Unplug to Dream

Blue Light Filters

Depending on your phone, you can find the settings as follows:

- **Android**
  - Night Light
  - Blue Light Filter
  - Comfort View

  **Settings > Display > Night Mode > Schedule**

  - Eye Care
  - Night Display
  - Reading Mode

- **iOS**
  - Settings > Display & Brightness > Night Shift > Schedule

- **Windows**
  - Settings > Display > Night Light > Night Light Settings

- **Mac OS**
  - System Preferences > Display > Night Shift

Sleep Schedules

Excessive screen time can interfere significantly with your sleep. Whether it is due to social media, e-mails or text messages, frequent phone use can shorten and lower your sleep quality.

Turning on settings to restrict your phone’s disruptions, especially in the evening, can help you maintain a healthy sleep schedule and be more mindful of your daily bedtime and waketime.

**iOS**

- The Clock app has a Bedtime function that lets you set the amount of time you want to sleep each night. The app sends reminders to go to bed and has an alarm to wake you up. You can combine this with the Do Not Disturb mode to restrict disruptions and notifications. If you use your iPhone when you’re supposed to be asleep, you won’t get sleep credit for that time.

  **Clock > Bedtime > Adjust your sleep and wake times > Schedule > Options**

  - Track time in bed - On or Off
  - Do Not Disturb during bedtime - On or Off

**Android**

- Do Not Disturb mode, also known as Night Mode, lets you mute calls, media and alerts other than your selected exceptions. Doing this prevents your phone from interrupting your sleep with sounds or LED lights.

  **Settings > Sound & Notification > Do Not Disturb/Night Mode > Preferences**

  (priority only and/or automatic schedules)

**White Noise**

- **Relaxio**
  - Select sounds and melodies and mix them. You can also adjust volume. Can also be used during relaxation activities.

  **White Noise**
  - Over 40 sounds to cover bothersome noises while you sleep. You can adjust volume and save your favorites.