As a product of the information age, smartphones promote communication and make our lives more convenient. They have quickly become an “intimate companion”, while sucking up more and more of our time. In the past, we assumed that addiction was mostly chemical, but now we know behavioural addiction is real: each day, people spend at least three hours on their phones. In 2019, Chinese netizens spent an average of 5.69 hours a day on their mobiles, a fivefold increase since 2017. This project aims to make people more aware of the time they spend on their phones, and encourage them to use them less.