

Even at the Height of the Pandemic, Many US Adults Still Unplugged from Their Devices

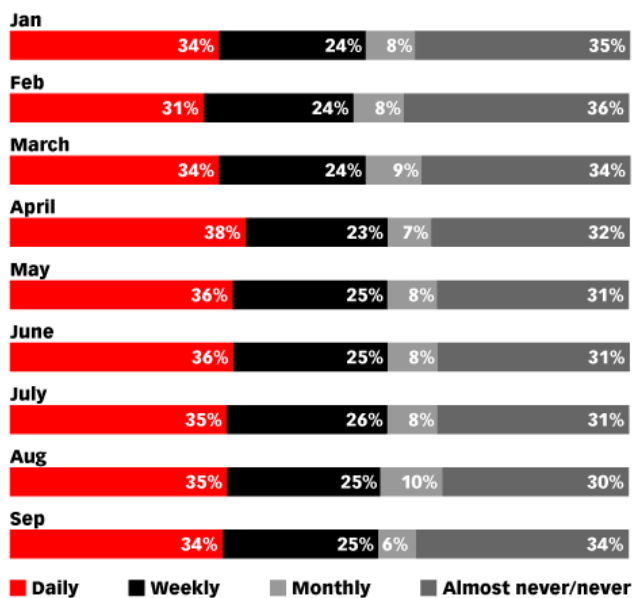
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Long before consumers were stuck at home during the pandemic —and forced to rely on technology as the only way to communicate or spend time with friends and family—tech addiction was making headlines. Many struggled to put down their phones and enjoy real-life facetime, leading some to intentionally unplug.

Coronavirus Impact: How Often Do US Adults Unplug from Their Personal Tech?

% of responses, Jan-Sep 2020



Note: ages 18+; deliberately unplug from personal tech for at least 2 hours, not including sleeping; numbers may not add up to 100% due to rounding
Source: CivicScience as cited in company blog, Sep 16, 2020

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And that hasn't really changed even at the height of lockdowns across the country, according to recent data from CivicScience. Instead, the share of US adults who said they never or almost never unplugged dipped slightly in April and continued to be lower than February levels.

At the same time, the share who said they unplugged daily increased in April and remained higher compared with February.

Read More:

- [During Pandemic, Fewer US Adults See Smartphone Addiction as a Problem](#)
- [The Majority of Americans' Mobile Time Spent Takes Place in Apps](#)
- [Uptick in US Adults' Social Media Usage Will Likely Normalize Post-Pandemic](#)

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