

Sleep better with the Sleep Mode shortcut on iPhone, iPad

How to create a shortcut Sleep Mode will help you turn off the settings related to lighting, sound, automatically set the time to sleep, wake up ... with just one touch.

Siri Shortcuts is a new feature on iOS, this feature can help users to interact at the same time with many features on the phone to help you have more features to make life simpler and more complex. A pretty useful feature is Sleeping Mode.

This mode will help you set up a shortcut, which helps you sleep better. Specifically, this shortcut will help you to do many things at the same time as reducing screen brightness, turning off playing music, lowering the volume to a moderate level, activating non-disturbing mode, automatic sleep timer . Instructions on how to create a good night off button on iPhone and iPad can be found in the article below.

1. Tips to check the old iPhone 6s, iPhone 6s Plus when buying
2. How to fix the error does not reach the network on iOS 12.1.2
3. How to log out of an Apple ID account on iPhone
4. How to reduce "System" storage capacity on iPhone or iPad


Instructions to create shortcuts Sleeping Mode to sleep better on iPhone, iPad

Step 1: First go to settings, select **Siri & Search** . Next turn on the feature **Press Home to turn on Siri** .

Cài đặt

 Cài đặt chung >


 Trung tâm kiểm soát >

 Màn hình & Độ sáng >

 Hình nền >

 Siri & Tìm kiếm >

 Touch ID & Mật mã >

 SOS khẩn cấp >

 Pin >

 Quyền riêng tư >

 iTunes & App Store >

 Mật khẩu & Tài khoản >





Step 2: Next, download the **Apple Shortcut application** , note that the running iOS version must be iOS version 12 and above. Then download the Sleeping Mode shortcut in this link. Next, click **Get shortcut** .



Hủy



Sleep Mode™

Phím tắt này hoạt động với các ứng dụng và dịch vụ sau:



Đồng hồ

Lấy phím tắt

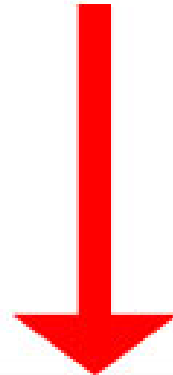
Hiển thị tác vụ

Step 3: Next you will be set to bedtime and wake up on your shortcut, the bedtime will be PM and the time to wake up will be AM. You can change the bedtime and wake up by clicking on the time frame and changing the time with the keyboard.



Định cấu hình phím tắt này

What is the time you would like to go to bed?



Thời gian

8:00 PM

20:00



Tiếp tục

Bỏ qua thiết lập



Định cấu hình phím tắt này

What time would you like to wake up?



Thời gian 08:00

Quantimeng

Tiếp tục

Bỏ qua thiết lập

Step 4: Next, set the days to repeat **Sleep Mode** , then click **Continue** . You have now set up the Sleep Mode shortcut on the Shortcut application. Click on the shortcut and you will see the change.



Định cấu hình phím tắt này

Which days of the week should the good night
alarm go off?

Lặp lại

Th 2, Th 3, Th 4, Th 5, Th 6

 **Tiếp tục**

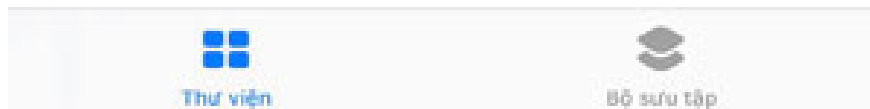
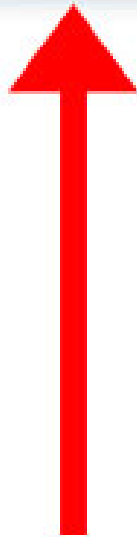
Bỏ qua thiết lập

Sửa



Thư viện

Q Tìm kiếm



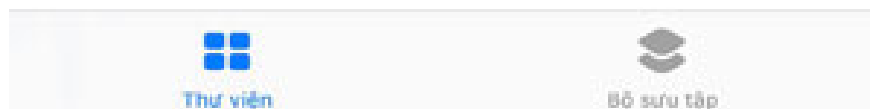
Next you will see the device will switch to battery saving mode, disturbing mode, the music will turn off, the screen will be reduced to moderate brightness to protect the eyes in the dark.

Sửa



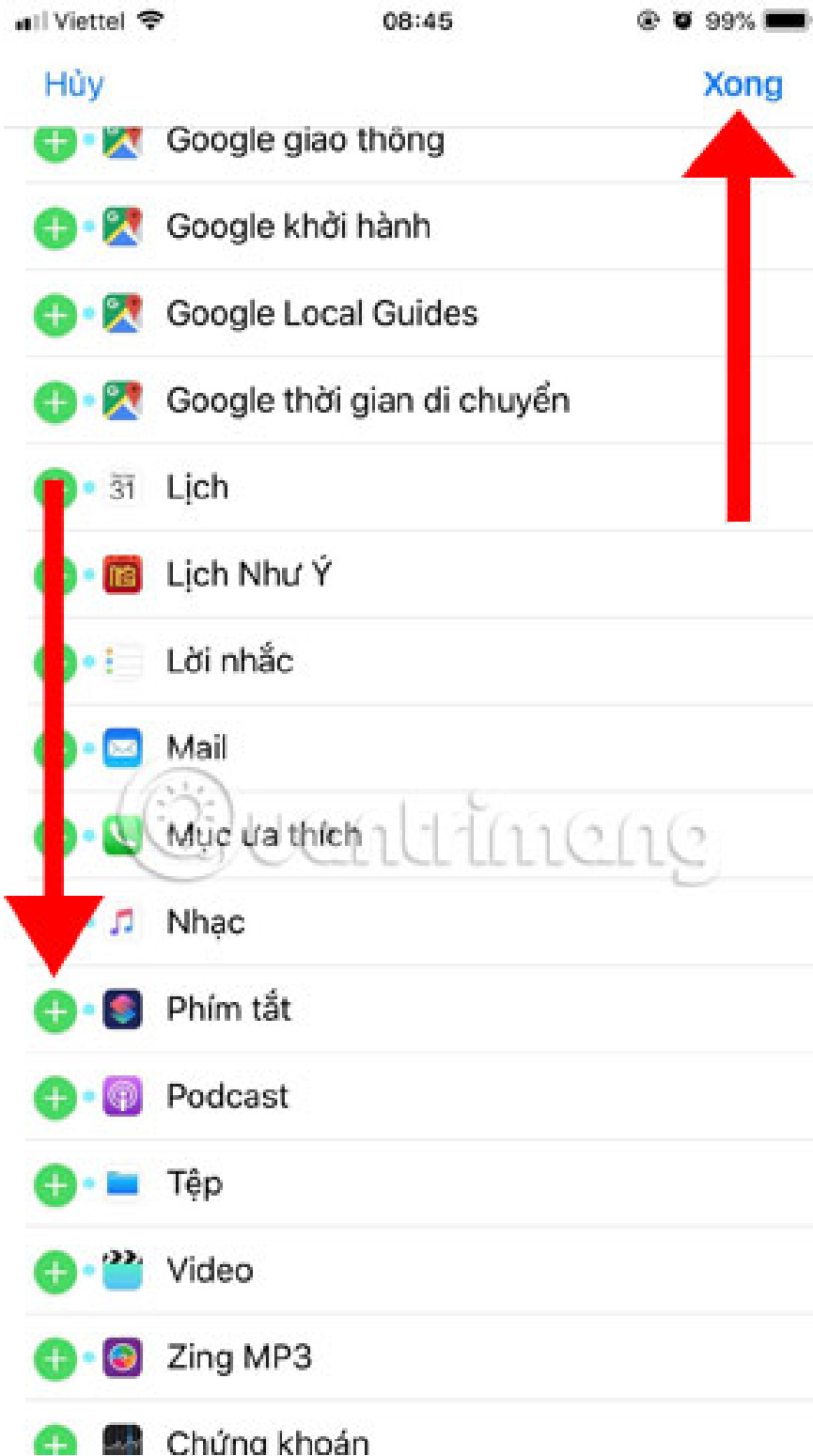
Thư viện

Q Tìm kiếm



Step 5: Another tip is that you can set up quick shortcuts from the main screen, instead of having to turn on the shortcut application, you can set up the utility screen. To set up, swipe off the home screen to the left, click **Edit**. Next, scroll down and click the blue plus sign of the **Shortcut Key**, then click **Done**.





And then outside the **Utility Setup** section, you will see the Sleep Mode shortcut displayed. This way you can set Sleep Mode faster with the way to open the Shortcut application.



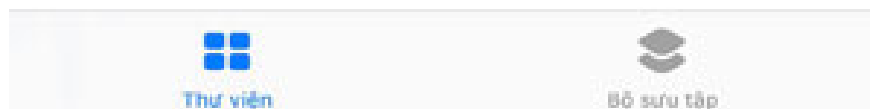
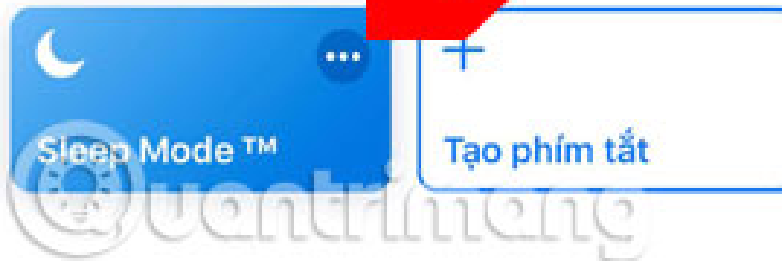
If you don't like the default setting of Sleep Mode, you can go to the shortcut application, click on the three dots on the Sleep Mode shortcut to change the Sleep Mode setting.

Sửa



Thư viện

Q Tìm kiếm



In this board you can adjust the brightness, set off some tasks such as playing music, adjust the alarm time, set the volume . After making an edit, click **Done** in the upper right corner to save again.

Sleep Mode™

Xong



Tạm dừng nhạc

Đặt độ sáng

Độ sáng



Tạo báo thức

Nhãn It's that time of night!! Time to go to S...

Thời gian

8:00 PM

20:00

Lặp lại

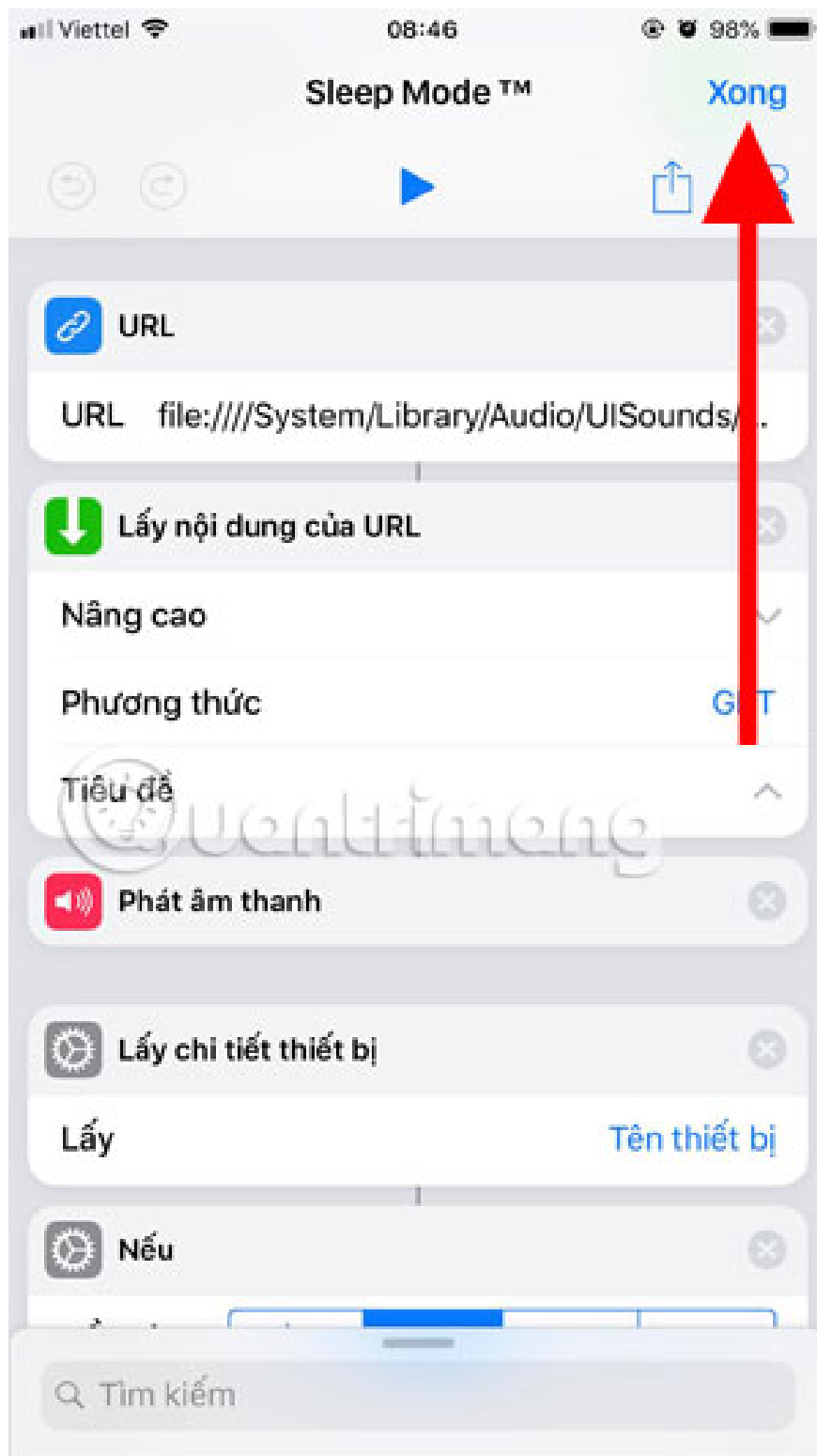
Th 2, Th 3, Th 4, Th 5, Th 6

Tạo báo thức

Nhãn Good Morning. Rise and Shine!! Hope...

8:00 AM

🔍 Tìm kiếm



With the above Sleep Mode wizard, you will sleep better with just one touch to turn off the settings of iPhone, iPad. Capital settings limit your phone usage before going to bed.

In addition to creating a good sleep mode shortcut on your iPhone, you can also enable the dark background mode on your iPhone, iPad. This will protect your eyes when using your phone in the dark, you can see the instructions in the article [How to enable Dark Mode on iPhone running iOS 11](#).

See more:

1. How to project an Android screen on a computer
2. How to double download speed on Google Play
3. Free music player application for Android phones
4. Top the best PUBG Mobile play emulators and download links

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