

Enable Bedtime sleep monitoring on iOS 10

In addition to the upgraded features such as iMessage messaging application, Photos, Safari, iOS 10 version also provides users with quite interesting features that are monitoring Bedtime sleep.

New, more outstanding features are considered the brightest and most noticeable point of iOS 10. Not only upgrade some features, but also Apple offers a lot of new features, such as Bedtime sleep monitoring. This feature will monitor our sleep, alarm, record sleep time information to complement the default Health health app on iOS 10. You can track how to activate and use the calculator. Bedtime feature on iOS 10 in the article below.

Step 1:

Open the **Clock** app on the device and click the **Bedtime** tab with the bed icon. Once clicked, the application will provide general information about usage and usage. Click **Get Started** .

Edit

Alarm



6:45 AM



Alarm





Step 2:

Next, we will **set the alarm time to wake up** and click **Next** to continue. Then, **select the days of the week to schedule an alarm appointment** . If you want to select or turn off the alarm, just click on that day. Click **Next** .

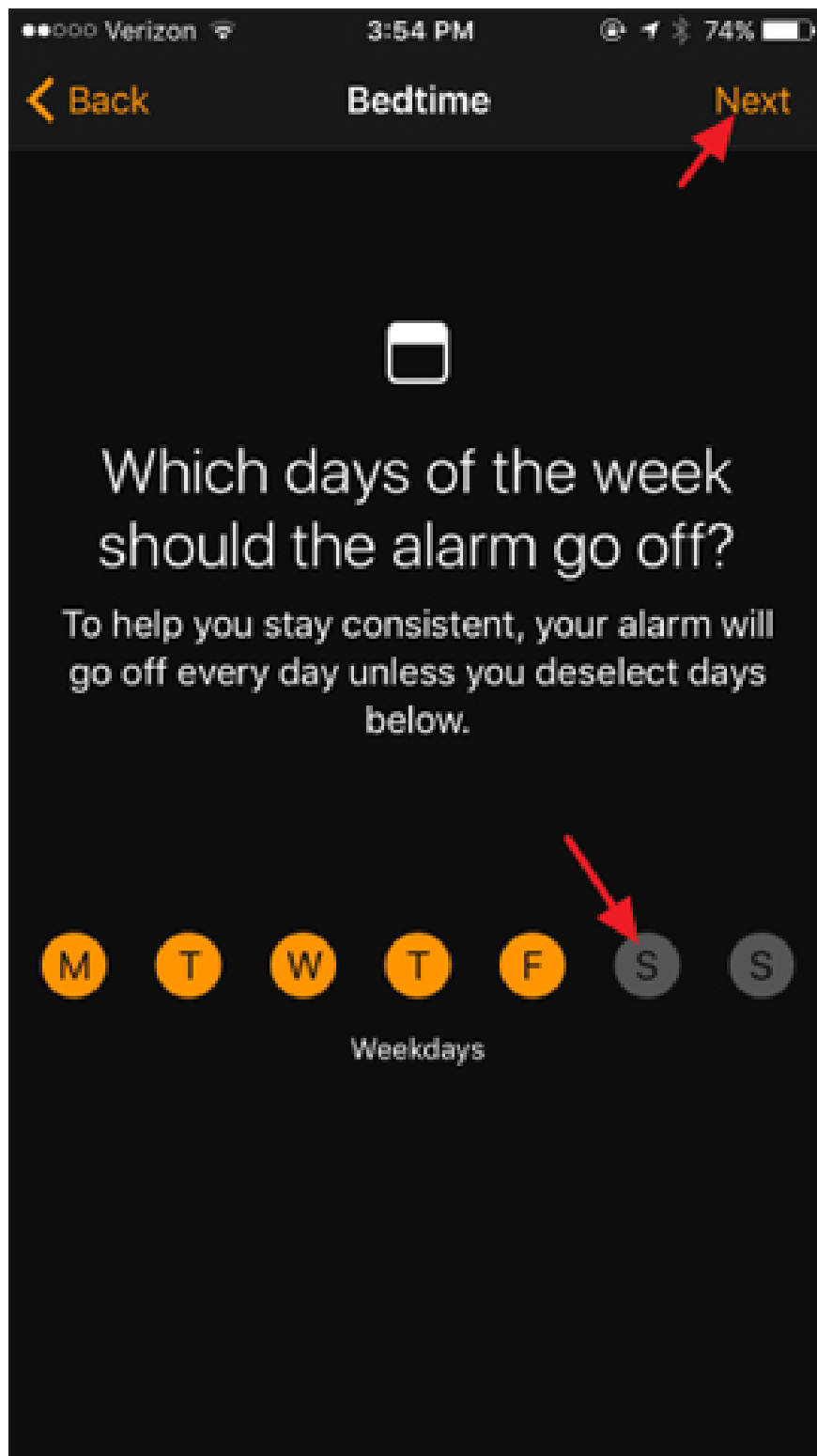
Cancel Bedtime Next



What time would you like to wake up?

- 3 30
- 4 35
- 5 40
- 6 45 AM**
- 7 50 PM
- 8 55
- 9 00
- ...

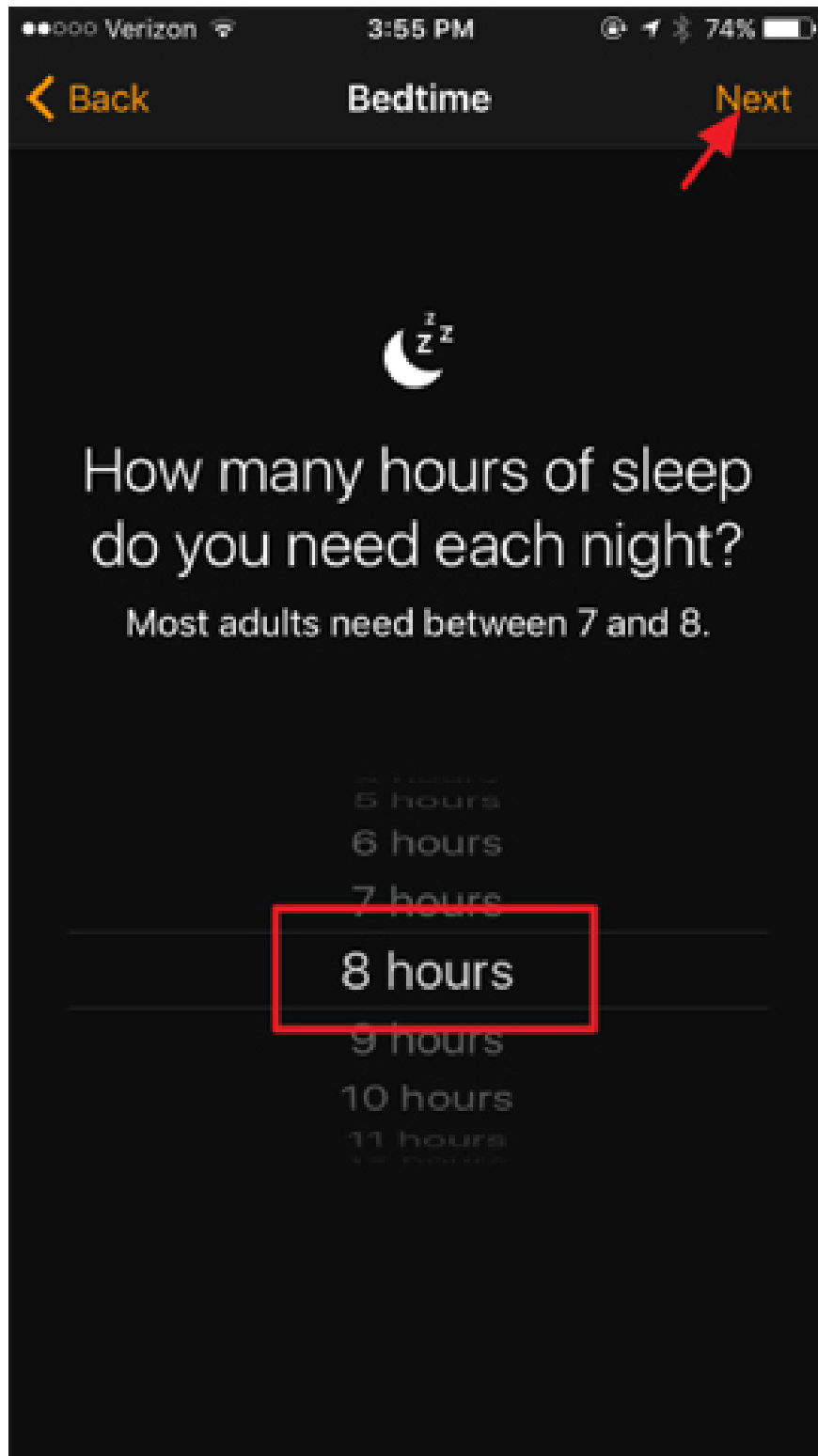


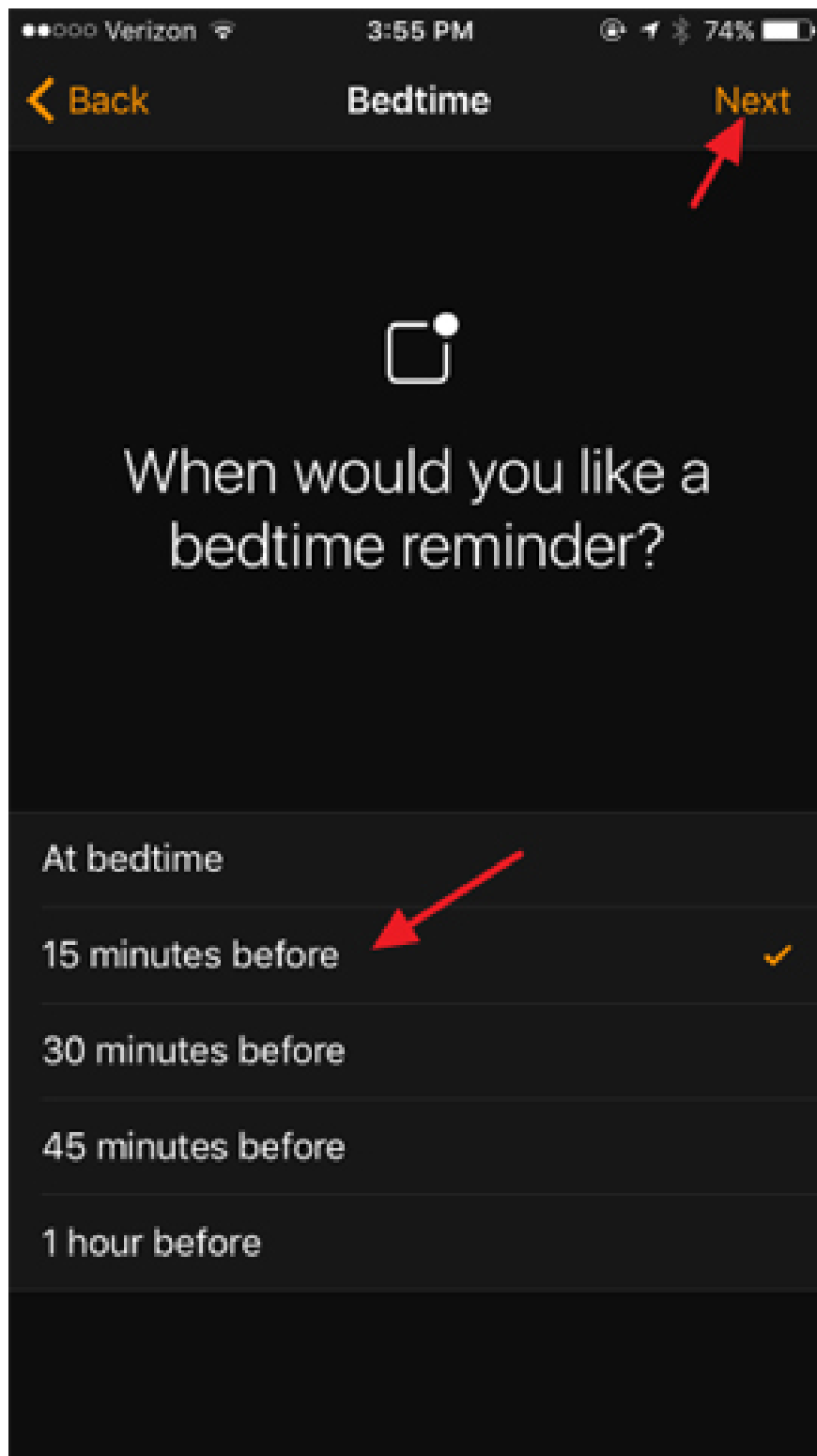


Step 3:

Set **the maximum time for our sleep** . The application will advise you to sleep for a period of 7 to 8 hours to ensure health. Click **Next** to proceed to the next step. After that, please **choose the bedtime reminder time** , including: At bedtime (bedtime right), 15 minutes before (15 minutes before), 30 minutes before (30 minutes

ahead), 45 minutes before (before 45 minutes) before), 1 hour before (before the sound). After selecting, click **Next**.

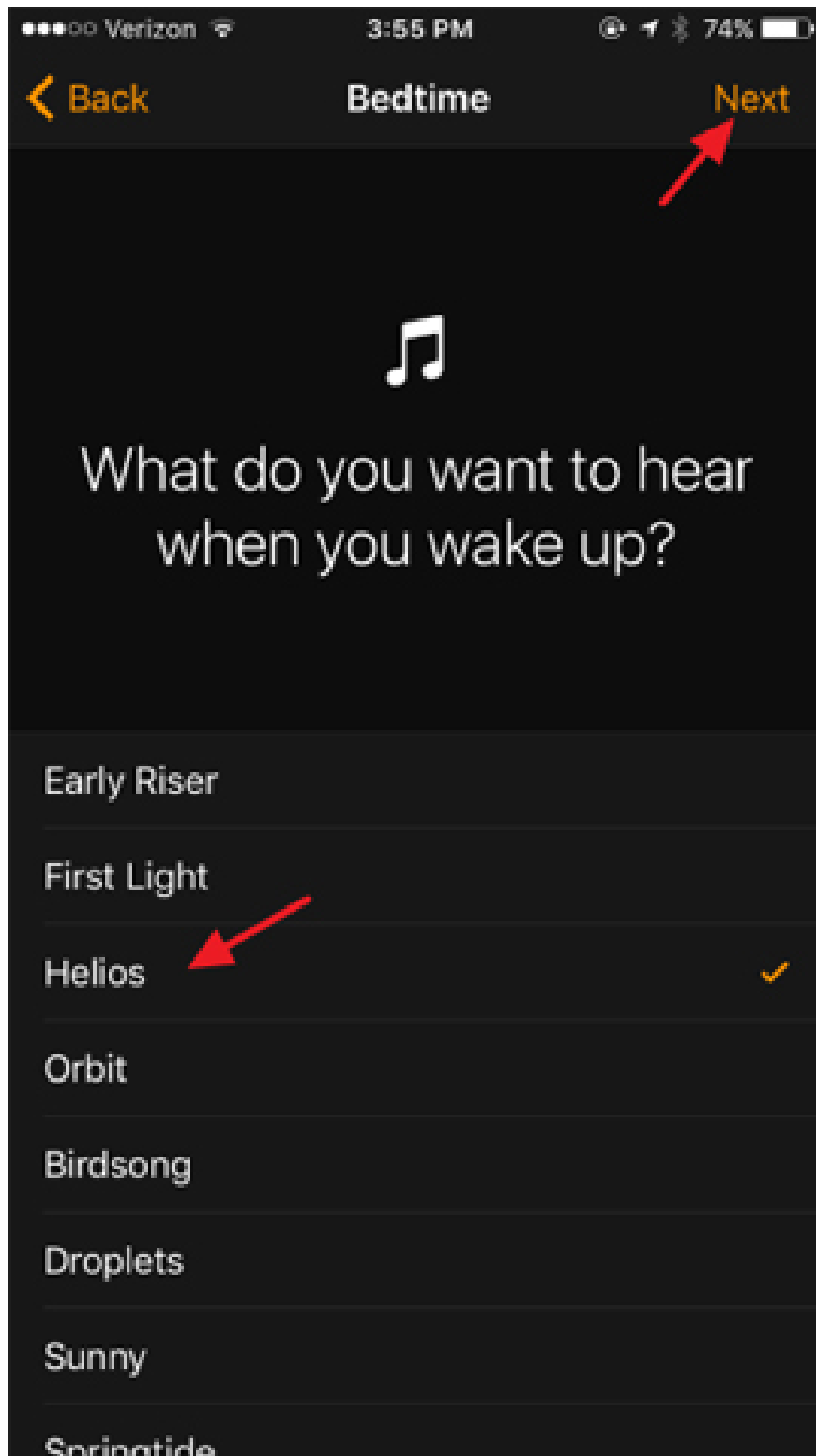




Step 4:

In the new interface, you will **select an alarm ringtone** . Click **Next** . Finally, **Save** to save all settings. Going back to the Bedtime interface, you will see all the information about sleep time. To **change the time** , select **two small circle icons** at the golden circle.

To activate the Bedtime feature, **push the horizontal bar to the right** . To **change more options** , press **Options** on the left of the interface.



< Back

Bedtime

Save

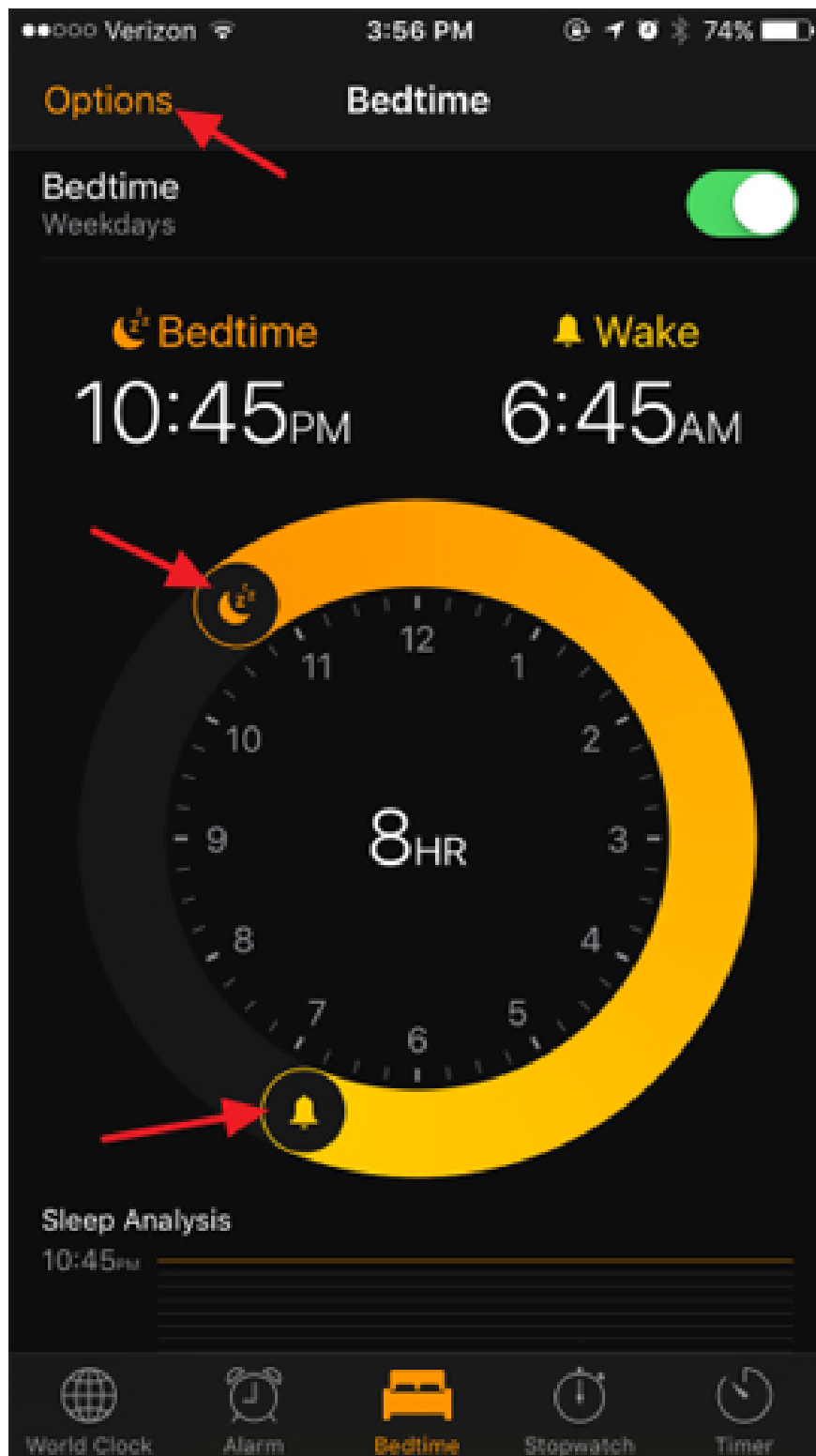


Stay consistent.
Sleep better.

Keep your Sleep History bars aligned by going to bed and waking up at the same times every day.



Sleep History will display data from your wake alarm and any other sleep trackers or data you add to HealthKit. Bedtime calculates hours in bed by analyzing your motion and device usage, and storing the data securely in Health.



Users can track all the Bedtime feature recorded on their sleep, click **More history** . The Health application will launch and display sleep information.

Cancel

Bedtime Options

Done

DAYS OF THE WEEK



Bedtime Reminder

15 min

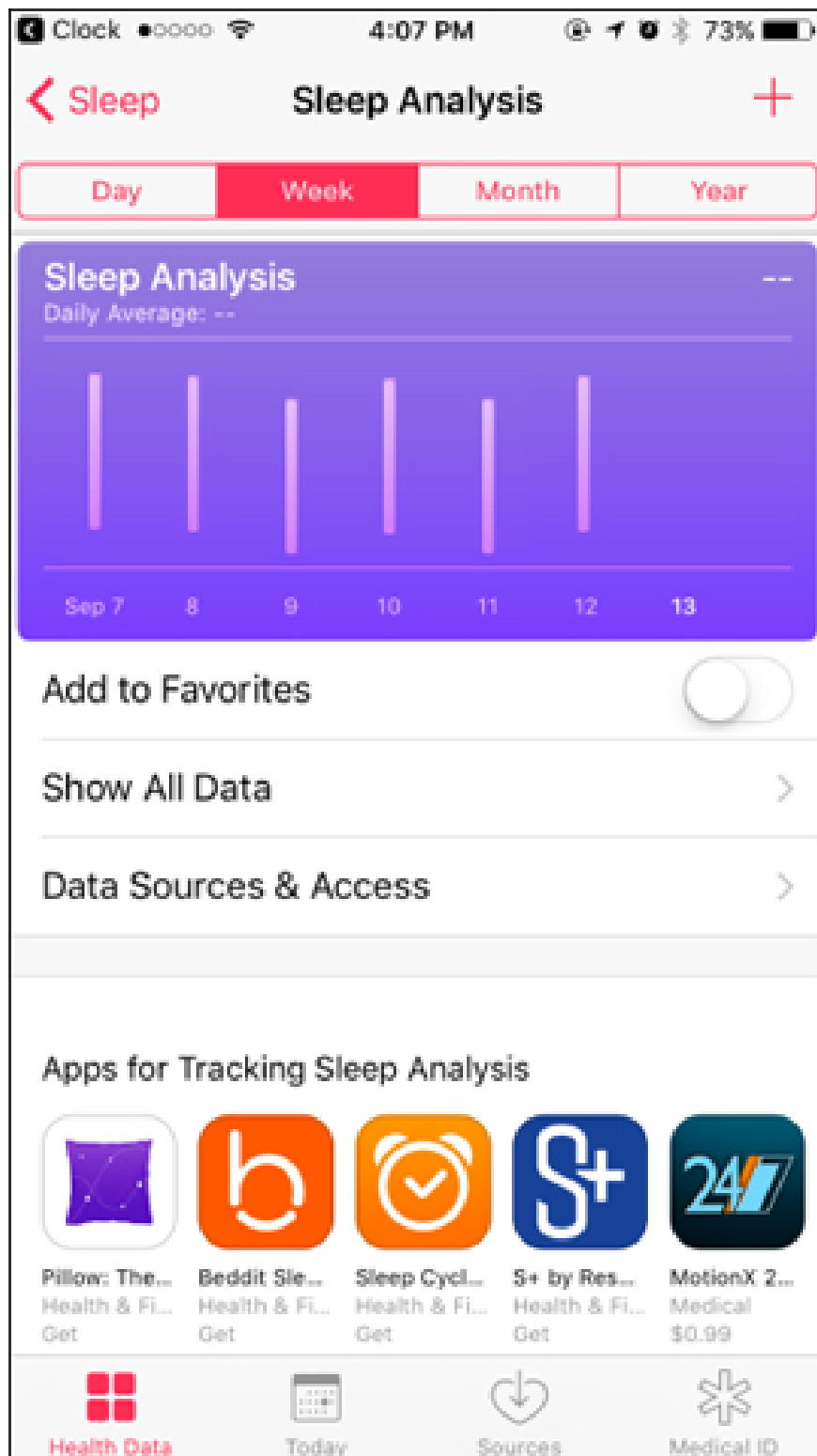
Wake Up Sound

Helios >

WAKE UP SOUND VOLUME

Volume





Above is step by step activate and use Bedtime features, sleep management for those who use iOS 10. In addition to providing features related to operations on the machine, entertainment applications that Apple also aims to Health issues for users in this new operating system. Pretty interesting!

Refer to the following articles:

1. How to update to the official iOS 10 version?
1. Instructions to enable Slide to Unlock feature on iOS 10
1. The process of updating iOS 10 failed, this is a fix

I wish you all success!

You finished reading the article "**Enable Bedtime sleep monitoring on iOS 10**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.