

OUTSMART YOUR SMARTPHONE

THE ANTI-DISTRACTION PHONE CHECKLIST



Your smartphone is *designed* to steal your attention. It's not just a device; it's a weapon of mass distraction—buzzing, glowing, and keeping your brain on high alert when you should be resting or sleeping.

This checklist will help you outsmart your phone's attention-capturing tricks, allowing you to use it wisely to protect your focus and your sleep, and to reclaim your nights.

Here you will find a step-by-step guide for using your phone's operating system features to optimize your sleep prioritization and take back control over your attention:

1: Activate Night Mode/Blue Light Filter

iOS:

- Go to **Settings > Display & Brightness > Night Shift** and schedule for sunset to sunrise.
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Android:

- Go to **Settings > Display > Night Light** and set to activate after sunset

2: Set Up Do Not Disturb (DND) or Focus Mode at Bedtime

- Go to **Settings > Focus > Sleep**.
 - Turn on Sleep Focus to limit distractions and notifications, allowing only important alerts (such as from family or emergency contacts) to come through.
 - You can set a Schedule to automatically activate Sleep Focus at your chosen bedtime.
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Android:

- Go to **Settings > Digital Wellbeing & Parental Controls > Do Not Disturb**.
- Set Do Not Disturb to activate during your scheduled bedtime (e.g., 10:00 PM to 7:00 AM). You can customize which notifications you still want to receive (e.g., calls or texts from favorites).
- You can also enable Focus Mode under Digital Wellbeing to temporarily pause distracting apps during the wind-down period.

3: Set a Wind-Down Time (Bedtime Reminder)

iOS:

- Go to **Health > Browse > Sleep > Full Schedule & Options**.
- Set a Wind Down time to remind you to start preparing for bed, including reminders to turn off screens, dim lights, or perform relaxing activities.
- Turn on Bedtime in the Clock app to set a consistent sleep schedule and receive a gentle reminder when it's time to go to bed.

Android:

- Go to **Settings > Digital Wellbeing > Bedtime Mode**.
- Set your preferred Bedtime routine time, which includes dimming your screen and enabling Do Not Disturb to help signal it's time to unwind.

Your attention is your greatest resource, protect it from your smartphone!

If you're not feeling tired at bedtime, avoid using your phone or devices as a source of entertainment or stimulation. Instead, engage in activities that naturally relax you, such as reading a book, journaling, or listening to soothing music or a podcast.

If watching TV or a series helps you wind down, make it intentional and relaxing. Avoid shows that might be stimulating or increase stress (e.g., news, thrillers, action-packed dramas). Choose something light or calming—like nature documentaries or comedy.

The goal is to use your phone's settings to work in your favor—not to allow it to hijack your attention at the most critical moments. Technology should support your well-being, not compete with it. By thoughtfully adjusting your phone settings and routines, you can make better choices to prioritize sleep and reclaim your time from distractions.