

How to set up iPhone sleep mode in the Health app

iPhone Sleep Mode in the Health app is a smart sleep management feature that helps users improve their sleep quality. This feature allows you to set a fixed sleep time and create a daily sleep schedule.



iPhone sleep mode provides complete data about your sleep time and quality through detailed reporting charts. In addition, this mode also integrates a gentle morning wake-up feature, helping to wake you up more gently in the morning.

Set a sleep schedule

Below are details on how you can set iPhone sleep mode in the Health app:

Step 1: First, open the Health app on your iPhone and click on Browse (4 square icon).

Step 2: Then, click the Sleep button and then click Start located below the Sleep settings section.

Step 3: Next, set a sleep goal. The default sleep target is 8 hours, but you can customize it by tapping the plus/minus button, then tapping the Next button.

Step 4: Set up a sleep schedule that includes Bedtime and Wake-Up Time, making sure it meets the sleep goals you set earlier. You choose the days of the week to apply this schedule, then click Add to complete.

Step 5: The screen will display the option to enable Sleep Mode and Relax mode. You can enable or ignore it depending on your preference. Sleep mode simplifies the lock screen at bedtime according to the schedule you set, and turns on Do Not Disturb mode. Meanwhile, Relax mode helps activate Sleep Mode before bedtime according to the schedule you've set, so you can relax and prepare for sleep better.

Change your sleep schedule

Once you've set up your iPhone's sleep mode, you can also make changes to your sleep schedule as follows:

Step 1: Open the Health application on your phone.

Step 2: Click on Browse (4 square icon) and then select Sleep.

Step 3: Next, select Full Schedule & Options.

Step 4: Here, the following options will appear on the screen:

Change or add a sleep schedule: Tap Change to edit an existing sleep schedule or Add new schedule to create a new sleep schedule.

Change Sleep Goal: Tap Change Goal to adjust your target sleep hours.

Change Relaxation Activity: Select Change Relaxation Activity to edit or add relaxation activities before going to bed.

Step 5: After completing the changes, press the Done button to save.

Above are instructions for you to set up iPhone sleep mode as well as how to change your sleep schedule when desired.

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