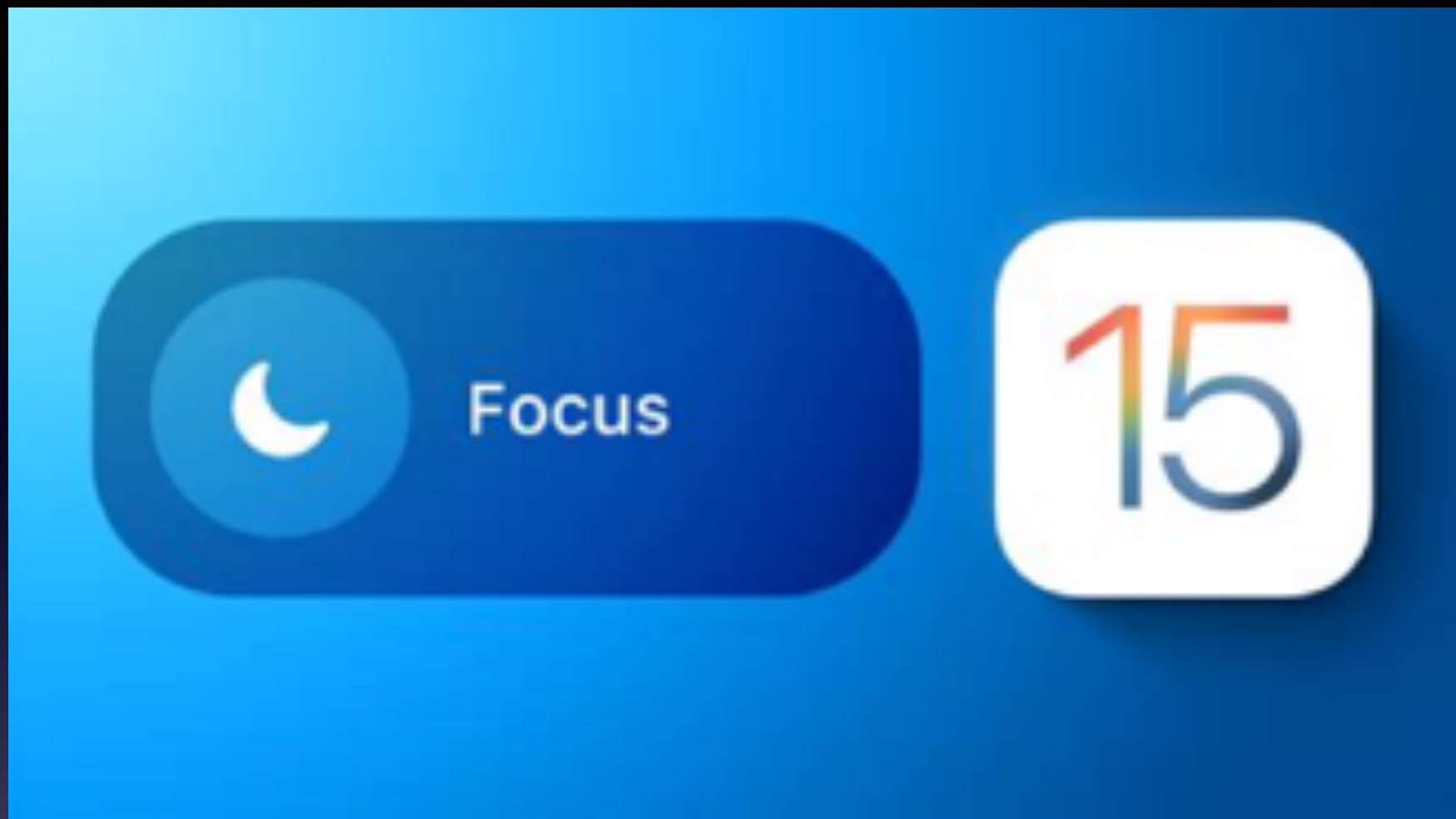




David Rhynas



iOS 15 - Focus

- This is a more refined version of *Do Not Disturb*
- Allows only the messages you want or are urgent to get through
- Can be uniquely profiled for different activities
- New notification look and summary

iOS 15 - Focus

- Default profiles include: *Personal, Sleep, Work*
- Can add other modes such *Fitness* or when you lend the phone to your *Kids*
- Allows compatible apps to notify sender that messages were “delivered quietly”
... for iOS users only



2:31 PM

61%

[Settings](#)

Focus



Do Not Disturb



Personal

Set Up >



Sleep

Set Up >



Work

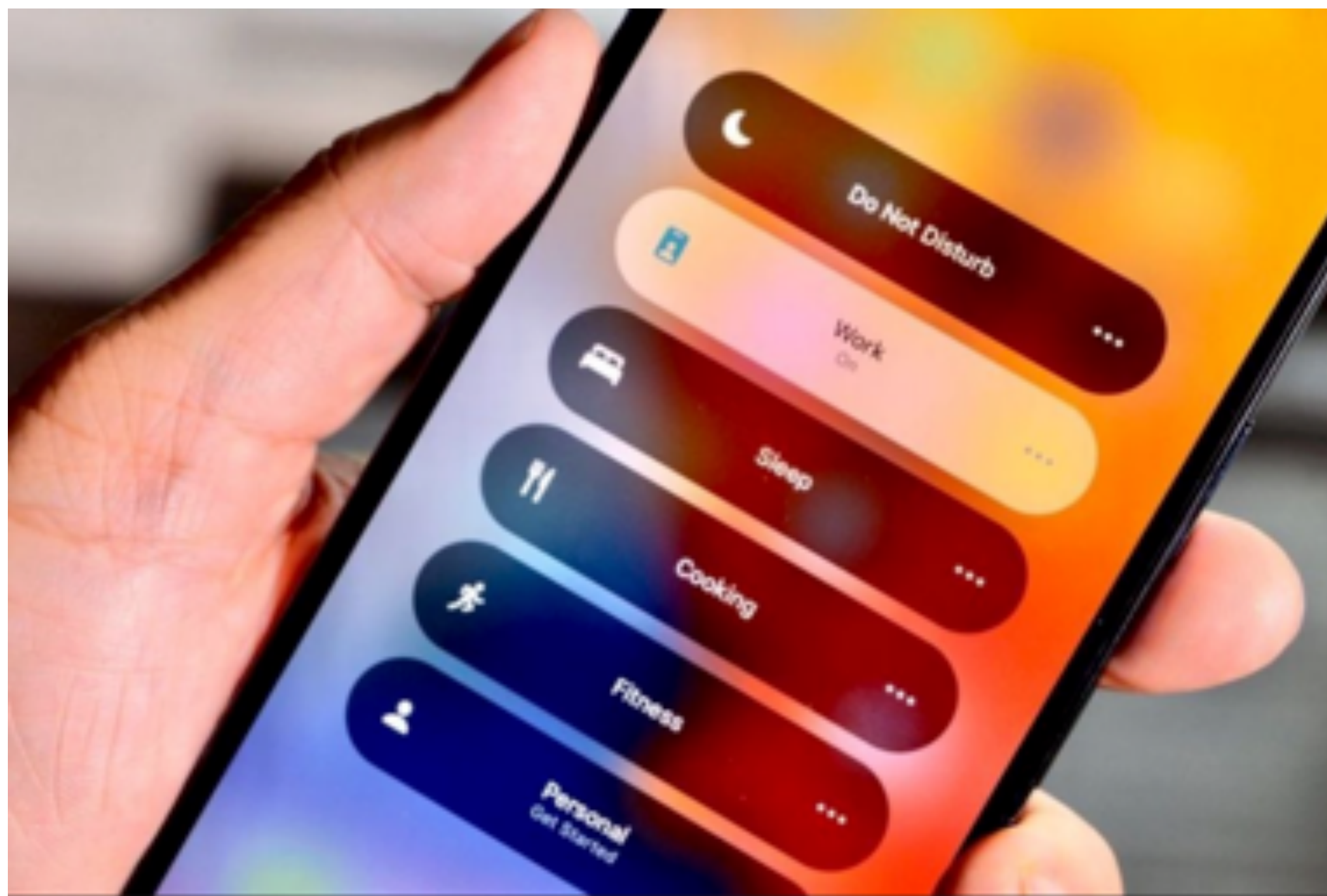
Set Up >

Focus silences alerts and notifications.

Share Across Devices

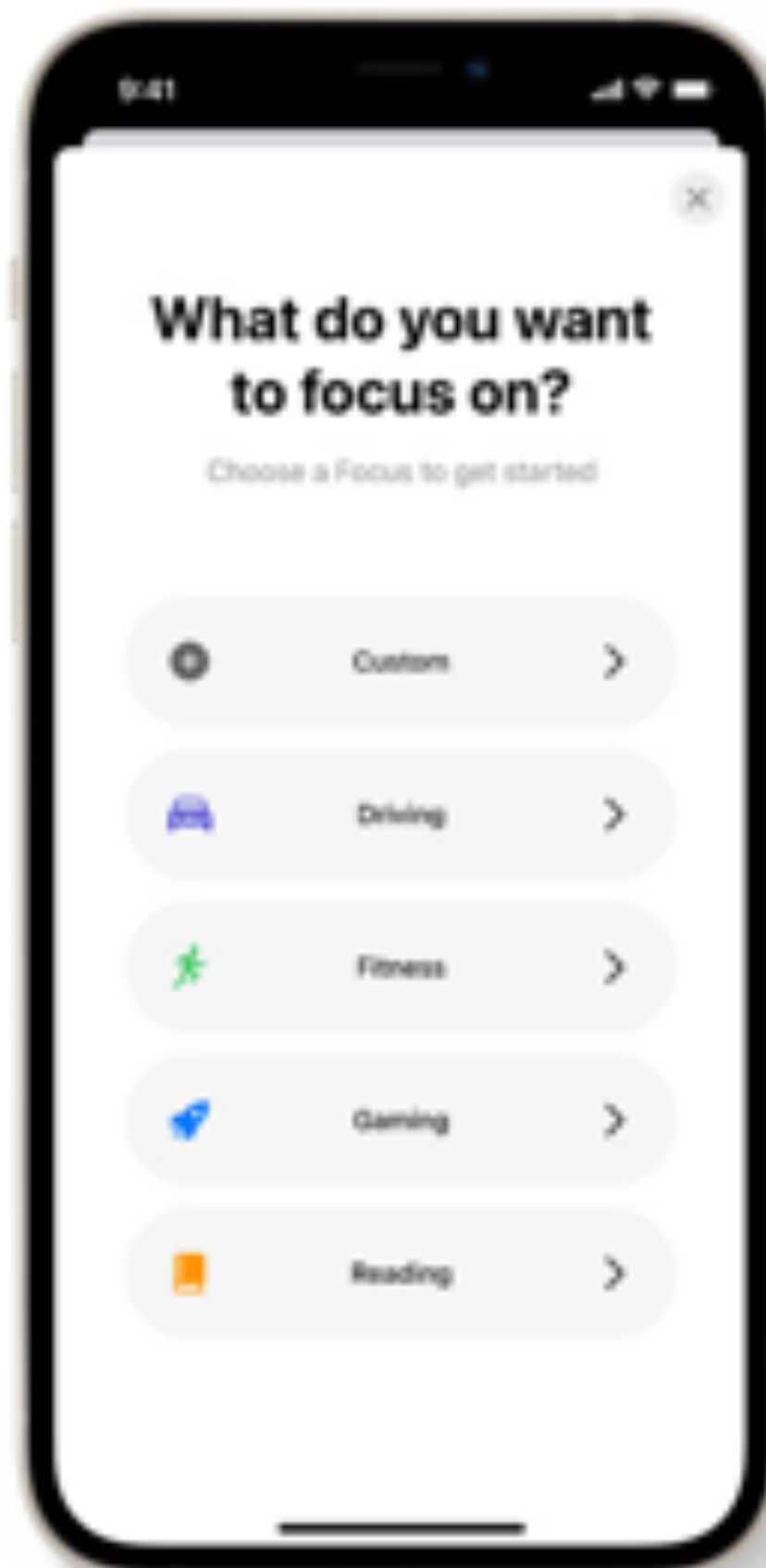


Turning a Focus on for this device will also turn it on for your other devices.



iOS 15 - Focus

- With Focus settings you can approve apps and contacts
- Otherwise notifications are corralled away until you change modes
- You can also use Focus to customize your interface to see only a particular home screen panel
- I use a *Sleep* Focus to silence messages after 10 pm



[← Back](#)



Allowed People for Notifications

Choose the people you want notifications from when this Focus is on.

Allowed People

[Remove All \(0\)](#)



[Add Person](#)

Allow

[Allow None](#)

< Back



Allowed Apps for Notifications

Choose the apps you want notifications from when this Focus is on.

Allowed Apps

Remove All (2)



Add App



Messages

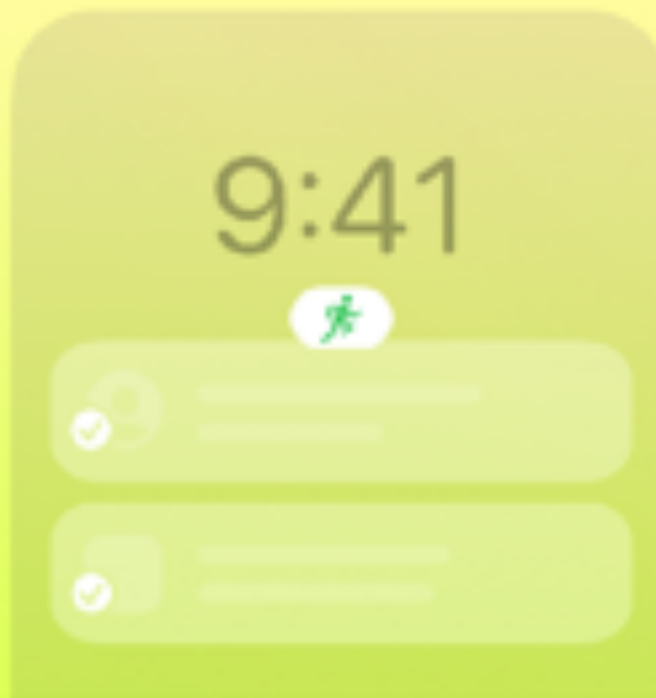


Tesla

Allow

Allow None

< Back



Fitness Focus

Fitness Focus can turn on automatically when you start a workout with Fitness+ or on your Apple Watch.

Turn Fitness on Automatically

Skip

[< Back](#) **Your Focus is Ready**

Here are a few helpful things to know about it.

On Everywhere



When you turn on a Focus, it's turned on across all of your devices.



Control Center

You can turn a Focus on and off from Control Center.



Choose Your Home Screen

Limit distractions when a Focus is on by hiding home screen pages.

Done

< Fitness

Home Screen

Hide Notification Badges



Hide notification badges on home screen apps.

Custom Pages



Edit Pages

Pick specific home screen pages to show when the Focus is turned on.

People >



Apps >



Allow calls and notifications from people, apps, and those marked as Time Sensitive when this Focus is on.

OPTIONS



Focus Status

On >



Home Screen



Lock Screen



TURN ON AUTOMATICALLY



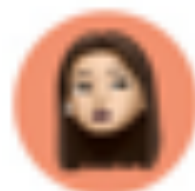
Workout

When you start a workout

On >



Add Schedule or Automation



Hey Evan, Michael and I are going to grab some lunch. Want to join?

I can't do lunch, slammed with work 🤔💻. How about dinner?



Yeah that works! See you then.

🌙 Evan has notifications silenced with Focus

9:41

Monday, June 7

9:30 AM

11

Your Morning Summary



Neighborhood takeout favorites

Need inspiration? Kea Mao from Up Thai is a popular takeout option in your area.



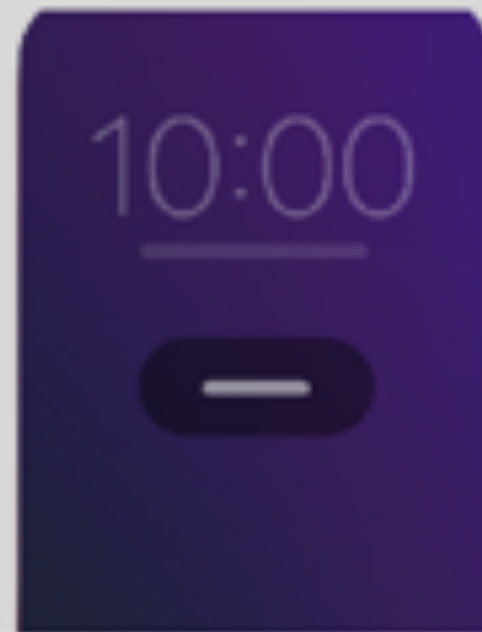
All-Star Week is coming!

With the All-Star Game just around the corner, check out our experts' lineup projections.

More Updates

< Back

Cancel



Sleep Screen

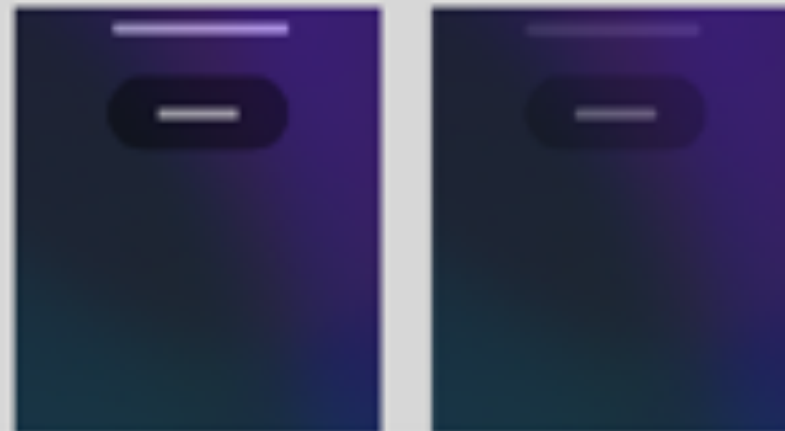
To reduce distractions, iPhone can simplify your Lock screen and turn on Sleep Focus at your scheduled bedtime.

Enable Sleep Screen

Skip

< Back

Cancel



Wind Down

Sleep Screen can begin before bedtime to reduce distractions and help you relax. This will also start Sleep Focus earlier.



45 MIN.



Enable Wind Down

Skip

< Back

Cancel



Wind Down Shortcuts

Reducing screen time is one of the best things you can do before bed.

If you use your iPhone to wind down, you can add apps and shortcuts to the Lock screen to focus on relaxing and avoiding distractions.

Set Up Shortcuts

Skip

Right to Disconnect

- Proposed human right regarding ability of people to disconnect from work
- No engagement in work-related emails and messages during non-work hours
- While digital tools bring flexibility they can also lead to excessive interference in the private lives of employees