



## How to Check Screen Time on Your Mobile Device

### How to check screen time on Android:

- To track screen time, go to "Settings" > "Digital Wellbeing & parental controls" > "menu" > "Manage your data" > toggle on Daily device usage.
- To set app timers, open "Digital Wellbeing & parental controls" > "Dashboard" > select app > tap hourglass icon > set a time limit > "OK".
- To set up "Bedtime mode", select "Based on schedule" or "While charging at bedtime" and input your sleep and wake times.

### How to turn on screen time on iPhone:

- Open Settings on your iPhone.
- Scroll down and choose Screen Time.
- Tap "Turn on Screen Time."
- Enter in a 4-digit passcode.
- Tap "Continue."
- Confirm this is your iPhone.

### How to limit how long you use certain apps on your iPhone:

- Open Settings on your iPhone.
- Choose Screen Time.
- Choose App Limits.
- Tap "Add Limit."
- Deselect the option for "All Apps & Categories" since we want to limit just one app in this example.
- Select the Social category drop-down.
- Choose Instagram or select multiple apps to include several at once.
- Tap "Next" on the top of the screen.
- Set a time limit; say one hour per day.
- Make sure the toggle for "Block at End of Limit" is turned to "On."
- Tap "Add" on the top of the screen.