

How to Have a Better Relationship With Your iPhone

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By Vipin PG | Published April 30, 2021 | Updated May 1, 2021 | Format: Guide | 2 min read

Quick answer

The iPhone was always expected to change how people use a phone. It can now handle work, entertainment, communication, and many daily tasks.

The iPhone was always expected to change how people use a phone. It can now handle work, entertainment, communication, and many daily tasks. That convenience can also make it easy to spend more time on the phone than you intended. A few settings and app choices can put you back in control.

Change the settings that demand attention

Apple's default settings will not suit everyone. Start by reducing the notifications that interrupt you. Messages from people may need an alert, while most email and app promotions can wait.

You can also lower the screen brightness and review which apps can use your location. Apple's settings make these controls easy to change. This guide explains how to customize the settings and covers several useful options.

Keep useful apps and remove the rest

The App Store has more choices than anyone needs. Keep the apps that solve a real problem, and remove the ones you open from habit. You can follow Kubadownload iOS news if you want to track new releases without browsing the store every day.

Set limits for social media

You do not have to delete every social app. Check how you feel after using each one and how much time it takes from the rest of your day. If an app leaves you distracted or unhappy, limit its screen time, disable its alerts, or remove it for a week.

Build habits that fit your day

Smartphones are likely to remain part of daily life, and there may be no point soon when you don't have a smartphone. The goal is to decide when the phone deserves your attention. Start with one change, such as turning off email alerts or leaving the phone outside the bedroom. I recommend reviewing the result after a week and keeping only the limits that help.

References

1. cnet.com - how-to / 9-settings-you-should-change-on-your-new-iphone - <https://www.cnet.com/how-to/9-settings-you-should-change-on-your-new-iphone/>