

How to use Screen Time in macOS Catalina

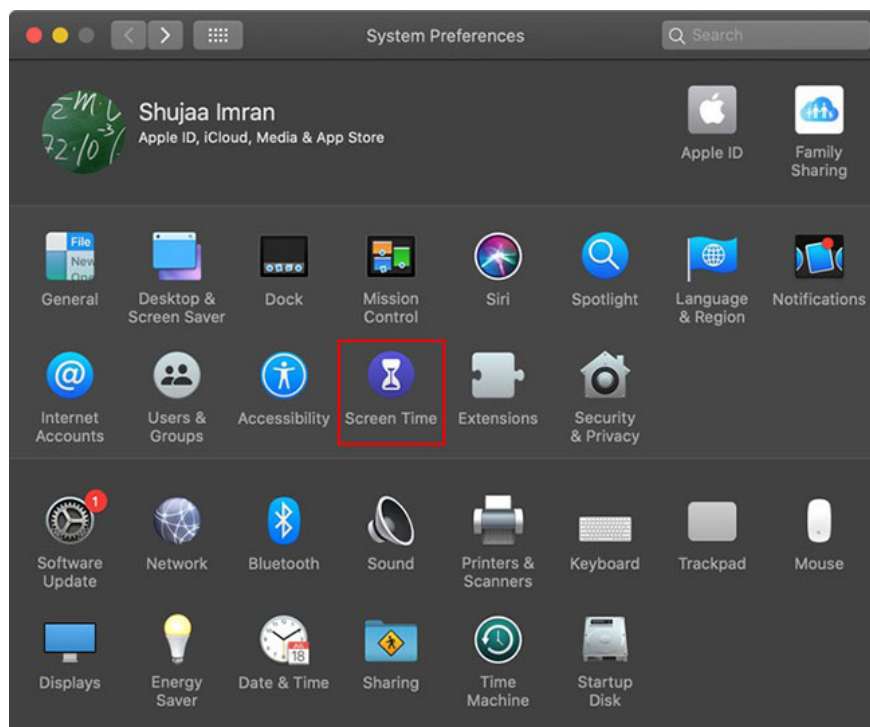
Screen Time provides the ability to track device usage on an app-by-app basis, which can be very helpful if you want to know which apps are spending the most time.

Apple first introduced Screen Time for the iPhone and iPad line in iOS 12, allowing users to view statistics about the amount of time spent on the device per day. Screen Time has now moved to macOS with macOS Catalina, allowing Mac users to perform similar functions on their laptops and desktops.

Screen Time provides the ability to track device usage on an app-by-app basis, which can be very helpful if you want to know which apps are spending the most time. Similarly, it also allows you to set application limits, downtime rules and more, much like in iOS. In macOS, Screen Time replaced **Parental Control**, because the features were integrated into Screen Time.

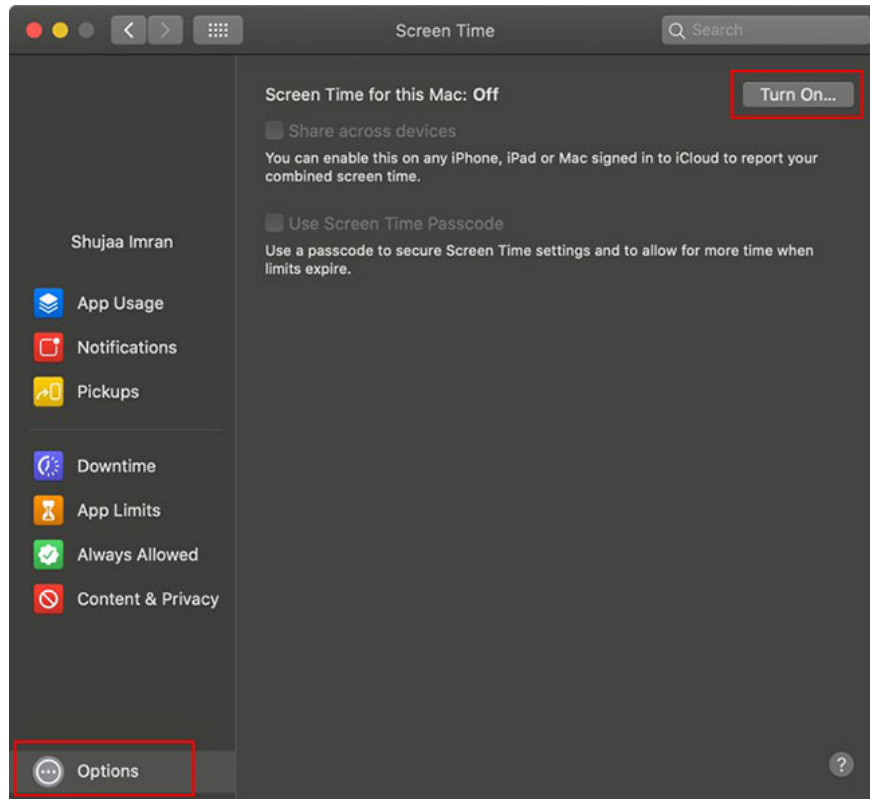
Here's a guide to setting up Screen Time on a Mac and its related features:

1. Open **System Preferences** on a Mac.
2. Click **Screen Time**.



3. Click the **Options** button in the lower left corner.

4. Click 'Turn On'.

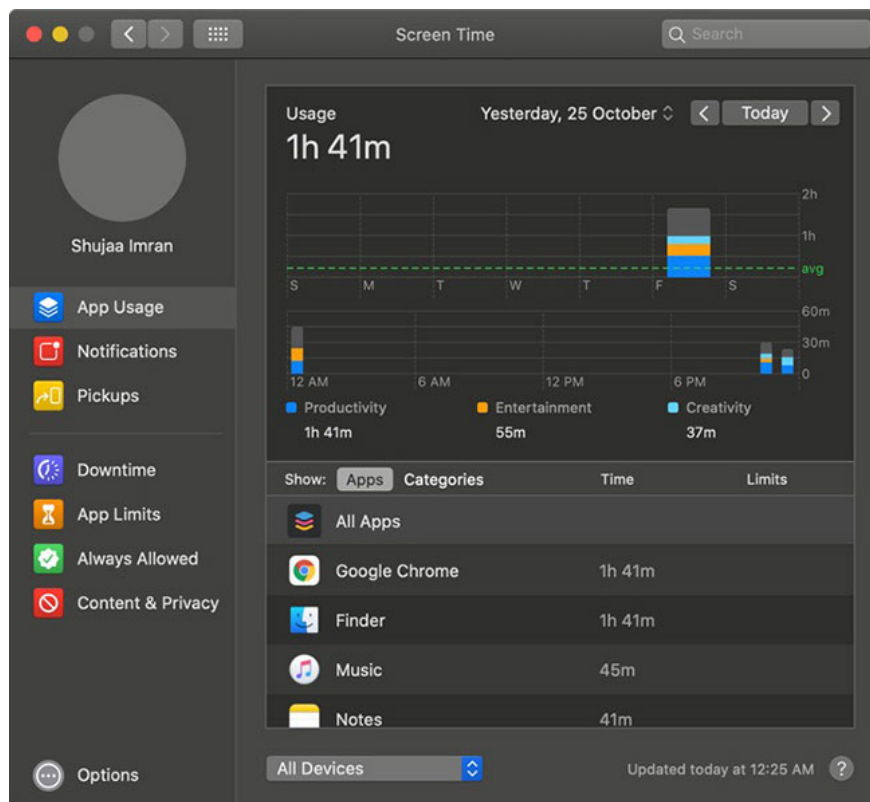


All operations are completed. Screen Time will now automatically track and record your device usage statistics.

You can choose to track **App Usage**, **Notifications** and **Pickups** from the tabs on the left.

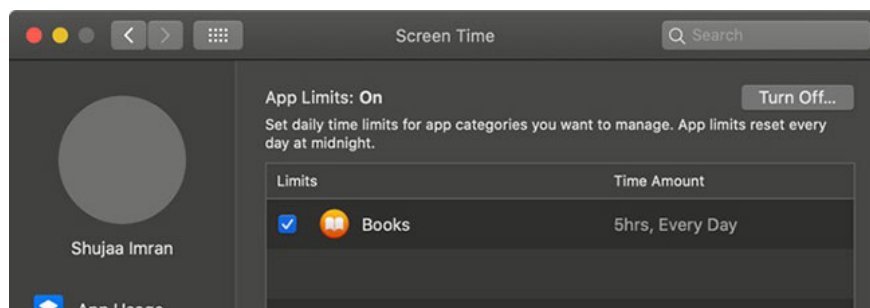
Using **Downtime**, you can choose to specify a specific time period during which certain allowed phone applications and calls will be available. This restriction will apply to all synced iCloud devices with Screen Time enabled.

Authorized applications can be selected from the '**Always Allowed**' section.

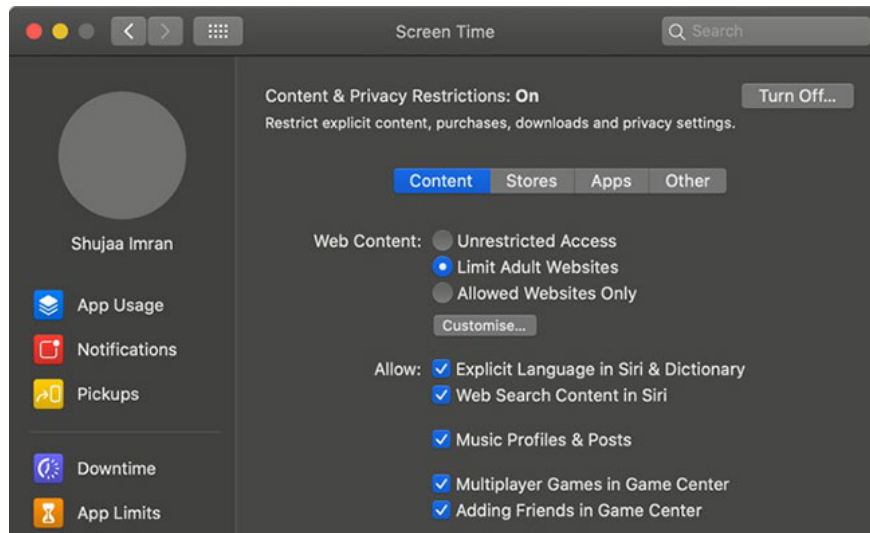


Picture 4 of How to use Screen Time in macOS Catalina

App Limits will allow you to set a limit on how long a particular app is used. The application will be locked when the time is up. This can be very helpful in controlling your child's device usage time or setting time limits for the games they play on the Mac.



The **Content & Privacy Restrictions** section allows you to restrict specific content, buy and download it on a Mac. Using the listed options, you can limit web content, downloads, and applications. You can also disable passwords and change accounts, etc.



If you want to set a password for Screen Time so that no other user can change the settings, you can do so from the **Options** button . This button will also allow you to extend the time limit for applications, when they are due to be discontinued.

Screen Time can be used as a great tool to track device usage statistics and contribute to daily lifestyle changes based on the statistics presented. You can also set restrictions for specific apps and content on your Mac if needed.

Did you find Screen Time useful? Will you use it in the future? Share your views with everyone in the comments section below!

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