IPHONE AND ANDROID SETUP GUIDES

Android Setup Guide

Digital Wellbeing, Bedtime mode, Focus mode and a home-screen pause.

STEP 1 · START HERE

Open Settings → Digital Wellbeing and look at your numbers.

Undivided can't block apps or change your settings. These are your phone's own free settings, and you can undo every one.

Checked against Apple, Google and app help pages on Nov 3, 2026. Phones and apps change their menus often. Steps marked **Check on your phone** weren't fully documented by the company.

Steps below are for Google Pixel and most Android phones. Samsung differences are noted. Menu names vary by phone.

1. See your numbers

Settings → **Digital Wellbeing**. The chart shows screen time, **times opened** (unlocks) and notifications received.

2. App timers

In Digital Wellbeing, tap **Set timer** next to an app (or **App timers**), choose a time, tap OK. When it runs out, the app pauses until midnight. You can delete a timer any time, so it's a speed bump, not a lock.

3. Bedtime mode

Digital Wellbeing → **Bedtime mode** → set a schedule or **Turn on while charging**. Under screen options, choose **Grayscale**. Samsung: Settings → **Modes and Routines** → **Sleep**.

4. Focus mode

Digital Wellbeing → **Focus mode** → pick apps to pause → **Turn on now** or **Set a schedule**. Samsung may have moved this to Modes and Routines. **Check on your phone**

5. Calm the notifications

Settings → Notifications → App notifications → turn off what you don't need. Many phones also have **Notification cooldown** (Settings → Notifications → General), which softens bursts of

alerts. Calls, alarms and priority conversations still come through. Android doesn't have a built-in scheduled summary like iPhone.

6. A pause before your app (no automation needed)

Android doesn't let a website open automatically when you open another app. Instead, put the Undivided pause on your home screen right next to the app: open myundividedapp.com/pause/ in Chrome → **More** (⋮) → **Install** or **Create shortcut**. Tap it before the app. Some newer Android phones are reported to include their own short pause before distracting apps; we haven't confirmed this in Google's help pages yet.

Sources: Google Android Help (Digital Wellbeing, notifications), Google Chrome Help, Samsung US Support.

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