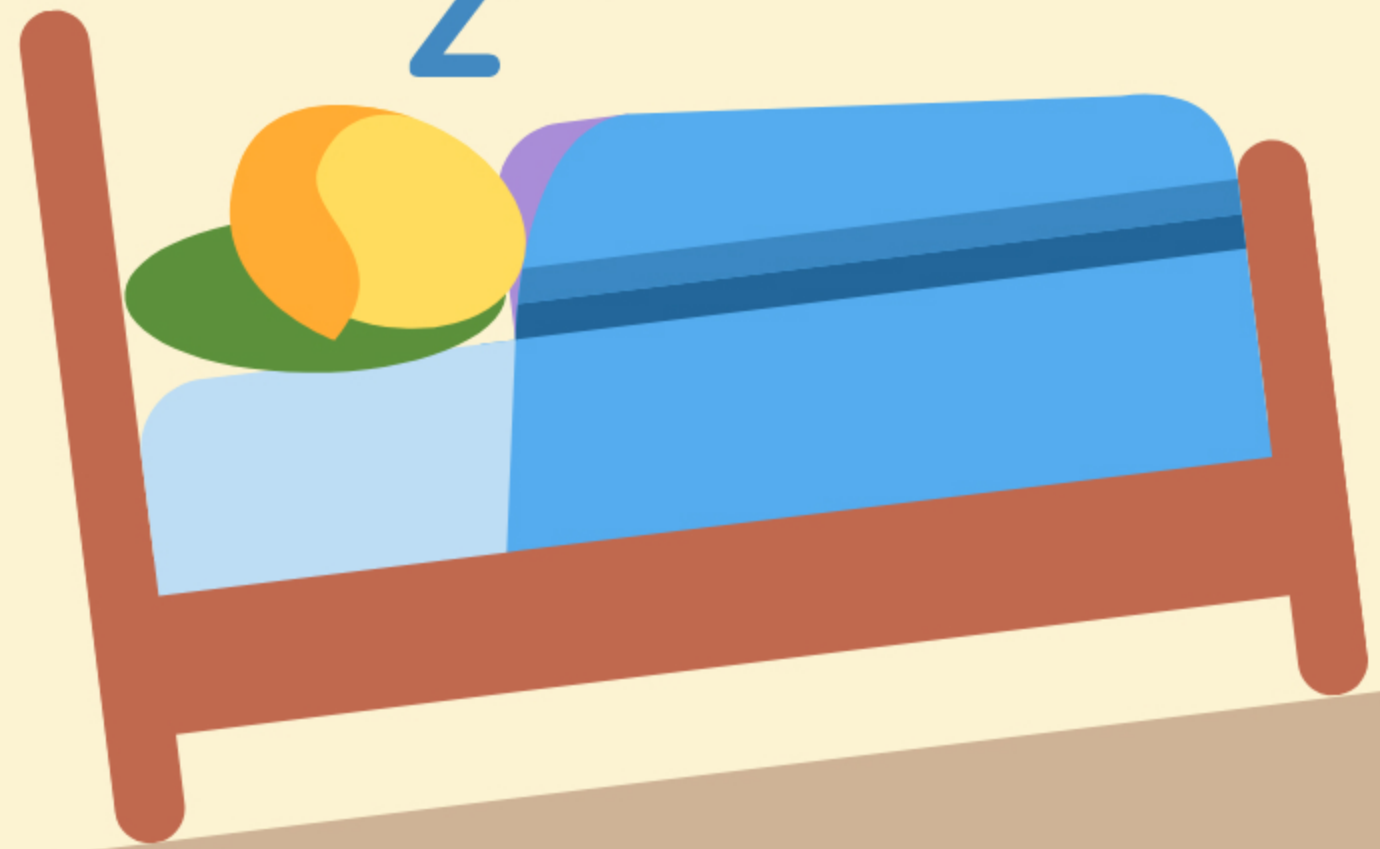**Better Sleep = Better Life**

Use your child's phone to help them sleep

🍎 iOS

In Partnership With: **Monroe County Library System** www.libraryweb.org

Open **Settings**

On iPhones or iPads:

Open **Screen Time** Turn on **Screen Time.**

Continue and select **This is My Child's iPhone (or iPad)** or **This is My iPhone (or iPad).**

In Screen Time, you can set Downtime and Limits:

This can be done right on your child's device or you can use Family Sharing to configure your child's device from your own device

1. Tap **Downtime** and turn it on. Set **Start** and **End** times for your child's **Downtime**. Set **Start** time 1 hour before desired bedtime (8 PM, for example) and **End** time when they wake up.

2. Tap **App Limits** to set time limits on apps of your choice.

3. Tap **Use Screen Time Passcode** and set a passcode that only you - the parent - know and that your child cannot guess.

Set Parental Controls, App Limits and Learn More:

You can learn to customize **Parental Controls**, **Downtime**, **App Limits**, **Always Allowed Apps**, and more by **scanning the QR code** to the left

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Learn more at http://www.**HoekelmanCenter**.org