BILL'S HOME TECH

Home & Small Business Tech Solutions

AN EXTENDED GUIDE · NO. 2245

Updated November 2026

Set Up "Do Not Disturb" So Your Phone Stops Bugging You

Quiet the buzzes and dings — while still letting the people who matter through

Plain-English tech help from:
Bill's Home Tech
Portage County, Ohio

Tech Made Simple. Service Made Personal.

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SUMMARY

The 60-Second Version

Do Not Disturb silences your phone's buzzes and dings so it stops interrupting you — but it still lets the people who matter through. Turn it on now by swiping into Control Center (iPhone) or Quick Settings (Android) and tapping the crescent moon. In its settings, allow calls from your Favorites or Starred contacts, and turn on "Allow Repeated Calls" so a true emergency rings on the second try.

Add a nightly schedule so the phone goes quiet at bedtime by itself. Nothing is blocked or lost — everything waits quietly for you to look. You can also silence just one chatty app in Notifications.

1 The Short Version

Do Not Disturb silences the buzzes, dings, and rings so your phone stops demanding your attention — during dinner, a nap, a church service, or all night. The part most people miss is that it does not cut you off: you decide who can still get through, so a call from family or a true emergency still rings. You can turn it on with one tap when you want quiet, or set it to switch itself on every night automatically.

- Turn it on by hand for an hour of peace, or schedule it for every night.
- Let calls from your favorites — or a repeated call — ring through anyway.
- Your phone still receives everything; it just waits quietly to tell you.
- Nothing is deleted or lost — the messages are all there when you look.

> **GOOD TO KNOW**
>
> The most valuable setting for most people is a nightly schedule plus an exception for family. Your phone goes quiet at bedtime on its own, but a late-night call from your daughter still rings through — the best of both.

2 What Do Not Disturb Actually Does

When Do Not Disturb is on, your phone keeps receiving calls, texts, and app alerts — it simply does not ring, buzz, or light up the screen about them. They pile up quietly, and you see them whenever you next pick up the phone. Nothing is blocked or thrown away.

Think of it like letting the phone take messages while you rest. The world can still reach you — you have just asked the phone to stop tapping you on the shoulder about every little thing until you are ready.

> **GOOD TO KNOW**
> On recent iPhones, Do Not Disturb is one of several "Focus" modes. Do Not Disturb is the simple, everything-quiet one; the others (like Sleep or Personal) are variations you can ignore unless you want them.

3 Turn It On Right Now (the Quick Way)

For instant quiet — a nap, a movie, a visit — you can switch it on in two taps and off again just as fast.

1. iPhone: swipe down from the top-right corner to open Control Center, then tap the crescent-moon (Focus / Do Not Disturb) icon.
2. Android: swipe down from the top to show Quick Settings, then tap the Do Not Disturb icon (often a crescent moon or a circle with a line).
3. The icon stays lit while it is on; tap it again to turn it off.
4. A small moon may appear at the top of your screen to remind you it is on.

> **WATCH OUT**
> If you ever wonder why the phone went quiet, glance for that little moon symbol at the top. It is the gentle reminder that Do Not Disturb is switched on.

4 Let Your Family Always Ring Through

This is the setting that makes Do Not Disturb safe to use. You choose a short list of people whose calls always ring, even when everything else is silenced.

1. iPhone: open Settings, tap Focus, tap Do Not Disturb, then under People choose "Allow Notifications From" and add your family.
2. Android: open Settings, search "Do Not Disturb," open it, and under People or Calls set "Allow" for Starred/Favorite contacts.
3. Mark the people you want in your Favorites/Starred list so they qualify.
4. Test it by having your spouse call while Do Not Disturb is on.

> **GOOD TO KNOW**
>
> "Favorites" (iPhone) and "Starred" (Android) are just a short list of your most important people. Add family and the doctor, and their calls cut through the quiet while the robocalls stay hushed.

Rather not do this yourself? I'll come to your home and set it up for you — a flat $99 first visit across Portage County, Ohio and nearby communities. Outside the area? I also help remotely by phone or screen-share. Book at billshometech.com/book or call (330) 200-8042.

5 Let an Urgent Repeated Call Through

There is a lovely safety net: if someone calls, you do not answer, and they call straight back, the phone can decide it must be important and ring the second time.

- iPhone: in the Do Not Disturb settings under People/Calls, turn on "Allow Repeated Calls."
- Android: look for "Repeat callers" in the Do Not Disturb settings and turn it on.
- Now a second call within a few minutes rings through even from someone not on your list.

- It is the digital version of "if it's an emergency, call me right back."

> **TIP**
> Turn this on and you can relax about silencing your phone — anyone with a true emergency need only call twice to reach you.

6 Schedule a Quiet Night Automatically

Rather than remembering to switch it on, you can have the phone go quiet at bedtime and wake up chatty again in the morning, every day, by itself.

1. iPhone: Settings, then Focus, then Do Not Disturb (or Sleep), and add a Schedule — say 10 p.m. to 7 a.m.
2. Android: open Do Not Disturb settings and look for Schedules; add one for your sleeping hours.
3. Set your family and repeated calls to still ring, so you never miss a late-night emergency.
4. Leave it — the phone now handles the quiet time for you.

> **GOOD TO KNOW**
> A bedtime schedule is the quiet upgrade that improves a lot of people's sleep. No more 2 a.m. buzz from a sale email — but the call you would actually want still comes through.

7 Silence a Noisy App Instead

Sometimes it is not the whole phone that is the problem — it is one chatty app that dings all day. You can hush just that one and leave the rest alone.

1. iPhone: open Settings, tap Notifications, pick the noisy app, and turn off "Sounds" or "Allow Notifications."
2. Android: open Settings, tap Notifications or Apps, pick the app, and turn its notifications down or off.

3. Do this for games, news, and shopping apps that interrupt without good reason.
4. Keep sounds on for the apps that matter — messages, phone, calendar.

> **WATCH OUT**
> Be a little careful turning off notifications for Messages or your bank's app — those are ones you usually want to hear. Silence the noisy games and sales apps, not the useful ones.

8 Driving: Let the Phone Hush Itself

Your phone can sense when you are driving and quiet itself automatically, so you are not tempted to glance down — and it can even auto-reply that you are on the road.

- iPhone: set up a Driving Focus (Settings, then Focus, then Driving) to turn on automatically when you drive.
- Android: Do Not Disturb can be set to turn on while driving, or use the Driving Mode in Google Maps.
- Turn on an auto-reply so texters get a "I'm driving, I'll reply soon" message.
- Calls from favorites can still come through on the car's speaker, hands-free.

> **GOOD TO KNOW**
> This is as much a safety feature as a convenience. The phone stays silent and out of mind while you drive, then returns to normal the moment you park.

9 Make Sure You Didn't Miss Anything

A worry people have is that quiet mode means missing something important. It does not — everything is waiting for you, and it is easy to glance through.

- Swipe down from the top to see the list of everything that came in while it was quiet.
- Missed calls show in the Phone app with a red badge, as always.
- Texts are all in Messages, unread and marked, nothing lost.

- If you worry, keep family and repeated calls allowed — then the only things silenced are the ones you would not have wanted anyway.

> **GOOD TO KNOW**
> Give it a week. Most people find they missed nothing they wanted — only the buzzes they were glad to be rid of — and the quiet is a genuine relief.

Rather not do this yourself? I'll come to your home and set it up for you — a flat $99 first visit across Portage County, Ohio and nearby communities. Outside the area? I also help remotely by phone or screen-share. Book at billshometech.com/book or call (330) 200-8042.

10 Silent, Do Not Disturb, and Airplane Mode — the Difference

Three settings quiet the phone in different ways, and knowing which does what saves confusion. They are not the same, and you will want different ones at different times.

Setting	What it does
Silent / mute switch	Stops ringing and buzzing, but the screen may still light up
Do Not Disturb	Silences and hides alerts, but still lets your chosen people through
Airplane Mode	Cuts off all calls, texts, and internet — nothing gets in or out

WATCH OUT

Airplane Mode is the one to be careful with: while it is on, no calls or texts reach you at all, not even from family. Use Do Not Disturb for everyday quiet, and save Airplane Mode for when you truly want to be unreachable.

11 A Gentler Bedtime

Beyond plain quiet, your phone can ease you into bedtime — dimming the screen to warmer tones and hushing notifications on a schedule, so the phone is not the last bright, buzzing thing before sleep.

1. iPhone: set up a Sleep schedule (in the Health or Clock app, or a Sleep Focus) for your usual hours.
2. Android: look for Bedtime mode in Settings (often under Digital Wellbeing), and set your hours.
3. Turn on the warmer, dimmer screen (Night Shift on iPhone, Night Light on Android) for the evening.
4. Keep family and repeated calls allowed so a true late-night emergency still reaches you.

GOOD TO KNOW

A dimmer, warmer screen in the evening is easier on the eyes and gentler before sleep. Paired with a quiet schedule, it turns the phone from a bedside nuisance into a calm one.

12 Let Just a Few Apps Through

Do Not Disturb does not have to be all-or-nothing. You can let one or two important apps still notify you — your calendar, say, or a family messaging app — while everything else stays silent.

1. iPhone: in the Do Not Disturb (Focus) settings, under Apps, choose "Allow Notifications From" and add the few that matter.
2. Android: Do Not Disturb settings let you make exceptions for certain apps or for messages from starred contacts.
3. Keep the list short — the point is quiet, with a small door left open for what is truly important.
4. Test it so you know exactly what will and will not come through.

> **WATCH OUT**
> A good short list is your calendar (so you do not miss an appointment reminder) and a family messaging app. Everything else can safely wait until you pick up the phone.

13 Quiet the Lock Screen, Too

Even with sounds off, a screen that lights up and shows message previews can be distracting — and a little public. You can calm the lock screen so it does not announce every alert.

- Turn off "Raise to Wake" if you do not want the screen lighting up every time the phone is moved.
- Set message previews to show only when the phone is unlocked, so a passerby cannot read them.
- Group notifications so they stack quietly instead of filling the screen one by one.
- A darker, simpler lock screen is calmer and keeps your business your own.

> **GOOD TO KNOW**
> Hiding previews until the phone is unlocked is good for privacy as well as calm — a text with a code or a personal note is not left sitting on screen for anyone nearby to read.

14 When to Call Bill

None of this is a test, and there is no prize for struggling through it alone. Most of these tricks take a minute once you know where to look, and this guide gets you there. But if a setting has moved on your version of the phone, or you would simply rather have someone set it up beside you and show you once, that is exactly the kind of visit I make.

I come to you here in Portage County, sit down beside you, and set these up on your own phone or tablet so they work the way you like. I show you each step slowly, write down the few that matter, and make sure you can do it yourself afterward. No rush, no jargon, and no question is too small.

- You want a nightly quiet schedule set up, with family still able to ring through.
- You are nervous about missing an important call and want the exceptions set correctly.
- One app keeps interrupting and you want just that one silenced.
- You want the driving mode set up so the phone hushes itself in the car.
- You would simply rather have it set up correctly the first time, with someone showing you how. Call Bill at (330) 200-8042.

CHEAT SHEET

Everyday Cheat Sheet

Keep this handy. Quiet the noise, keep the people who matter.

I want to…	Do this…
Turn on quiet now	Swipe into Control Center/Quick Settings tap the crescent moon
Let family ring through	Do Not Disturb settings People Allow your Favorites/Starred
Catch a true emergency	Turn on "Allow Repeated Calls" / "Repeat callers"
Go quiet every night	Do Not Disturb add a Schedule (e.g., 10 p.m.–7 a.m.)
Silence one noisy app	Settings Notifications pick the app turn off its sounds
Quiet while driving	Set up Driving Focus (iPhone) or driving Do Not Disturb (Android)
Get help	Call Bill: (330) 200-8042

BEFORE YOU GO

A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.

HOW I CAN HELP

Your Visit — and My Promise

You don't have to remember all of it — just that a friendly, patient person is one call away, whenever you'd rather have a hand.

KEY SPECS

In your home — $99 flat for the first visit, no contracts and no surprises, with a 30-day come-back-free follow-up. In-home visits cover Portage County, Ohio and nearby communities.
Outside the area? Remotely — $49 for a screen-share session (free for Support Plan members, $39/mo), refundable if I can't fix it — and credited toward a visit if you'd rather have me in person. Book either at billshometech.com/book.

GOOD TO KNOW

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full $99. No questions, no awkwardness. That's how I'd want to be treated.

Whenever you're ready, I'll come to your home anywhere in Portage County, Ohio and nearby communities, at your pace. Too far for a house call? I also help remotely. Book at billshometech.com/book or call (330) 200-8042. — Bill

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