



Tap once on the **From/To** option in Step 4 to set the time period for Do Not Disturb.


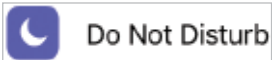

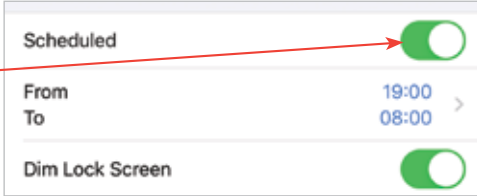


The Bedtime option in Step 5 can be specified in the **Clock** app. Tap on the **Bedtime** button on the bottom toolbar and enter a time period that constitutes bedtime. The Clock app can be set to activate an alarm at the end of the bedtime period, and Do Not Disturb will apply during the bedtime hours.



Do Not Disturb

The iPhone is excellent for keeping up-to-date with calls and notifications from apps, so you never miss an important call or message. However, there can be times when constant notifications can be too intrusive, and you may wish to have a period of quiet without having to turn off notifications completely. This can be achieved with the Do Not Disturb feature. To use this:

- 1 Tap once on the **Settings** app 
- 2 Tap once on the **Do Not Disturb** tab 
- 3 Drag the **Do Not Disturb** button **On** to activate **Do Not Disturb**, so that calls and notifications will be muted 
- 4 Drag the **Scheduled** button **On** to set a specific time period for Do Not Disturb to be applied 
- 5 Drag the **Dim Lock Screen** button **On** to darken the Lock screen and send any notifications to the Notifications Center