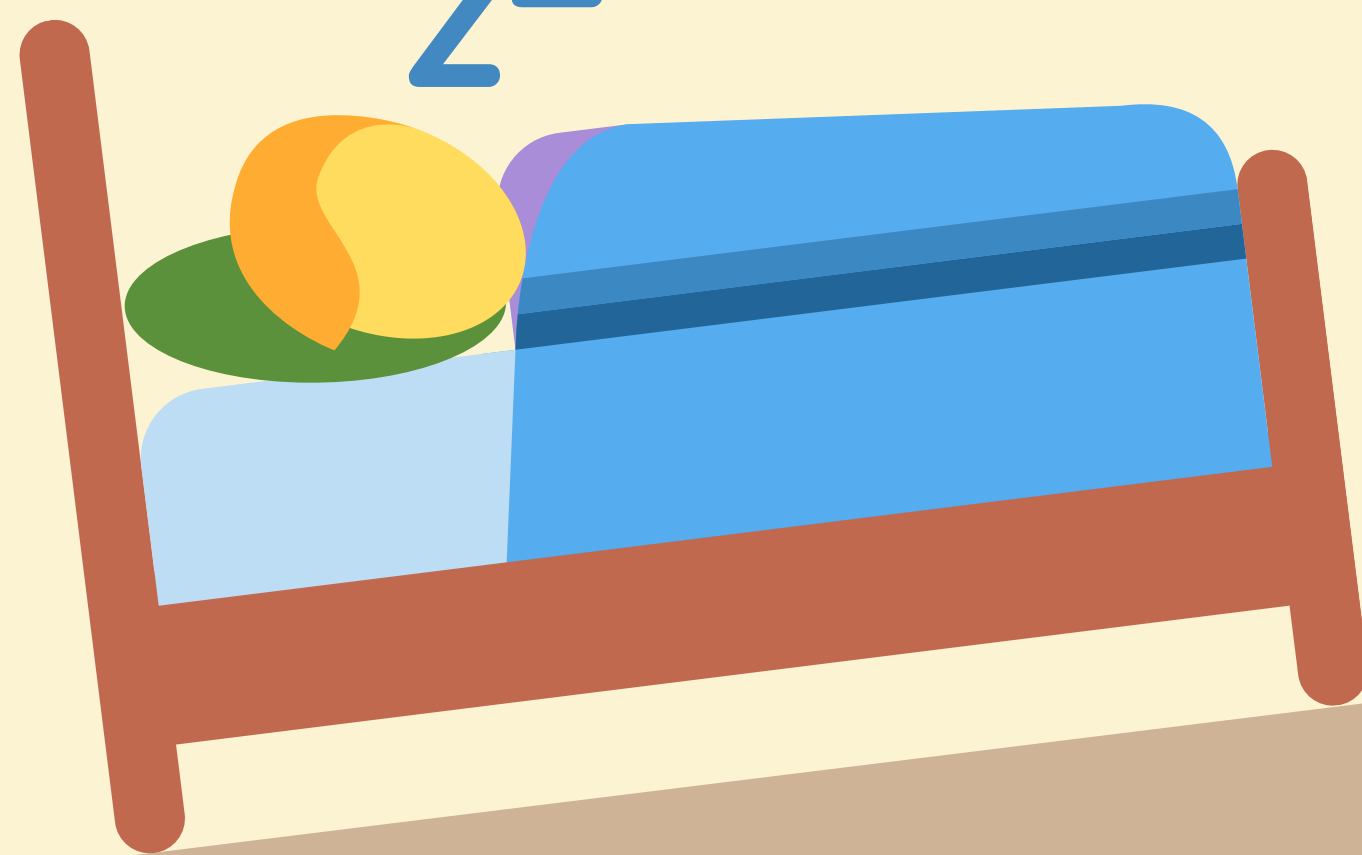


Better Sleep = Better Life

Use your child's phone to help them sleep

zzzZ



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Open **Settings**



On Your iPhone or iPad:

Open **Screen Time**



Turn on **Screen Time**.
Continue and click
**This is My Child's
iPhone (or iPad)**.

In Screen Time, you can set Downtime and Limits:

1. Set **Start** and **End** times for your child's **Downtime**. Set **Start** time 1 hour before desired bedtime (8 PM, for example) and **End** time when they wake up.
2. Add **Time Limits** on apps of your choice. Click **Continue**.
3. Set a **Parent Passcode** that only you - the parent - know and that your child cannot guess.



Set Parental Controls, App Limits and Learn More:

You can learn to customize **Parental Controls**, **Downtime**, **App Limits**, **Always Allowed Apps**, and more by **scanning the QR code** to the left



Learn more at <http://www.HoekelmanCenter.org>

Better Sleep = Better Life

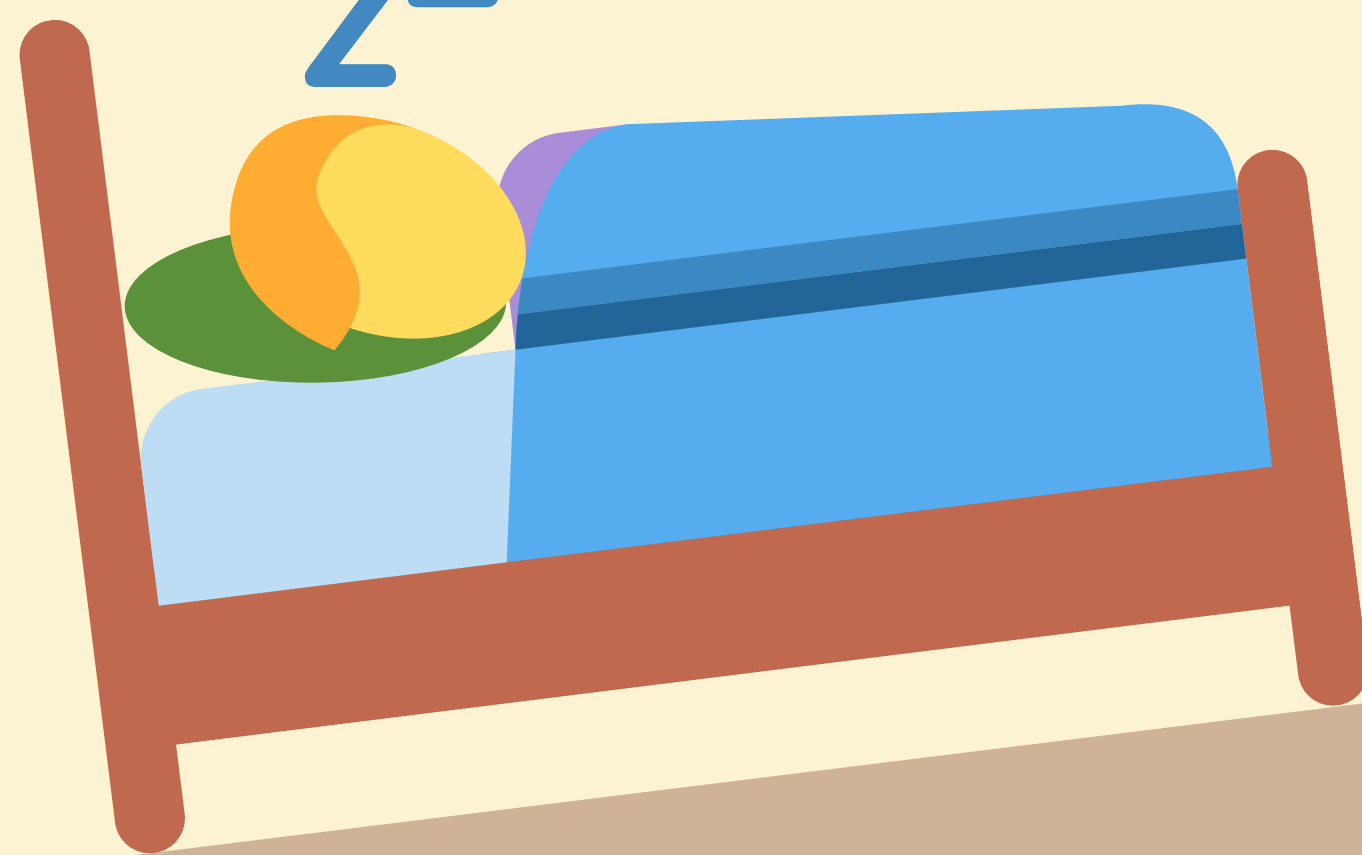
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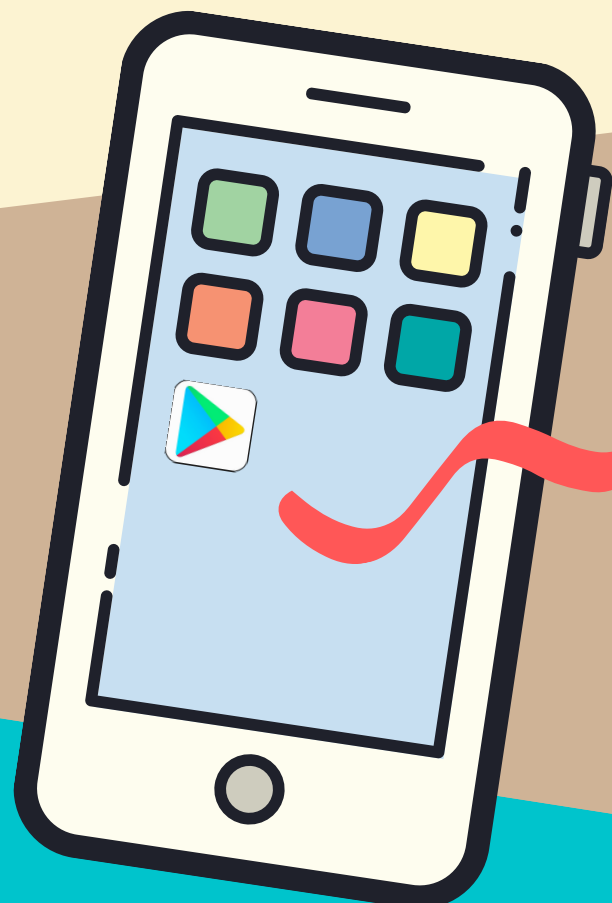


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On Your Android Phone or Tablet:

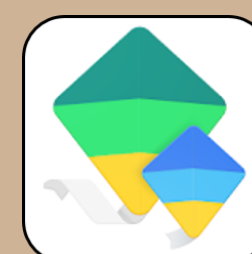


Download the **Family Link for Parents** app on your own phone



then

Download the **Family Link for Children and Teens** app on your child's phone



Using Family Link, you can set a Bedtime:

1. Follow prompts in both apps (on both phones) to link accounts (you and your child will both need Google accounts)
2. Once linked, open the **Family Link for Parents** app on your phone and select **Your Child**
3. Find the **Bedtime** card, tap **Edit Schedule**, and follow instructions to set a **Bedtime** at least 1 hour before desired bedtime (8 PM, for example)



Set Daily Limits, Block Apps, and Learn More:

You can learn to customize **Daily Limits**, **Parental Controls**, **Bedtime**, **App Limits**, **Downloads**, and more by **scanning the QR code** to the left



Learn more at <http://www.HoekelmanCenter.org>