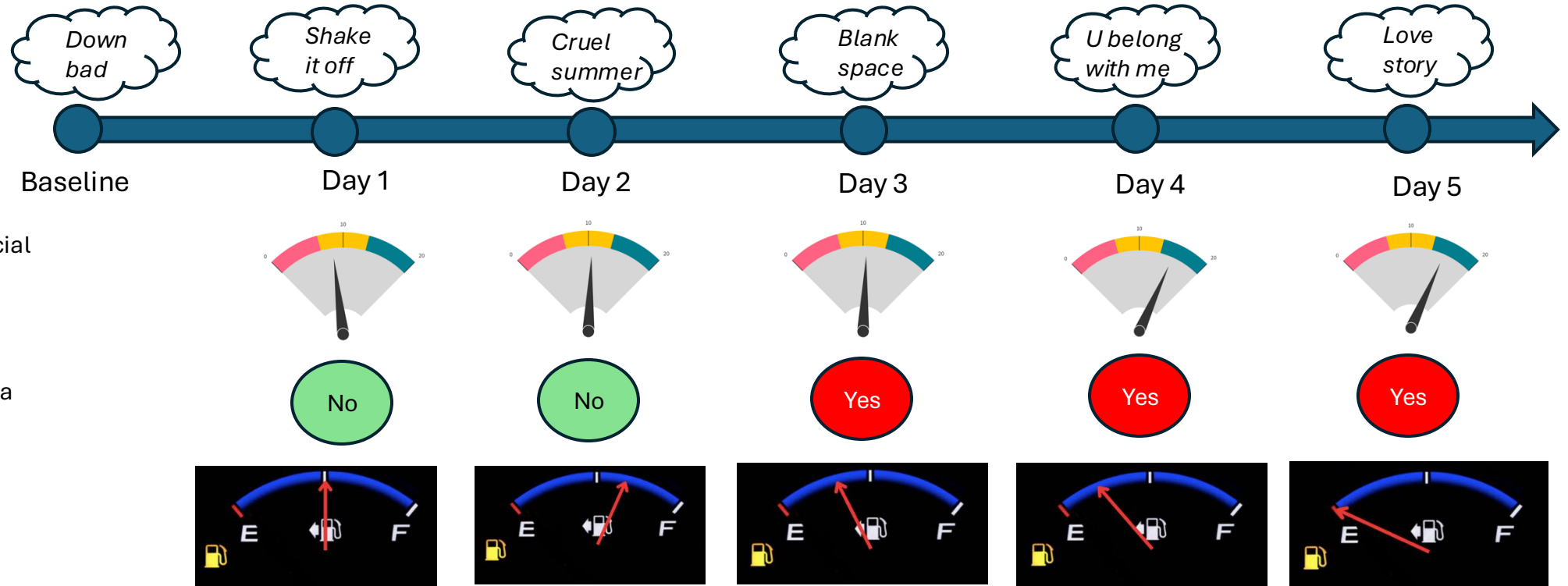
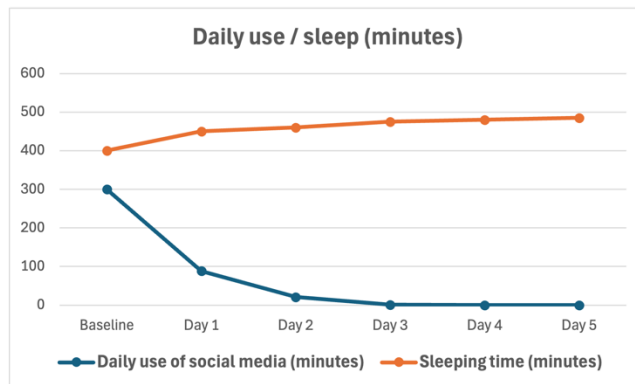


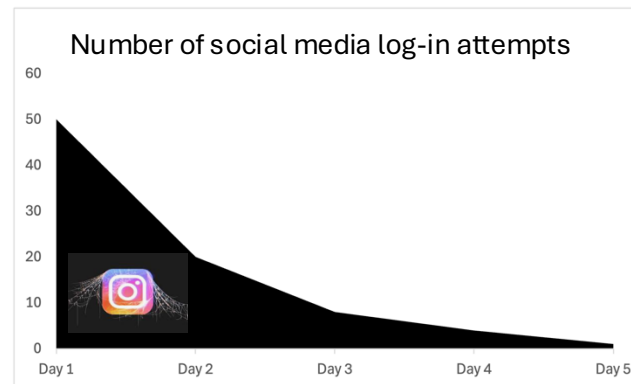
# Prison break – a Swiftie trying to detox from social media



Increased sleeping time by 18% and decreased social media use by 94%



Gradual decrease in log-in attempts



Would I resume the same level of social media use after detox ?

**YES,  
YES  
AND  
YES**