

How to automatically turn off the phone

How to timer off your phone with SleepTimer will prevent you from running out of battery when using your smartphone at night and unfortunately falling asleep.

The use of smartphones at night is probably too familiar, and there will be cases where you are using the phone but then when you wake up, your phone is either nearing the end of the battery. And then charging the battery will not be used quickly, so how to turn off your phone while you overslept.

Timer, definitely because this is the most effective and simple way. But there are also many smartphone users who do not know how to schedule sleep on the phone, you can follow the instructions of Quantrimang below to schedule the phone to turn off if you accidentally forget.

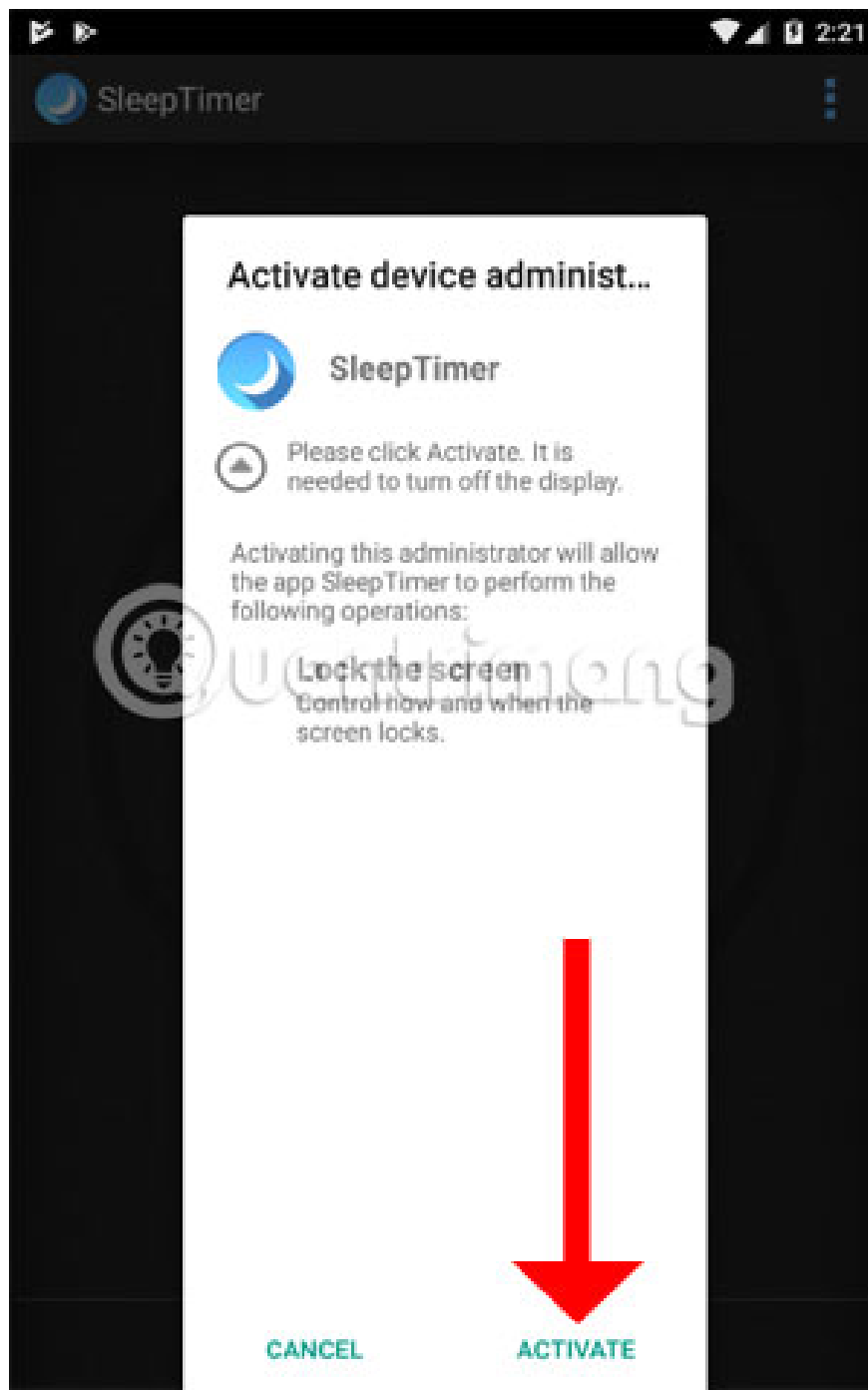
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Timer off your Android phone with the Sleep Timer application

Download SleepTimer for Android

Step 1: Download and open the SleepTimer application on your phone, then click **Activate** to start the SleepTimer application.

SleepTimer 's timer mode can pause / stop or turn off the music after a set amount of time and also turn off your screen. A light sleep timer reduces the volume and then lets your phone enter sleep mode.

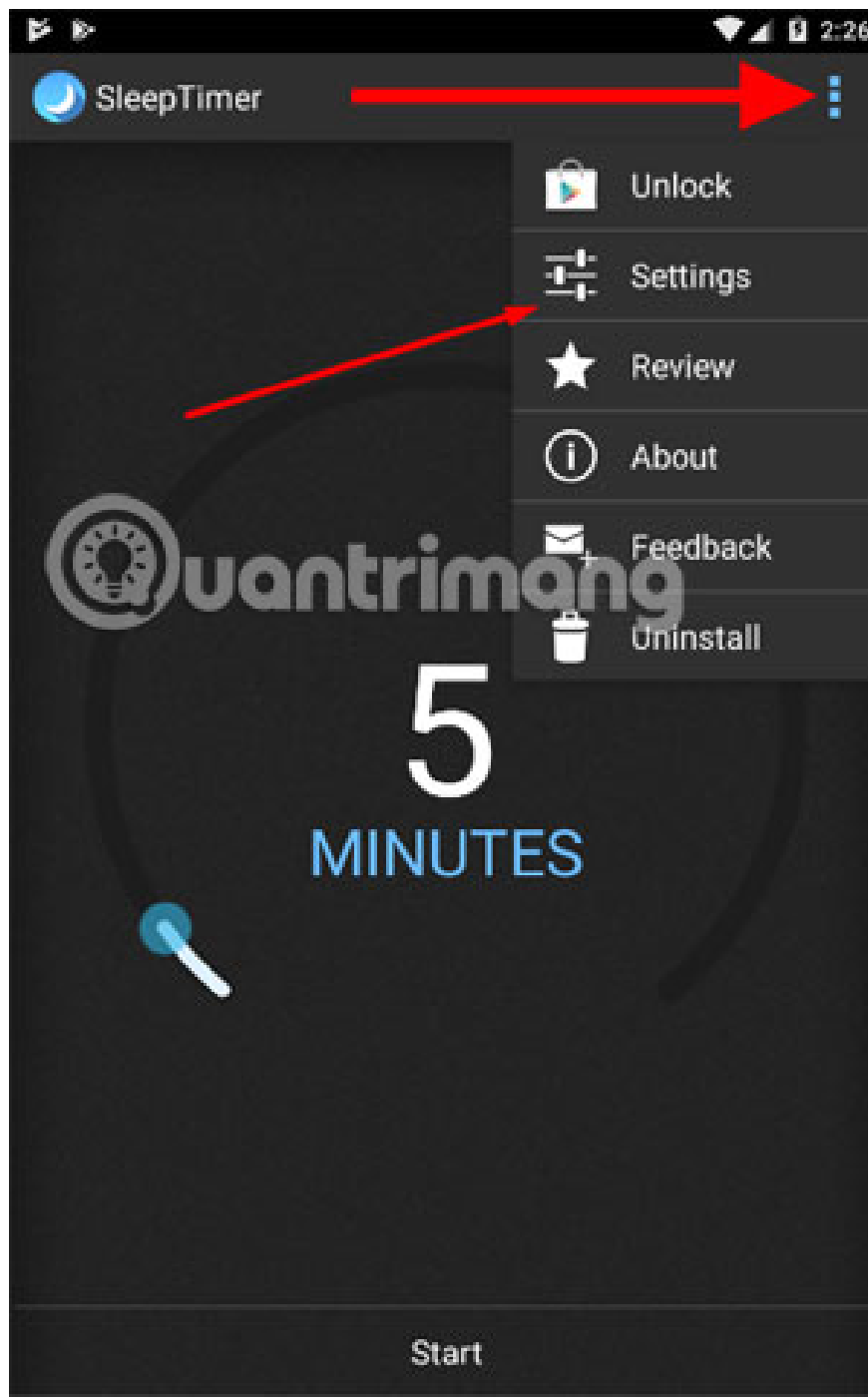


Step 2: Go to the main interface you will see the time pull bar, hold and drag the time button to the time you want your phone to go to sleep. Then press **Start** to start the countdown time, next you will see the number of slow flashing minutes, from white to blue.

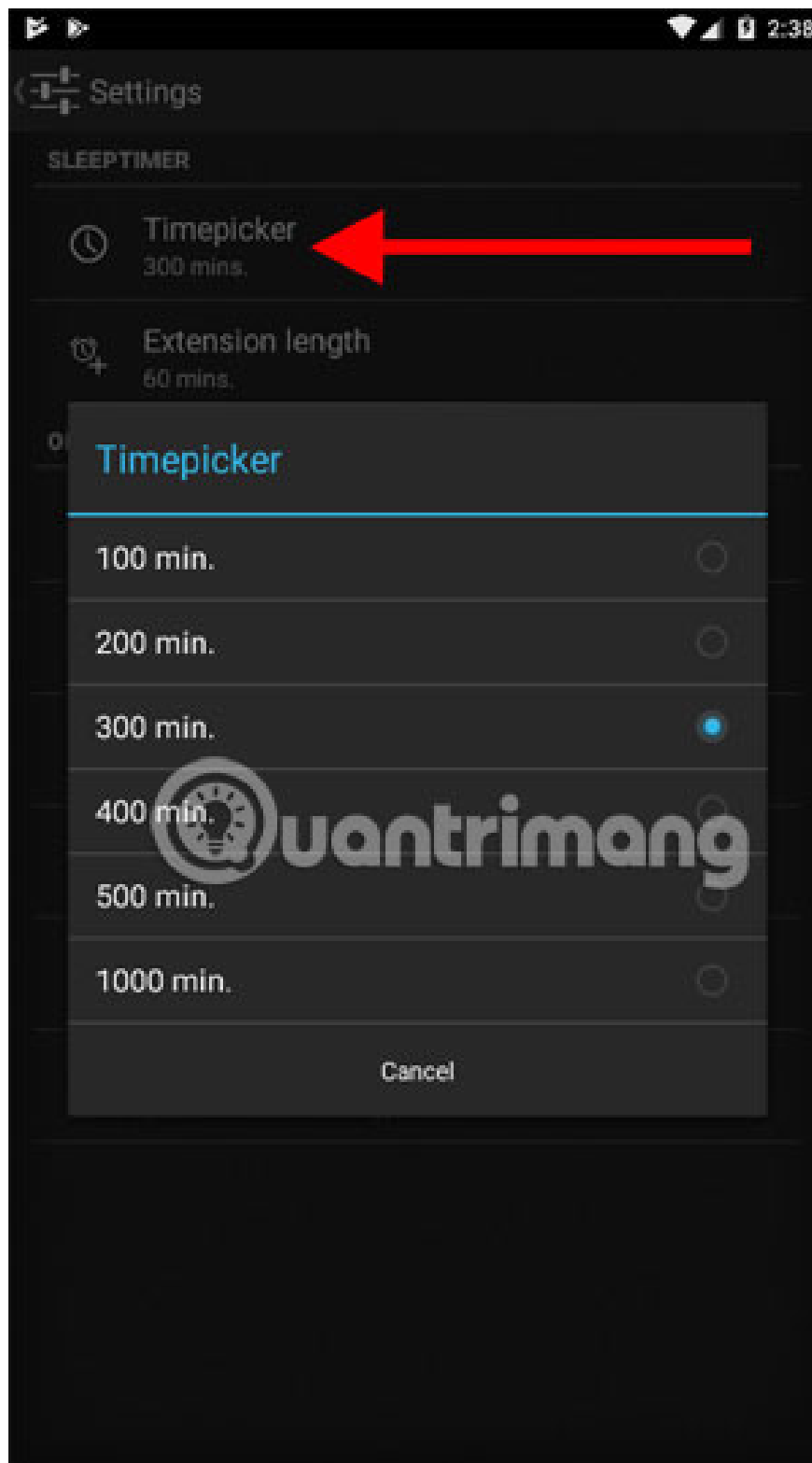




Step 3: If you want to edit the default time of SleepTimer, click on the three dots icon in the upper right corner and select **Settings** .



Next, select **Timepicker** , in this menu, there will be timestamps in minutes, depending on the activity level, please select the desired time.



Go outside and pull back the time bar to select the changed timeline.



200
MINUTES

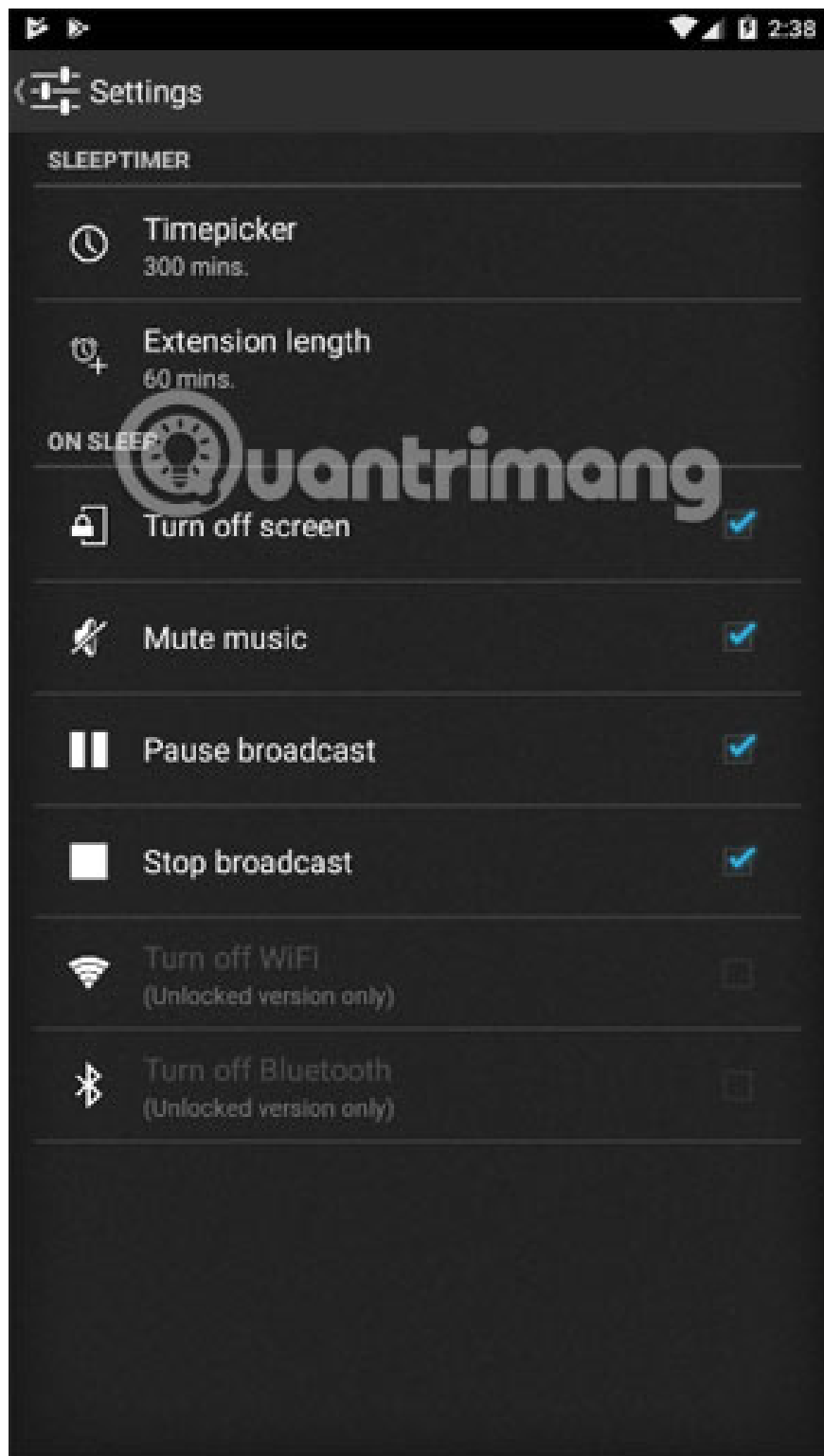
Start



In addition, you also have options to choose from:

1. **Turn off screen:** Automatically turn off the screen
2. **Mute music:** Turn off the music
3. **Pause broadcast:** Pause broadcasting
4. **Stop broadcast:** Stops broadcasting

There are two options to turn off Wifi and Bluetooth, you will have to buy a paid version.



On iOS devices, users can fully control the working mode of the phone with the built-in timer (Timer) on the device. This is a feature that will help you feel secure listening to music or watching videos and then sink to sleep without bothering to run out of smartphones.

Or you can set a good sleep shortcut on your iPhone with just one touch, this shortcut will help you turn off some tasks like playing music, resetting the alarm time, setting the volume . See the instructions in the article Sleep better with the Sleep Mode shortcut on iPhone, iPad.

See more:

1. Application aggregation deletes the duplicate phone number on iPhone
2. How to hide the folder name on the iPhone screen
3. Tips to remove dock bar on iPhone screen
4. Personalized ways to make your iPhone stand out

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