

# Facebook launched the feature to calculate the total time of using Facebook for global users

Finally after 15 weeks of disclosing information, Facebook also launched the tool of Your Time on Facebook - Your time on Facebook.

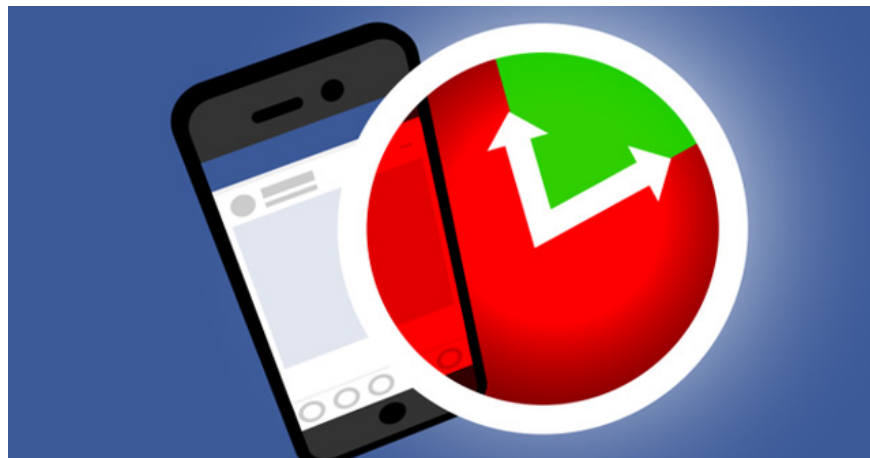
Finally after 15 weeks of disclosing information, Facebook also launched a tool to calculate "Your Time on Facebook - Your Time on Facebook".

This tool helps users to know the total time each day, every week for Facebook applications. thereby helping them manage their social network usage time more effectively.

At the same time, "Your Time on Facebook" also gives users the option to set a limit to use Facebook applications for each day, when the user has used the time limit, a prompt will appear.

This tool provides users with shortcuts to access notification settings, Friend requests and News Feed.

Picture 1 of Facebook launched the feature to calculate the total time of using Facebook for global users



To access your Time feature on Facebook, users click the **More** tab of Facebook -> select **Settings & Privacy** -> select **Your Time on Facebook** .

Facebook also released similar features for Instagram last week.

In addition to Facebook, Apple and Google have also released similar time management features on iOS (Screen Time) and Android (Digital Wellbeing). However, the question is whether these time management features can really help users use social networks and smartphones in a healthier way?

See more:

1. Facebook launched the 3D Photo feature, turning 2D portrait images into vivid 3D
2. Facebook launched Lasso, an application that creates short clips copied from Tik Tok
3. Messenger users have 10 minutes to retract the message they do not want to send

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