



Night Mode Your iPhone

Quality sleep starts with fewer digital interruptions. Use the Apple Sleep Focus 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 Sleep Schedule

- 1 Open the **Health App**
- 2 Tap **Browse > Sleep**
- 3 Select **Full Schedule & Options**
- 4 Set your **bedtime and wake time**
- 5 Turn ON **Use Schedule for Sleep Focus**

Your phone will now automatically enter Sleep Mode at bedtime.



Step 2: Choose Who Can Reach You

- 1 Go to **Settings > Focus > Sleep**
- 2 Tap **People** → Add contacts allowed to call or text
- 3 Tap **Apps** → Select 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 right corner
- 2 Tap **Focus**
- 3 Select **Sleep**



Great for naptimes or when your schedule changes unexpectedly.

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.