



Night Mode Your Android

Quality sleep starts with fewer digital interruptions. Use Bedtime Mode on your Android device to silence notifications, limit who can contact you, reduce screen stimulation, and automatically activate at bedtime so your sleep is protected without extra effort.

Step 1: Set Your Bedtime Schedule

- 1 Open **Settings**
- 2 Tap **Digital Wellbeing & Parental Controls**
- 3 Select **Bedtime Mode**
- 4 Tap **Use a Schedule**
- 5 Set your **bedtime and wake time**

Your phone will now automatically enter Bedtime Mode at night.

Step 2: Choose Who Can Reach You

- 1 Go to **Settings > Sound & Vibration**
 - 2 Tap **Do Not Disturb**
 - 3 Select **People** → Add contacts allowed to call or text
 - 4 Select **Apps** → Choose apps allowed to notify you
- Keep this list small. Emergencies only.



Step 3: Turn It On Manually (If Needed)

- 1 Swipe down from the top of your screen
- 2 Tap **Bedtime Mode or Do Not Disturb**
- 3 Confirm it is active

Great for travel, late meetings, or unexpected schedule changes unexpectedly.

Samsung Galaxy Users

- 1 Go to **Settings**
- 2 Tap **Modes and Routines**
- 3 Select **Sleep**
- 4 Set your schedule and allowed contacts



Take it a step further by dimming your lock screen, hiding notification badges, and minimizing distractions before bed, because small adjustments support deeper, more restorative sleep.