

DOWNTIME

YES. A moment to unwind. What to stream, read, play?! Pop culture experts explain how to make the most of digital-based relaxation...without falling into the infinite scroll.

STREAMING, SIMPLIFIED

Fun fact: We spend more time watching Netflix than we do eating, reading, or having sex, according to a report by TDG Research. Not-so-fun fact: We also spend 19 minutes browsing for something to watch. (Adds up to nearly five days a year, FYI.) That's why the following trailer has been rated F for "Finally! You picked a movie!"



Go straight to the "suggested for you" section. It's based on what you've watched. Sounds obvious, but be real: How many times do you start at the As and end up somewhere in the Vs without any winners? And then, there you are, an hour later, queuing up *13 Going on 30* for the 20th time.



Access secret codes. If you try to filter by genres (say, "action" or "romance") you could still be sifting through hundreds of options. Plugging in netflixcodes.me unlocks the embedded goodies—gripping courtroom dramas, foreign horror movies, spiritual documentaries, and more. Pass the popcorn, please.



Get vetted. NEnhancer is an app that adds trailers and ratings from IMDb and Rotten Tomatoes to the Netflix home page, so you can make an informed decision before you dive into a new movie or series.



BITE-SIZE BREAKS!

Work 9-to-5 and chill all night? Those days are ovah! A report by creative technology agency MRY shows we now indulge in small bursts of "micro-leisure," mostly on social. Max out every minute.

7 a.m.

You are here: In bed. Barely awake. Trying to rally.
What to do: Facebook
And why's that? Good a time as any to catch up on your friends' lives—and see their juicy (drunken) posts from the previous evening. Gossip! As perky as coffee.

8 a.m.

You are here: En route to work
What to do: Podcast, baby! In the mood for shits-and-giggles? WTF with Marc Maron. Thought-provoking? This American Life. Empowering? Uninterrupted. (That last one's by *WH*, btw.)
And why's that? You'll be eyeballs-deep in e-mails soon. This is your big window for straight-up ear candy.

8:45 a.m.

You are here: In line for coffee
What to do: Vox's Snapchat Discover story
And why's that? Their mini features get you in focus mode. Learn about the appeal of man buns or the harsh reality of joblessness.

11:30 a.m.

You are here: The loo
What to do: Instagram or Tumblr
And why's that? Here, you want something pretty

or funny. BuzzFeed's social accounts on these platforms score on both. Or, as Brian Balthazar, pop culture and entertainment expert, suggests, check out @poonchic. "This cat has hilarious outfits, and the photos are actually beautifully composed."

2:55 p.m.

You are here: Waiting in the conf for that 3 p.m. meeting to start
What to do: Game app
And why's that? It'll look like you're tapping away at work stuff until the meeting begins. Rebecca Jennings, pop culture writer at Racked.com, loves the puzzle game Doge2048. Instead of matching numbered tiles, you match dog GIFs. Squee!

6:30 p.m.

You are here: Happy hour
What to do: Snapchat
And why's that? Click pics of your drinks, your crew, whatever strikes your fancy. Share them to the "Live Stories" stream in your area (categorized by city or event), and browse that story to see what other close-by people are up to.

10 p.m.

You are here: In bed
What to do: Tuck the devices away and, um, sleep!
And why's that? Study after study says—Sleep: *Goooooood*. Blue light: *Baaaaad*.



TIME TO SHOP

So many cool new ways! Did ya know that...

► ShopStyle.com curates everything for you—by brand, price, store—and (coolest part!) has a giant range of options, from H&M to Tory Burch to Givenchy. ► Through Keep.com, you can install a "keep it" button on your browser—then they'll alert you if the price drops on any item in your collection. ► If you follow your favorite designers on Lyst.com, they'll use that info to send you weekly e-mails of stuff you'll like.



NICE SAVE

Swamped but want to dig into something later? Download Pocket, an app that lets you bookmark content from any site to view in one spot—whenever.

