



# Digital Wellbeing Tool

## Controls & settings guide

Digital Wellbeing on Android helps manage screen time with app timers, Focus mode, and Bedtime mode, while Google Family Link allows parents to monitor and set usage limits, promoting healthier digital habits for the whole family.

## 1 Finding Digital Wellbeing on Android

**Step 1** – Open the **Settings** app on your Android device.

**Step 2** – Scroll down and tap **Digital Wellbeing & Parental Controls**.

## 2 Check Your Dashboard

On the Digital Wellbeing home screen, you'll find a dashboard that shows:

Total screen time

App usage

Unlocks and notifications received

**Step 1** – Tap **Dashboard** for a detailed breakdown of usage.

## 3 Set App Timers

**Step 1** – In the dashboard, find the list of apps you use.

**Step 2** – Tap the **hourglass icon** next to an app.

**Step 3** – Set a daily time limit for that app (e.g., 1 hour per day). Once the time is up, the app will pause for the day.

## 4 Enable Focus Mode

**Step 1** – In Digital Wellbeing, tap **Focus mode**.

**Step 2** – Choose distracting apps to pause during focus times.

**Step 3** – Tap **Turn on now** or set a schedule to automatically enable it during specific hours.

## 5 Schedule Wind Down Mode

**Step 1** – Tap **Bedtime mode** (also called Wind Down).

**Step 2** – Set your preferred start and end times.

**Step 3** – Enable options like: **Grayscale** (changes the screen to black and white). **Do Not Disturb** to silence notifications.

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## Linking Digital Wellbeing to Google Family Link

See our full [Google Family Link](#) guide to set this up.

**Step 1 – Install Google Family Link** - Download **Google Family Link** from the Play Store on both the parent's and child's devices. Follow the setup instructions to link the devices.

**Step 2 – Monitor and Manage Screen Time** - In the Family Link app, you can:

- Approve or block specific apps.
- View your child's app usage and screen time.
- Set daily limits for device usage.

**Step 3 – Set Bedtime Restrictions** - Use Family Link to enforce bedtime by locking the child's device during specified hours. These settings sync with **Digital Wellbeing** for consistent management.

**Step 3 – Lock Devices Instantly** - From the Family Link app, you can remotely lock the child's device if needed.