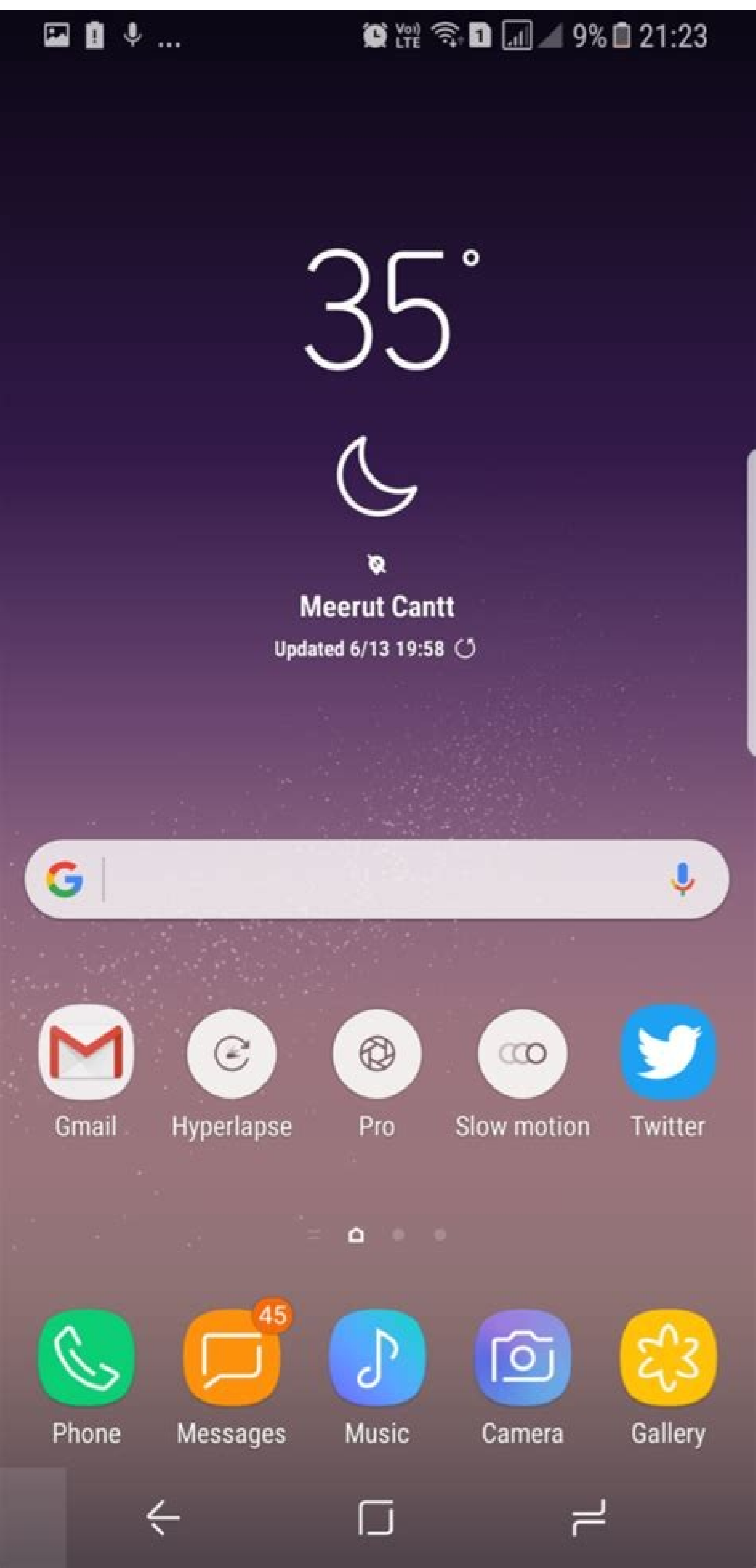


How do you see screen time on android

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Is there a way to check screen time on android. How to see app screen time on android. How do you see your 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. This article explains how to enable Digital Wellbeing & parental controls on Android 10 and up. It also outlines how to set app timers, bedtime mode, focus mode, and parental controls. Android's Digital Wellbeing feature tracks your daily screen time, notifications, and phone unlocks. The Digital Wellbeing feature is accessible through your device's settings. You need to enable it as it's not on by default. Here's how to set it up. Open Settings. Tap Digital Wellbeing & parental controls. Tap the three-dot menu on the top right and select Manage your data. Toggle on Daily device usage. The circle graph on the Digital Wellbeing screen shows which apps you've been using. Inside the circle, you can see your total screen time, and underneath that, how many times you've unlocked and how many notifications you've received. Your smartphone will now log app usage, notifications, and device unlocks. You can also access Digital Wellbeing via an app shortcut. Scroll down on the main screen and toggle on Show icon in the app list. The Digital Wellbeing app has two types of tools to help you reduce screen time and distractions: Ways to disconnect and Reduce interruptions. Ways to disconnect include app timers, bedtime mode, and focus mode. The Reduce interruptions section has shortcuts to app notification management and Do Not Disturb mode. To cut down on screen time, you can set a daily timer for the apps you use the most, so you don't get stuck down the Instagram rabbit hole or playing a game when you should be working or interacting with others. Once you've hit the limit, you'll get a notification that the timer ran out, the app icon will grey out, and you won't be able to open it until after midnight unless you turn it off manually. Tap Dashboard. You'll see a list of the apps you use most frequently. Tap an app to view screen time, notifications, and times opened on a daily or hourly clip. Tap the hourglass icon next to an app to set a timer. You can also add a timer by tapping App Timer on the app info page. Set a time limit (all timers reset at midnight) and tap OK. To remove a timer, tap the garbage can icon next to it. Bedtime mode helps you wind down by silencing your phone and turning the screen grayscale, so you're not staying up late scrolling through social media or reading. You can set up the bedtime mode based on a schedule or when you plug in the phone to charge before heading to bed. In both scenarios, you set a sleep time and wake time. Tap Customize to have Do Not Disturb to turn on when you go to sleep and choose whether the screen goes grayscale. Focus mode lets you temporarily pause apps manually or on a schedule. You can choose the time and day of the week or multiple. From here, you can also take a break from focus mode if you need some time to goof around. In the Reduce Interruptions section, you can manage app notifications and turn on do not disturb mode. The last section is for parental controls. You can manage a child's account if you are the default parent account on their device. You can start setting up parental controls from the Digital Wellbeing settings page, but then you'll need to install Family Link, a Google app. The app requires that both you and your child have a Google account. Go to Settings > Digital wellbeing & parental controls. Tap Set up parental controls at the bottom of the screen. Tap Get started on the next screen. Tap Child or teen. Tap add or create account for your child if it doesn't show up on the screen. Once you've added it, select it from the list. Then follow the on-screen prompts. FAQ How do I check screen time on an iPhone? To check screen time on an iPhone, tap Settings > Screen Time. You can see your daily average and other statistics. Tap See All Activity to show screen time by app and look at past weeks' usage. How do I limit screen time on an iPhone? To set limits on your iPhone screen time, go to Settings > Screen Time. Tap Downtime to schedule a timeframe when only apps you choose and phone calls will be available. Tap App Limits to set time limits for individual apps. Tap Communication Limits to limit who you communicate with. How do I delete screen time data on an iPhone? Thanks for letting us know! Get the Latest Tech News Delivered Every Day Subscribe Tell us why! It's easy to let your child fall into the TV trap. First you let him unwind with a cartoon after school. Then you let him keep the television on while you make dinner. Before you know it, he -- like the average American kid -- is watching four hours a day, well above the limit recommended by the American Academy of Pediatrics. TV has a powerful hold on most school-age kids. It provides the effortless entertainment they crave. By this age, children can also have a measure of control over what they watch: They've mastered the remote, and their reading and time-telling skills help them figure out when their favorite programs are scheduled. "They're also intensely curious, and TV is one way they learn about the world," says Jane Healy, PhD, author of Your Child's Growing Mind. "But it's imperative that parents set limits on both content and the amount of screen time." Here's why: Early grade-schoolers lack the ability to regulate their own viewing habits. And a child who's constantly glued to the set is missing out on the chance to exercise, socialize, study, and play. Numerous studies have shown that young kids who watch too much TV struggle with schoolwork and are more likely to behave aggressively and become overweight than those who don't. Want to curb your child's viewing habits? Here are seven strategies you may not have tried yet. A recent study says adults watch more than four and a half hours of TV per day, so chances are your child isn't the only one viewing. Logging in everyone's TV time (including your own) can be enlightening -- and shocking. Do you leave the set on while you do housework? Does your husband grab the remote as soon as he gets home? Do you watch TV during dinner (84 percent of all families do so at least some of the time)? If so, it's time to reform your viewing habits -- for your child's sake. An idle TV is tempting, but not if your child can't see it. Put a decorative throw over your set. Or try this solution from Lauren Mauck, of Soledad, California: To reduce her 6-year-old daughter Teagan's viewing, Mauck moved the TV to a closet that is only opened on weekends. "Nobody misses the TV during the week because we don't notice it," Mauck says. Wendy Breedlove, of Oregon City, Oregon, gives her 7-year-old son, Alex, two 15-minute coupons per day that he cashes in for TV time. He earns bonus tickets by doing extra chores. Alex can either spend them each day or save them up for a movie on the weekend. On average, a kid spends four times as many hours watching TV as he does reading for fun. To even out that ratio, Sue Panilaitis, of Tewksbury, Massachusetts, set up a reading/TV exchange when each of her boys, Mike and Rob, entered first grade. For every minute of reading time (not including homework assignments), the boys earn a minute of screen time, up to a maximum of one hour. "I'm not the bad guy for limiting TV," says Panilaitis. "It's up to them." For Carolyn Stonestreet, a mom from Overlook Park, Kansas, the best solution was to separate Josh, 8, and Matt, 6, from the set. She signed Josh up for the Cub Scouts, had both boys join a soccer league, and started setting up more playdates. Soon enough, their TV habit faded. "They had so much fun trying new things and seeing their friends that they were too busy to think about cartoons," Stonestreet says. Your child won't object to being blacked out if you spend the evening together. Play Monopoly Junior, do a group puzzle, or try a card game like Old Maid. You can even have your kids help prepare dinner. Diane Schilder, of Arlington, Massachusetts, says her children, Joe, 8, and Iris, 6, look forward to communal cooking. "It's fun, and it gives us a chance to catch up with each other," she says. Join National TV Turnoff Week from April 24 through 30. Spending some time away from the tube may make your child realize that he doesn't really need it -- or miss it. It's unlikely you'll get your child to stop watching TV completely, but you can help him become an informed viewer. One way to do that is to teach him to be critical of the many advertisements he'll see. Try these tactics. Play "spot the commercials." Ask your child to tell you the difference between a television program and an advertisement. Discuss what the marketers do to make products seem attractive. Give him a reality check. When you watch a show together, talk about whether the events could happen in the real world. If not, ask him to explain why not. Practice "talk back." Encourage your child to speak directly to the TV when he sees something he disagrees with in a program or spots a false commercial claim. Thanks for your feedback!

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