A 15-minute reset for your own phone

Less screen time without willpower

1. **Turn the screen gray.**
   Settings › Accessibility › Display & Text Size › Color Filters › Grayscale
2. **Bundle noisy alerts.**
   Settings › Notifications › Scheduled Summary
3. **Stop auto-playing previews.**
   Settings › Accessibility › Motion › Auto-Play Video Previews off
4. **Set a Sleep Focus.**
   Settings › Focus › Sleep, so pings wait for morning.
5. **Schedule your own Screen Time.**
   Settings › Screen Time › Screen Time Schedule
6. **Clear page one.**
   Touch and hold scrolling apps › Remove App › Remove from Home Screen.
7. **Buy a $12 alarm clock.**
   Plug your phone in across the room or in the kitchen.

Paths checked on Apple Support, November 2026

30-day screen time tracker

Month: _____

Goal: _____ hrs · **Off by:** _____ pm

Hrs today's total from Settings › Screen Time
Off phone on the kitchen charger by your time
No bed no scrolling in bed, night or morning

Days 1–15

Day	Hrs	Off	No bed
1		☐	☐
2		☐	☐
3		☐	☐
4		☐	☐
5		☐	☐
6		☐	☐
7		☐	☐
8		☐	☐
9		☐	☐
10		☐	☐
11		☐	☐
12		☐	☐
13		☐	☐
14		☐	☐
15		☐	☐

Days 16–30

Day	Hrs	Off	No bed
16		☐	☐
17		☐	☐
18		☐	☐
19		☐	☐
20		☐	☐
21		☐	☐
22		☐	☐
23		☐	☐
24		☐	☐
25		☐	☐
26		☐	☐
27		☐	☐
28		☐	☐
29		☐	☐
30		☐	☐

Miss a day? Leave the row blank and log tomorrow.

30 things to do instead of your phone

Low-effort ideas for 9 pm when your brain is fried

- [ ] Read 10 pages of a real book
- [ ] Make hot tea or sparkling water
- [ ] Step outside for 5 minutes
- [ ] Stretch your back on the rug
- [ ] Do a paper crossword
- [ ] Flip through a magazine
- [ ] Text a friend back, then close it
- [ ] Write tomorrow's 3-item list
- [ ] Listen to one full album
- [ ] Play cards with your partner
- [ ] Work on a 500-piece puzzle
- [ ] Sort one kitchen junk drawer
- [ ] Water the houseplants
- [ ] Bake something simple
- [ ] Take a hot shower early
- [ ] Sketch or doodle on scrap paper
- [ ] Call your mom or a sibling
- [ ] Plan Saturday morning
- [ ] Fold laundry with a podcast
- [ ] Read a cookbook for fun
- [ ] Lay out tomorrow's clothes
- [ ] Sit on the porch and watch the sky
- [ ] Journal three lines on paper
- [ ] Play a board game with the kids
- [ ] Fix one loose knob or button
- [ ] Put on hand lotion and rest
- [ ] Try a 10-minute craft or knit
- [ ] Look through printed photo albums
- [ ] Listen to an audiobook eyes closed
- [ ] Go to bed 20 minutes early