



The Mudita Kompakt User

# Well-Being Report

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# 01. Why Digital Well-Being Matters Today

## The Impact of Technology on Mental Health

Phones were once tools we reached for when we needed them. Unfortunately, over time, that relationship quietly changed. Notifications multiplied, feeds became endless, and the habit of checking our devices slipped into nearly every moment of the day.

What, initially, began as a convenience slowly turned into constant stimulation. As awareness of digital well-being grows, more people are beginning to question whether the technologies surrounding them truly support their mental balance. Rather than adding more apps or tools designed to manage digital habits, some are exploring a different approach. They are

simplifying their relationship with technology and choosing devices that respect their attention instead of competing for it.



**This report explores that shift through the experiences of Mudita Kompakt and Mudita's mindful alarm clocks' users.**

Drawing from user feedback, community discussions, and insights shared by people who have adopted a simpler mobile device, it examines how changing the role of technology in daily life can influence stress levels, sleep quality, focus, and overall well-being.





## 02. Breaking the Cycle of Digital Dependency

### Why Many People Are Seeking Simpler, More Intentional Technology

For many people, the turning point doesn't come from new features or better settings, but from a simple realization: managing constant connectivity still means remaining inside it. Tools & apps designed to limit screen time often exist within the same environment that encourages it.

As a result, some users are choosing a different approach.

Instead of trying to control digital habits, they are reducing the sources of distraction altogether.<sup>1</sup>

# 03. What Mudita Kompakt Users Experienced

Insights from User Feedback, Reviews, and Community Conversations



What happens when a phone stops competing for your attention?

For many Mudita Kompakt users, the shift isn't immediate, but it's definitely noticeable. With continuous use, over time, small behavioral changes begin to take shape. The habit of reaching for the phone without thinking begins to fade. Moments that were once filled with scrolling start to open up again.



## A quieter relationship with technology

1



Users consistently report spending less time on their phones. Not because they are forcing themselves to use it less, but because the impulse itself becomes weaker.<sup>2</sup>

In our Mudita Kompakt user survey:<sup>3</sup>

- 78% said they spend less time scrolling
- 70% said they check social media less often

Community discussions reflect the same pattern. Many users describe stepping away from constant news cycles and breaking the loop of “just one more check,” which often led to stress or mental fatigue.<sup>4 5 6</sup>

## More clarity, less distraction

2



As digital noise decreases, something else becomes more noticeable: focus.<sup>7</sup>

Users describe feeling less scattered and more present throughout the day. Mornings, in particular, begin differently. Instead of starting the day with an influx of notifications and information, they begin with a clearer mind and a calmer pace.

Several users report feeling more in control of how they direct their attention, rather than reacting to constant interruptions.<sup>8</sup>

## Better sleep and calmer evenings

3



The effects extend beyond daytime use. Many users report improvements in their evening routines and sleep quality.

Without the pull of endless scrolling or late-night notifications, it becomes easier to disconnect. Users describe falling asleep more easily and experiencing more consistent, uninterrupted rest.

For some, this shift goes a step further with the introduction of dedicated devices like Mudita Harmony 2 or Mudita Bell 2. By replacing the smartphone with a purpose-built alarm clock, they remove a key source of stimulation from the bedroom and create a clearer boundary between the day's demands and the space for rest.

Just as importantly, they no longer wake up into a stream of information. The day begins more intentionally.

Click  
to read



<sup>2</sup> Folts, A. (2025, September 25). MUDITA KOMPAKT / screen time after six months with a dumb phone

<sup>3</sup> Mudita Kompakt User Satisfaction Survey

<sup>4</sup> User @d34k. "Mudita Kompakt After 4 Weeks." Mudita Community Forum, 13 Aug. 2025

<sup>5</sup> @stew. "First Few Days with Mudita Kompakt." Mudita Community Forum, 15 July 2025

<sup>6</sup> @stonepreston. "Monitoring Screen Time on the Kompakt." Mudita Community Forum, 3 Jan. 2026

<sup>7</sup> User @spicebush. (2026, January 6). My excessively long review of the Kompakt. Mudita Community Forum

<sup>8</sup> @tymonique. "My Perspective on Compact After First Month (Hard User)." Mudita Community Forum, 1 Aug. 2025

4



## A different kind of screen experience

The E Ink® display plays a role that goes beyond eye comfort.

- 67% of users said the screen feels more comfortable for their eyes

Users often describe the screen as calm, neutral, and non-intrusive. Unlike traditional displays designed to capture and hold attention, it allows interaction without overstimulation.

5



## More space for what matters

As time spent on the phone decreases, users begin to notice what returns in its place.

Some mention reading more. Others describe spending more time with family, pursuing hobbies, or simply being more present in everyday moments.

- 66% said they replaced their smartphone with Mudita Kompakt
- 82% said they would recommend it to a friend

These responses not only reflect satisfaction, but they also point to a meaningful shift in how people choose to spend their time.

6



## A shift in awareness

One of the more subtle, yet important, outcomes is increased awareness and intentionality.

Even when users continue to use other devices such as laptops, they report being more intentional. The absence of constant access in their pocket changes how and when they engage with technology overall.

As a result, Mudita Kompakt doesn't remove technology from daily life, it just changes the role it plays.



In their own words, users often describe these changes not so much in terms of features, but in how their daily experience begins to shift.

As a user, who goes by the name **Ngometamer** shared, switching to Mudita Kompakt meant

“ *breaking the chains of smartphone, doomscrolling, and dopamine addiction,*

while another user, **Wes**, reflected that it

“ *has not made my life easier, but it has made my days simpler.*”

Over time, this shift becomes more tangible. Users speak about rediscovering time for what matters, from

“ *quiet afternoons after work*

to moments with family, with user **July88** describing their experience simply as

“ *I love it.*

For many, this change extends beyond the phone itself. By introducing dedicated devices like Mudita's alarm clocks into their routine, they begin to reshape how their day starts and ends.

As **Nklz** noted,

“ *One of the best alarm clocks I've ever bought. It's important to wake up gently,*

highlighting how small changes in technology can support a calmer, more intentional rhythm from morning to night.



# 04. Less Stress, Better Focus, and Healthier Daily Rhythms

## How simplifying technology supports well-being throughout the day and night

As habits begin to change, the effects extend beyond individual moments and start to shape the overall rhythm of the day.

For many Mudita Kompakt users, one of the first noticeable shifts is reduced stress. Without constant notifications and the pressure to respond, the nervous system is no longer in a continuous state of alertness. This creates space for a calmer, more steady mental state. This change is especially visible in the morning, where instead of waking up to an immediate influx of messages and information, users describe slower, more intentional starts to the day. The mind has time to fully wake up before engaging with external demands.<sup>10 11</sup>

Throughout the day, fewer interruptions make it easier to stay focused and present. Tasks feel less

fragmented, and attention becomes more directed rather than reactive. Evenings begin to shift as well. Without late-night scrolling or notifications, it becomes easier to disconnect and transition into rest.

For some users, this shift extends further with the introduction of dedicated devices like Mudita Harmony 2 or Mudita Bell 2. By replacing the smartphone with a purpose-built alarm clock, they remove a key source of stimulation from the bedroom and create a clearer boundary between the demands of the day and the space for rest. This supports a more natural wind-down in the evening and a calmer, more intentional start to the morning.



# 05. Rebuilding a Healthier Relationship with Technology

## A Return to Presence

For many Mudita Kompakt users, the change isn't defined by what they lose, but rather by what they regain.

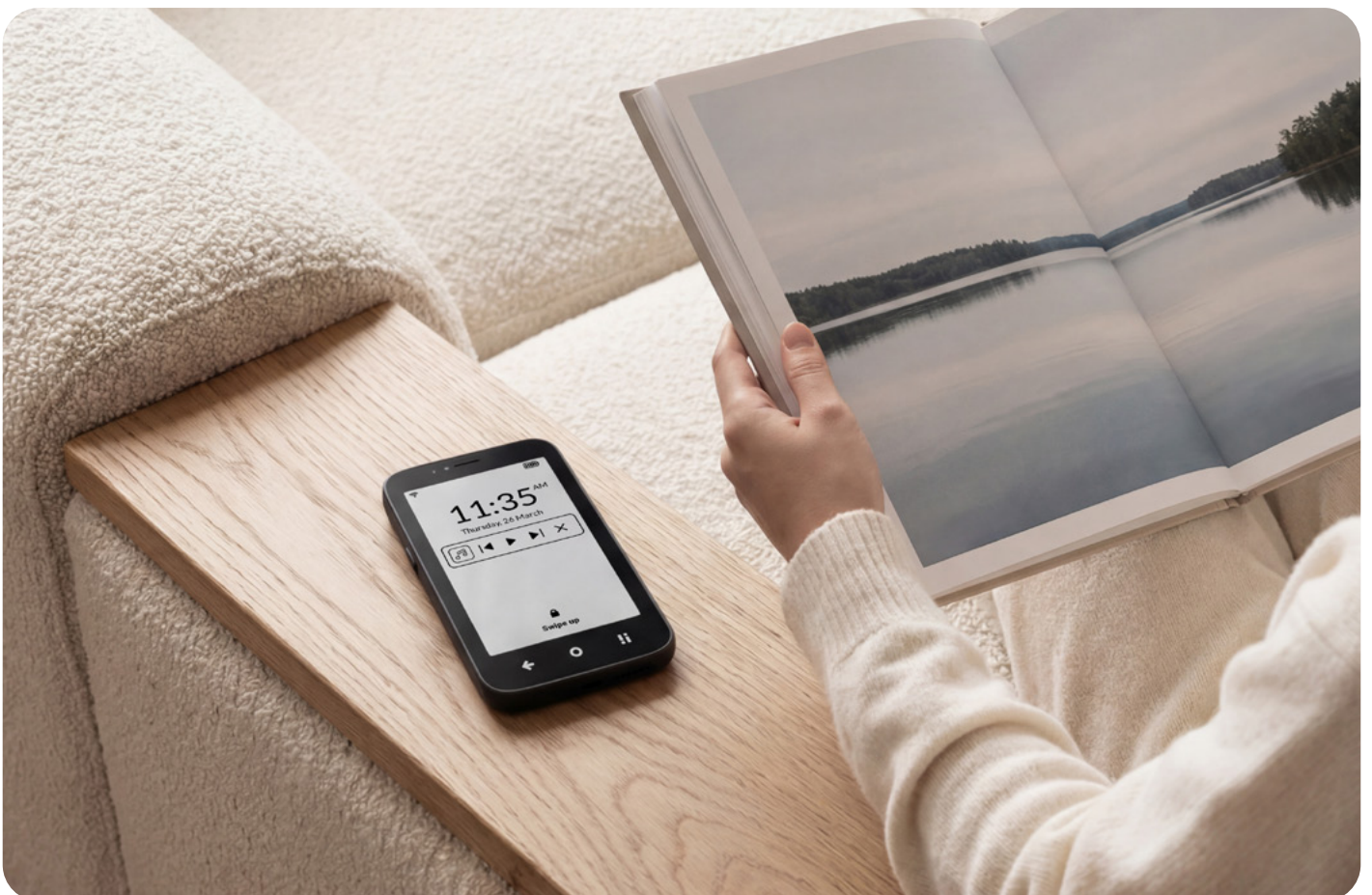
Without constant notifications, endless feeds, and the pressure to always stay connected, attention begins to return to the present moment. Time feels less fragmented. Daily experiences become more continuous, less interrupted.

Thus, users report a subtle, but meaningful change: conversations are more focused, quiet moments

aren't habitually filled, and there is more space for thought, reflection, or simply being 'here & now', without constant input.

In this sense, simplifying technology does more than reduce screen time. It creates the conditions for presence.

And in a world that constantly competes for attention, that presence becomes something valuable, something that's worth protecting.



## Learn more about digital balance.

Explore the → [Mudita blog](#) and find resources that will help you create a healthy relationship with technology.

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Interested in tools designed to support this approach?

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Mudita Kompakt

Mudita Harmony 2

Mudita Bell 2

