Sleep-friendly phone setup guide

Ten settings changes that make your phone quieter at night. Do them once, benefit every evening. Check each one off as you go.

NOTIFICATIONS

- [ ] Audit your notifications: for each app, ask "has this ever mattered at 11 pm?" If not, silence it.
- [ ] Schedule do not disturb to start at your phone cutoff and end after breakfast.
- [ ] Allow calls from favorites only, so real emergencies still reach you.
- [ ] Turn off lock-screen previews for feeds, news, and email. The headline is the hook.

FRICTION

- [ ] Move feed apps off your home screen into a folder on the last page.
- [ ] Log out of the worst offender each night. Typing a password is honest friction.
- [ ] Try grayscale in the evening. Feeds are engineered in color.
- [ ] Set app time limits, and treat the "ignore limit" tap as a signal, not a failure.

BEDROOM

- [ ] Charge the phone outside the bedroom, or at least across the room.
- [ ] Use a separate alarm clock, so the phone has no reason to be within reach.

WHY THIS WORKS

None of these make scrolling impossible. They make it slightly harder than sleeping, and at midnight the easier path usually wins. That's the whole idea behind The Friction Method: put the resistance on the path you don't want.

Downloaded from quitscrolling.app · Part of The Shrink Network

For educational purposes only. This is not medical, legal, or professional advice, and it may not fit your situation or jurisdiction. If scrolling is seriously affecting your sleep, mood, or daily life, talk to a qualified clinician.