IPHONE AND ANDROID SETUP GUIDES

# iPhone Setup Guide

Settings that add healthy friction on iPhone (iOS 26 and iOS 27).

STEP 1 · START HERE

**Check your iOS version (Settings → General → About), then try one setting below.**

Undivided can't block apps or change your settings. These are your iPhone'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.

Apple renamed some Screen Time settings in iOS 27. To see your version: Settings → General → About.

## 1. Bundle notifications instead of turning them all off

Settings → Notifications → **Scheduled Summary** → turn it on → pick two or three times a day → choose the apps. For one app: Settings → Notifications → the app → **Scheduled Summary** under Notification Delivery. Research suggests a few planned batches can work better than turning everything off. Keep people and important apps on **Immediate Delivery**.

## 2. Move the app off your home screen

Touch and hold the app → **Remove App** → **Remove from Home Screen**. It stays in your App Library.

## 3. Set a daily limit

- **iOS 27:** Settings → Screen Time → **Time Allowances**. Set a limit and use **Manage Categories** to choose what counts.
- **iOS 26:** Settings → Screen Time → **App Limits** → **Add Limit** → pick the app or category → set a time.

Without a passcode, a limit is a speed bump, not a lock. That's fine: the pause is the point.

## 4. Protect your sleep hours

- **iOS 27:** Settings → Screen Time → **Screen Time Schedule** → turn on **Schedule** → **Add Schedule**.
- **iOS 26:** Settings → Screen Time → **Downtime** → **Scheduled** → set times.

Always keep calls from family and emergency contacts allowed (**Always Allowed**).

## 5. Use a Focus for family time or work

Settings → **Focus** → **+** → **Custom** (or pick one) → choose allowed **People** and **Apps** → **Add Schedule**.

## 6. Make the screen less interesting

Settings → Accessibility → Display & Text Size → **Color Filters** → turn on → **Grayscale**. Tip: Settings → Accessibility → **Accessibility Shortcut** → Color Filters lets you triple-click the side button to switch it. Check on your phone

## 7. A Screen Time passcode, safely

Settings → Screen Time → **Passcode & Management** → **Lock Screen Time Settings**. When it asks for **Screen Time Passcode Recovery**, use **your own** Apple Account. If you want accountability, let a trusted person type the four-digit code without telling you, but never give anyone your Apple Account password, and don't let someone else's account be the recovery account. Otherwise you may not be able to change your own settings later.

## 8. See your real numbers

Settings → Screen Time shows your daily average. On many versions, **See All App & Website Activity** shows pickups and notifications. Check on your phone

Note them weekly on My Progress.

## 9. Stop easy reinstalls (optional)

Settings → Screen Time → **Content & Privacy Restrictions** → App Store purchases → **Installing Apps** → Don't Allow. The path differs between versions. Check on your phone

Sources: Apple Support guides for iPhone (iOS 26 and iOS 27) on Screen Time, notifications, Focus and Color Filters.

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