

How to silence calls at night on your iPhone

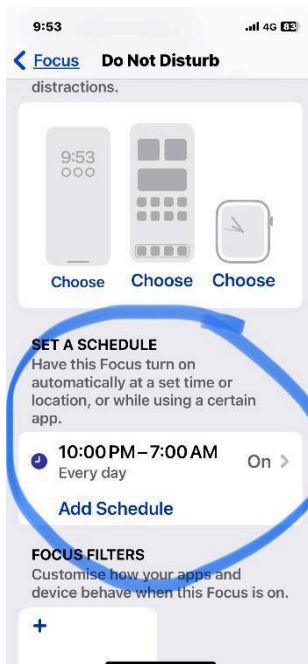
1. First go to Settings – the little grey cog wheel and click on Focus. It is near the top of the list.



2. In Focus, click on Do Not Disturb



3. Scroll down till you find Set a schedule. Default is 10.00pm – 7.00am but you can change this. This means you will not receive calls or notifications during this time. Callers will be alerted to the fact that Do Not Disturb is turned on for you.



4. If there are people you want to be able to call during this time period, you can set them up as Emergency contacts. Open contacts on your phone – the symbol with a head. Select the person you want to allow calls. Scroll down and you will see that one of the options is Add to Emergency contacts. I also Add to Favourites which makes it easy for me to find those few people I call often.
5. And that's it.