

View your Baseline Screen Time summary

When you set up Screen Time, it begins building a summary of your device use, including a breakdown of your app use by app and category. You can see your summary and gain insight into how you use your devices and which apps are the most distracting.

- To view your Screen Time summary, go to Settings > Screen Time, then tap your device name
- Tap Last 7 Days to see a summary of your device use over the past week.
- View and record your screen time totals, most used categories, pickups, and notifications.



Create a plan

With Screen Time, you can set allowances and limits for your app use. You can change these settings at any time.

- Go to Settings > Screen Time.
- Tap Downtime, turn on Downtime, select Every Day or Customize Days, then set the start and end times. Use this setting to block apps and notifications during periods when you want time away from your devices.
- Tap App Limits, tap Add Limit, then select one or more app categories. Tap Next, then set the amount of time allowed for app use. (If you want to set an amount of time for each day, tap Customize Days and set limits for specific days.)
- When you finish setting limits, tap Add to return to the App Limits screen.
- You can add limits for more apps at any time.
- Note: To temporarily turn off all app limits, tap App Limits on the App Limits screen. To temporarily turn off a limit for a specific category, tap the category, then tap App Limit.
- Tap Always Allowed, then tap the Add button or the Delete button next to an app to add or remove it from the Allowed Apps list. Use this setting to specify which apps

you want to be able to use at any time (for example, in the event of an emergency), even during downtime.

Live your life under the new restrictions

Spend 5 days with your phone and the new settings.

Add punishers and reinforcers to help guide behavior.

Check back to the settings throughout the week to see how you are doing.

- Record your results by going back to view your Screen Time summary.
- Tap Last 7 Days to see a summary of your device use over the past week.
- View and record your screen time totals, most used categories, pickups, and notifications.
- Note differences and complete write-up.