures include media multitasking, e.g., listening to music while checking your email, so that it's possible to consume more than one hour of media within a 60-minute period. Basically, most of us are daily consuming a torrent of media equivalent to the number of our waking hours. If we're up, we're plugged in. We consume this endless stream of media through the TV and the radio, and increasingly via our computers, smartphones, and tablets.

Imagine watching a film recording of a day in your life – how much of the footage would show you staring at a screen.

How would you do with unplugging from your tech? Why not find out? And why not make it not just a one-time experiment, but a new weekly ritual? For today, power down your phone and turn off the television for 4 hours. Report back to us your findings at myrmidonwrestling@gmail.com