

Better Sleep = Better Life

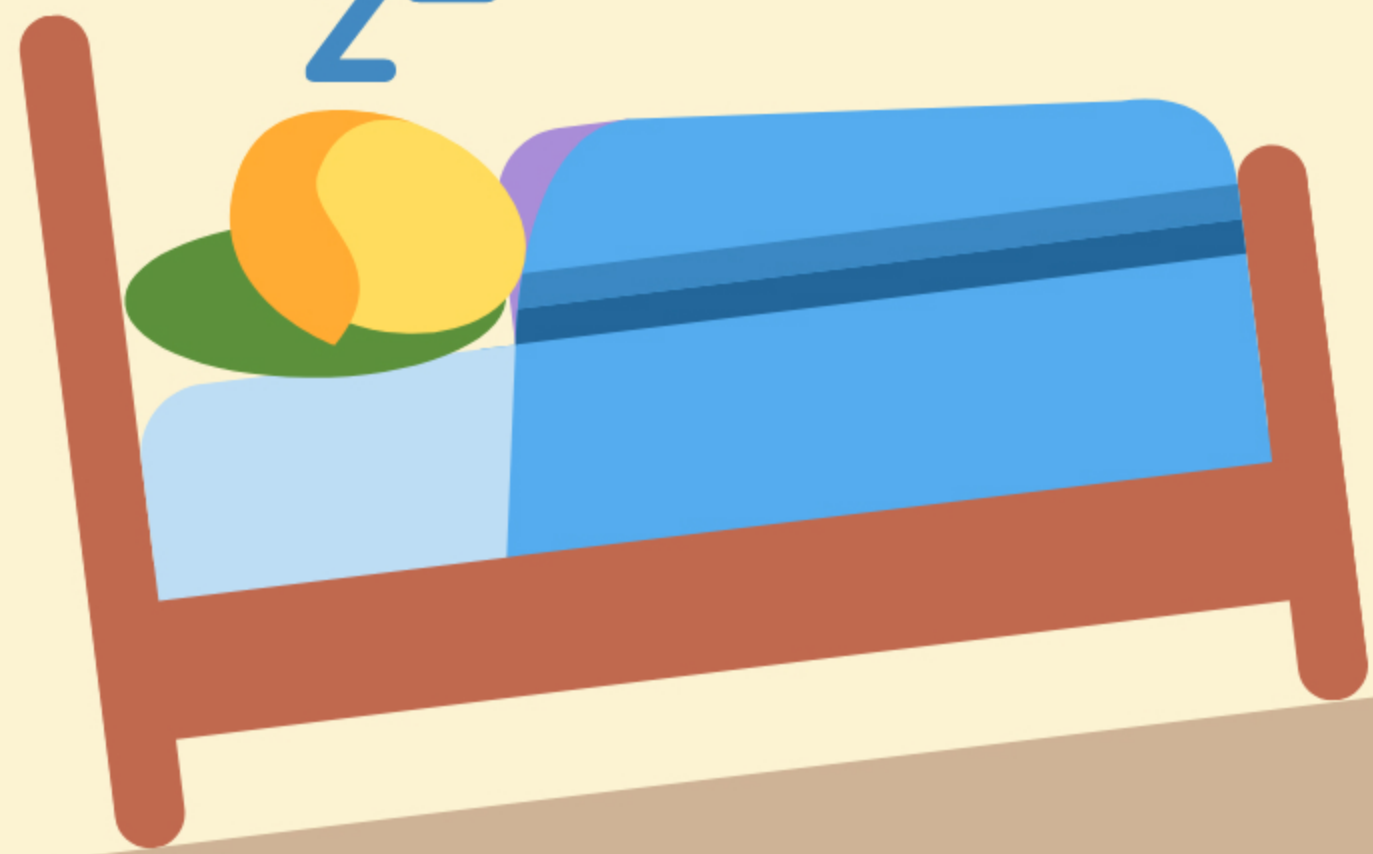
Use your child's phone to help them sleep

In Partnership With:

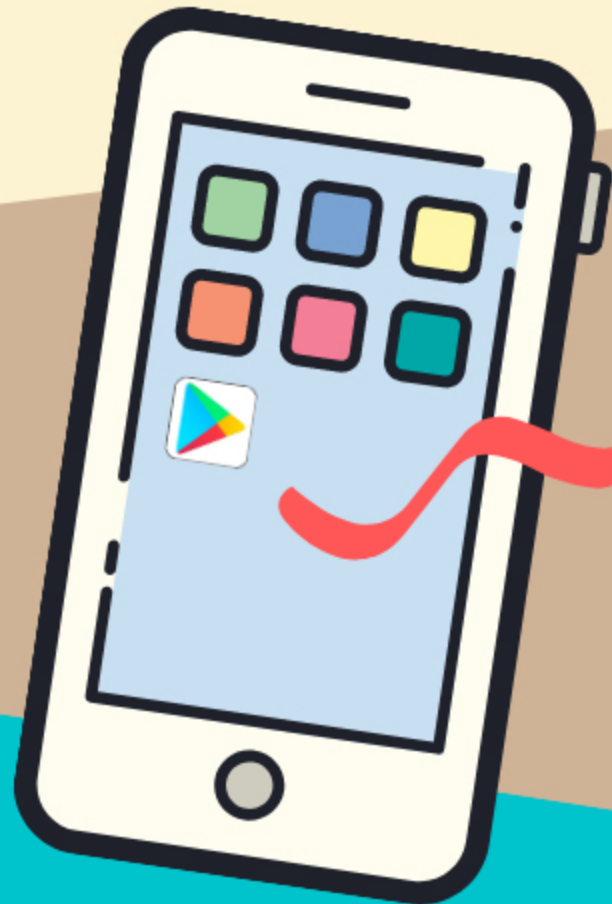


Monroe County
Library System
www.libraryweb.org

zzz



On Android Phones or Tablets:



Download the **Family Link for parents** app on your own phone



then

Download the **Family Link for children and teens** app on your child's phone



Using Family Link, you can set a Bedtime:

1. Follow prompts in both apps (on both phones) to link accounts (you and your child will both need Google accounts)
2. Once linked, open the **Family Link for parents** app on your phone and select **Your Child**
3. Find the **Bedtime** card, tap **Edit Schedule**, and follow instructions to set a **Bedtime** at least 1 hour before desired bedtime (8 PM, for example)



Set Daily Limits, Block Apps, and Learn More:

You can learn to customize **Daily Limits**, **Parental Controls**, **Bedtime**, **App Limits**, **Downloads**, and more by **scanning the QR code** to the left



Learn more at <http://www.HoekelmanCenter.org>