

How to enable Notification Cooldown on Android 16

Notification Cooldown Android will gradually reduce the volume and vibration intensity of notifications when you receive too many notifications from the same app at once.

The new Android 16 is provided by Google with a new feature called Notification Cooldown, which helps slow down the process of displaying too many notifications. This feature will adjust the intensity of notifications coming from an application at the same time, reducing the impact of the sound of those application notifications. Below are instructions for installing Notification Cooldown Android 16.

What is Notification Cooldown feature on Android 16?

Notification Cooldown will gradually reduce the volume and vibration intensity of notifications when you receive too many notifications from the same app at once.

For example, if Instagram sends you a bunch of notifications, all of them have the same volume and vibration level. When Notification Cooldown is enabled, only the first notification has the default notification volume and vibration level, and subsequent notifications gradually decrease in volume.

How to set Notification Cooldown on Android 16

Step 1:

First, click on **Settings** and then select **Notifications** in the displayed list. Then click on **Notification Cooldown** to adjust the notification mode for Android.

3:36



← Notifications

Sensitive notifications

Show sensitive content when locked



Sync across devices

Dismiss notifications across Pixel devices

Notifications dismissed on your Pixel phone or tablet will no longer appear on both

General

Notification cooldown

Flash notifications

Off

Wireless emergency alerts

Hide silent notifications in status bar



Allow notification snoozing



Notification dot on app icon



Enhanced notifications

Get suggested actions, replies, and more



Step 2:

Switch to the new interface, you **need to enable the Use Notification Cooldown option** below and you're done.

Then Android notifications are automatically adjusted so as not to disturb you.

3:36



Notification cooldown

When you receive many notifications within a short time, your device will lower its volume and minimize alerts for up to 2 minutes. Calls, alarms, and priority conversations are not affected.

Notifications received during the cooldown can be found by pulling down from the top of the screen.



Use notification
cooldown



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