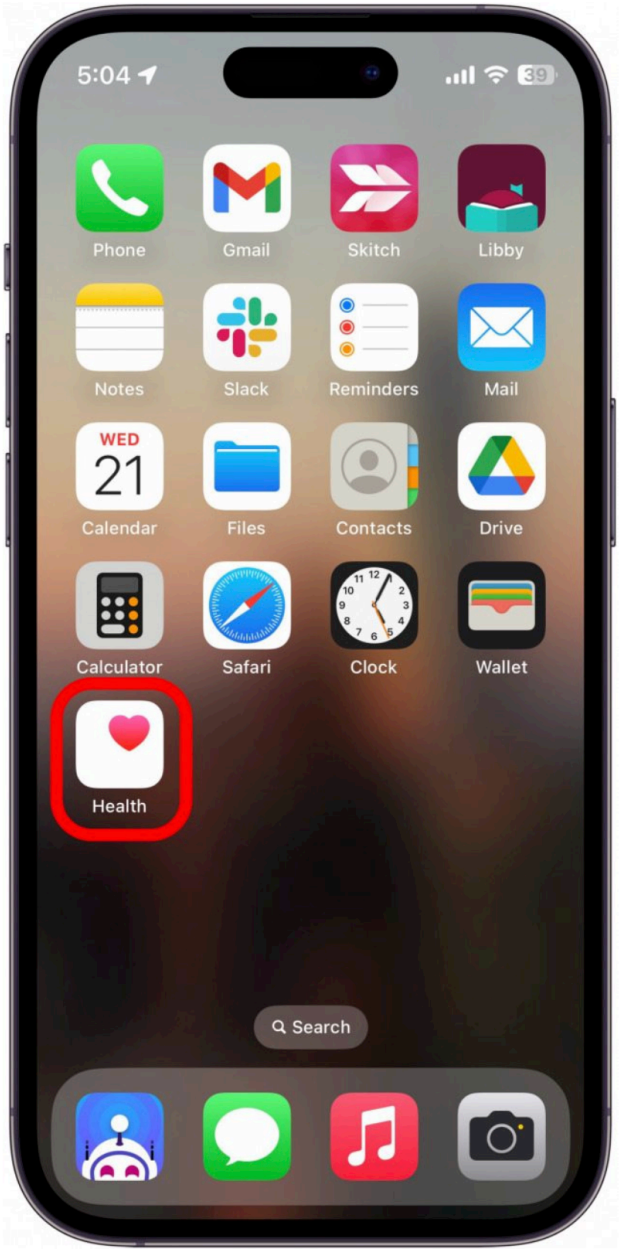
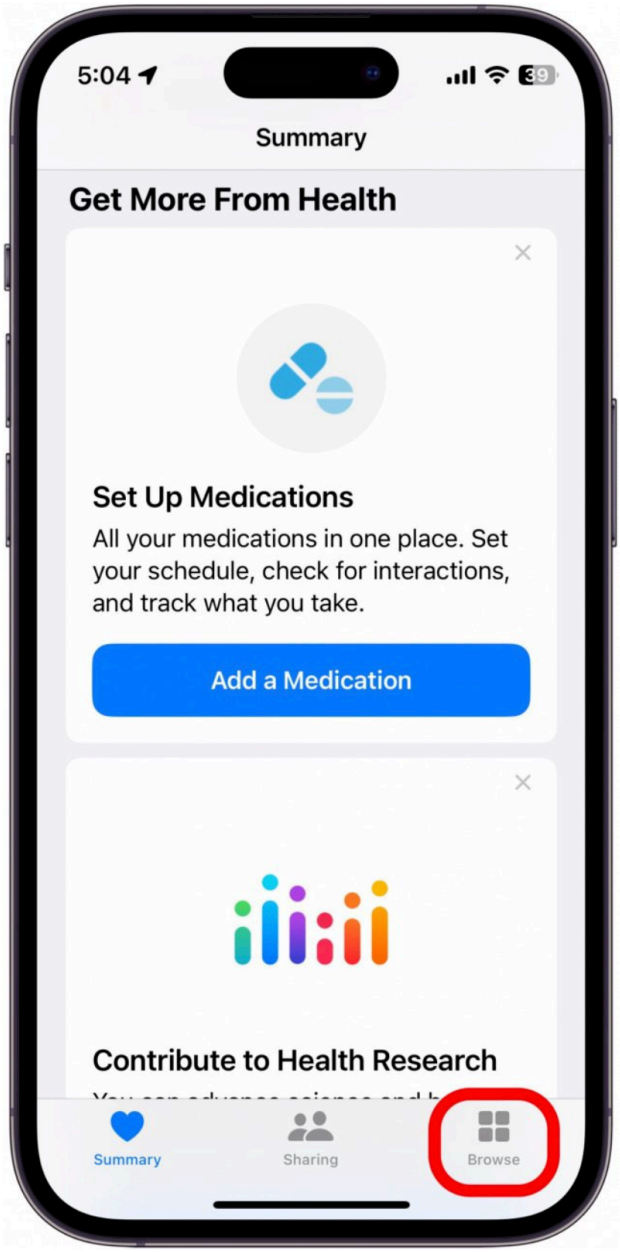
How to Set Up Sleep in the Health App

In previous versions of iOS, you may have used a feature in the Clock app called Bedtime. This feature has been folded into the Sleep category of the Health app. You can now use Sleep to set up Sleep Goals and set up a Sleep Schedule, including setting a bedtime reminder and wake-up alarm on your iPhone. Here's how to set up Sleep in the Health app:



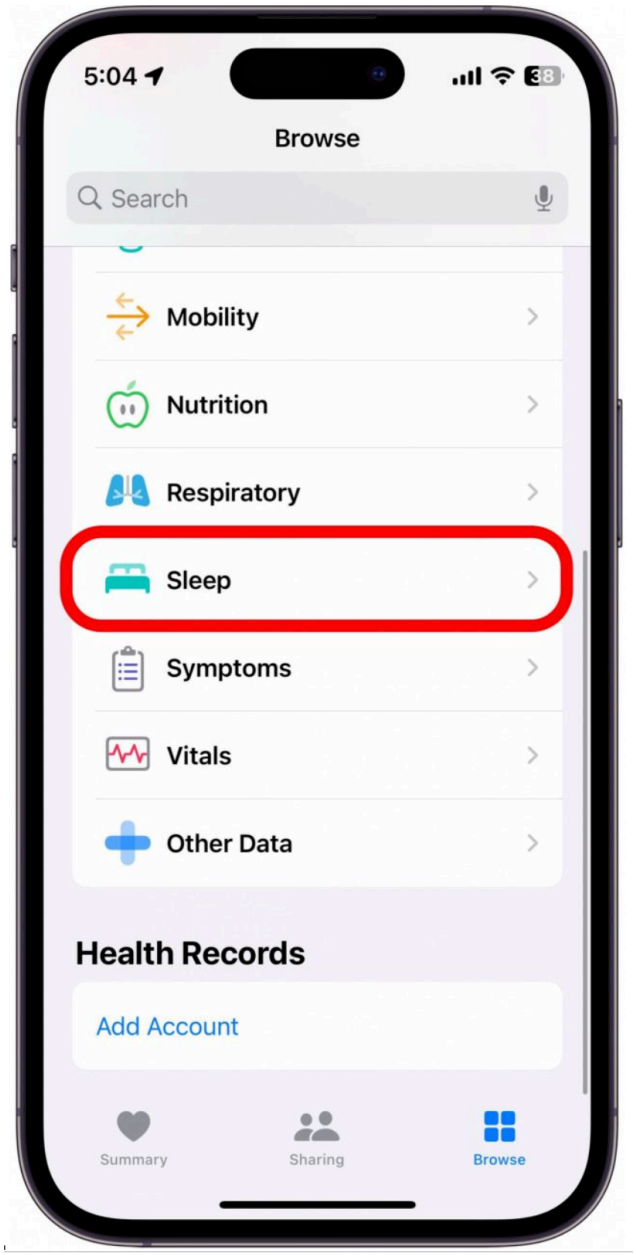
1. Open the **Health app**.

2. Tap the **Browse tab**.

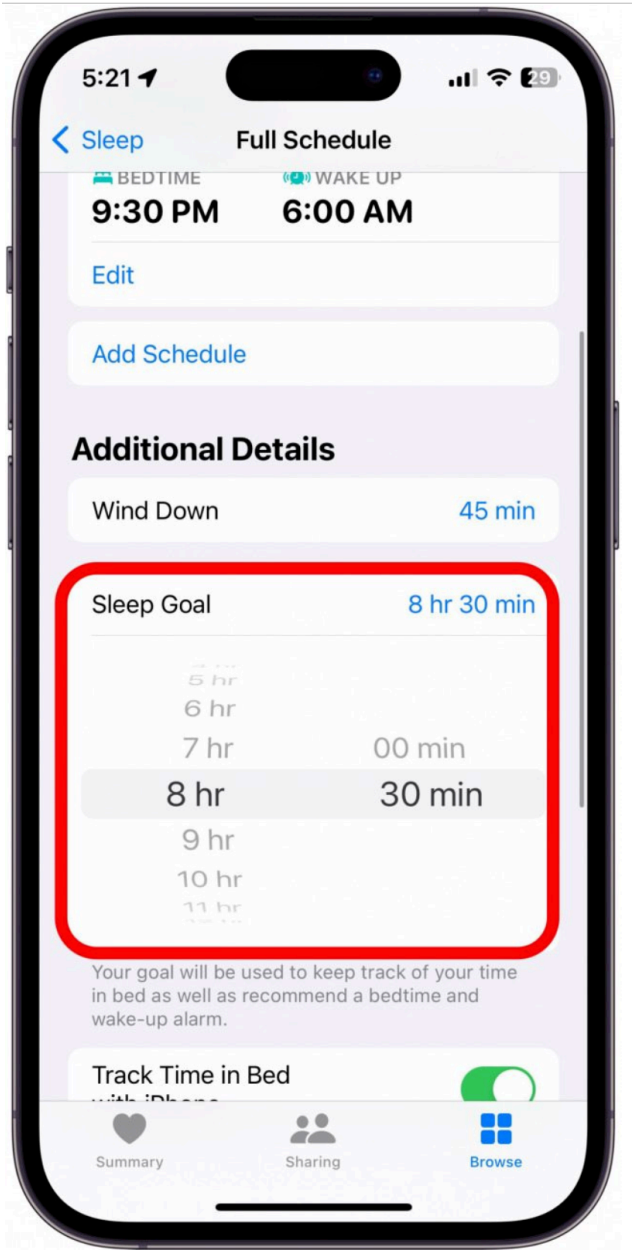


Scroll down and tap **Sleep**.

If this is your first time accessing the Sleep settings, tap **Get Started** to set up your Sleep Schedule.

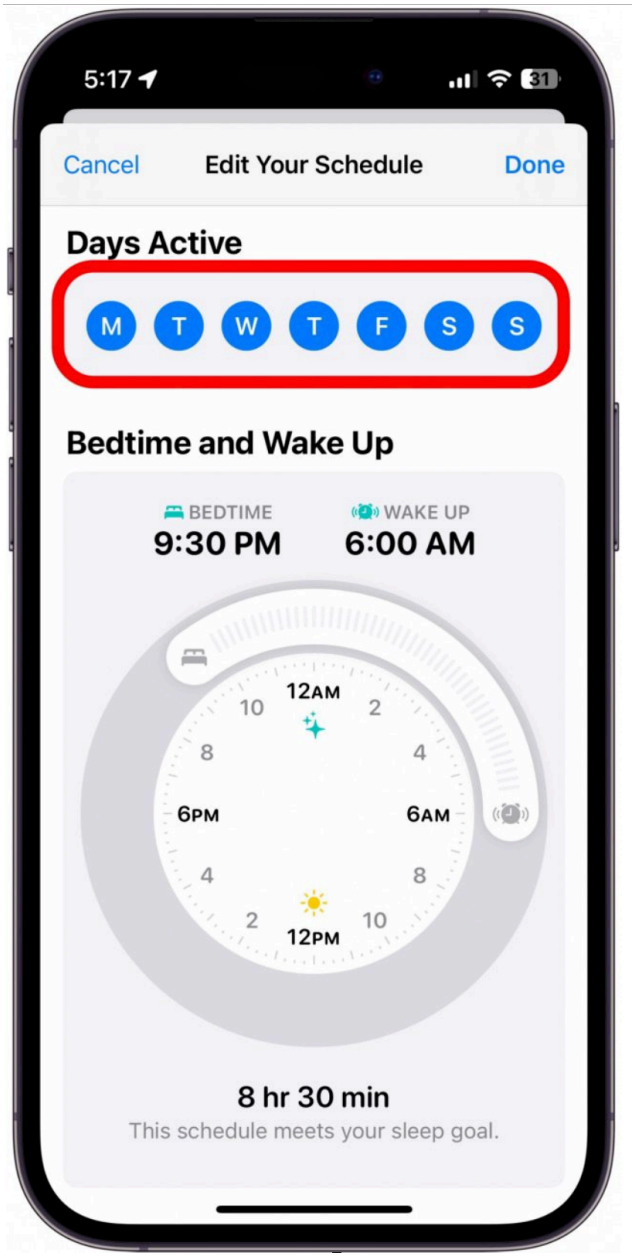


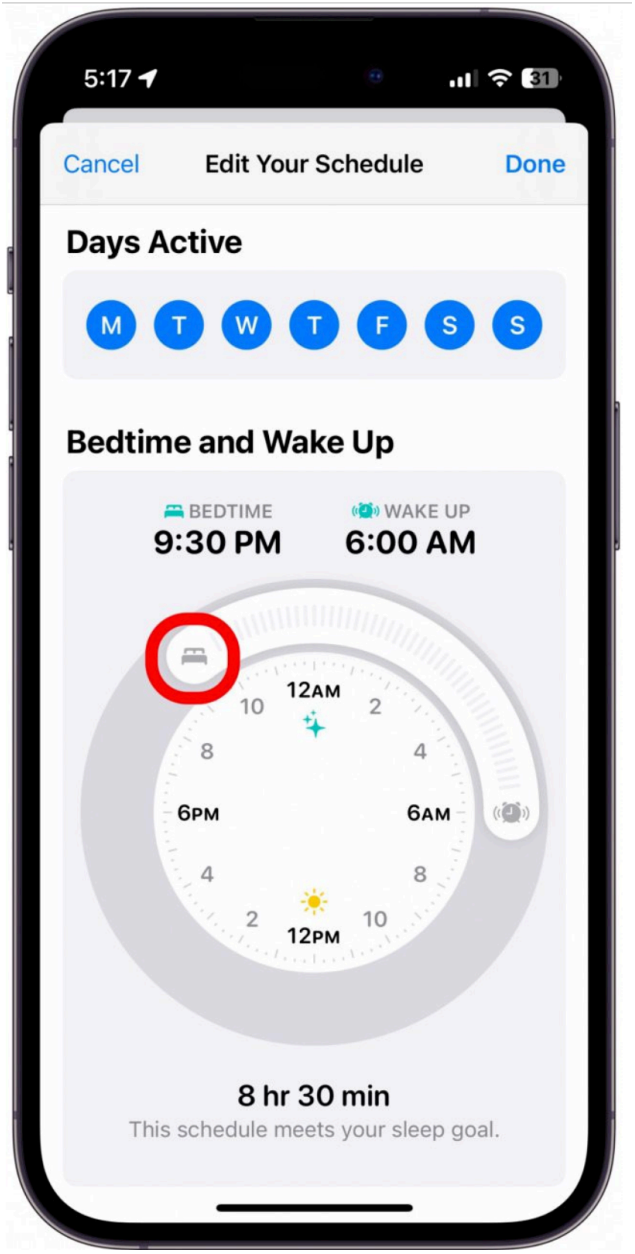
Follow the on-screen prompts, and set a **Sleep Goal**. If this is your first time setting a sleep goal, your screen may look slightly different than the screenshot below.



Set a **Sleep Schedule**. You can select the days that you want this schedule to be active. If you have different sleep schedules for different days, you will have the option to set up multiple schedules in a later step.

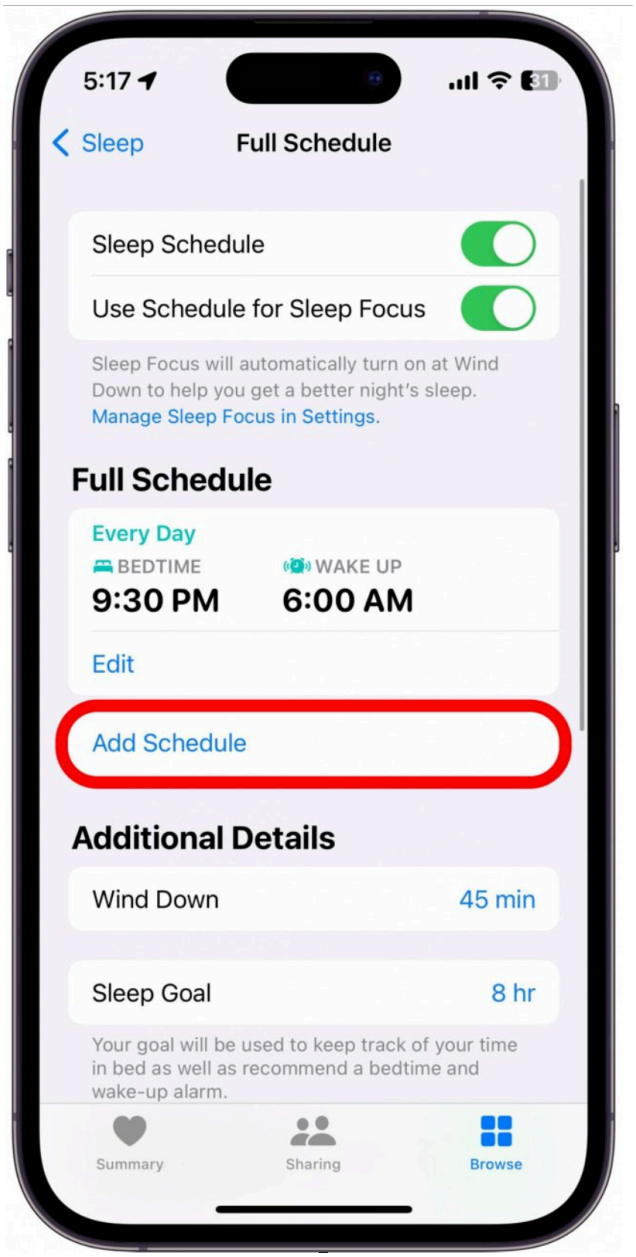
Set your bedtime by dragging the **Bedtime** slider to when you want to go to sleep.



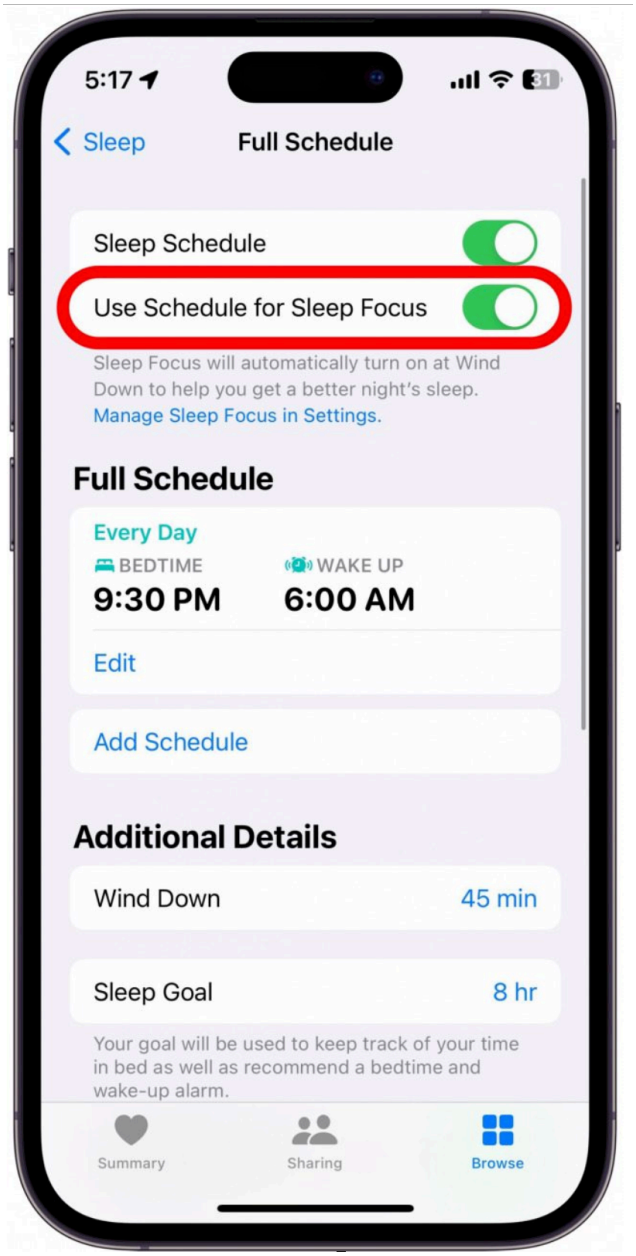


Set your wake-up time by dragging the **Wake Up** slider to when you want to wake up.

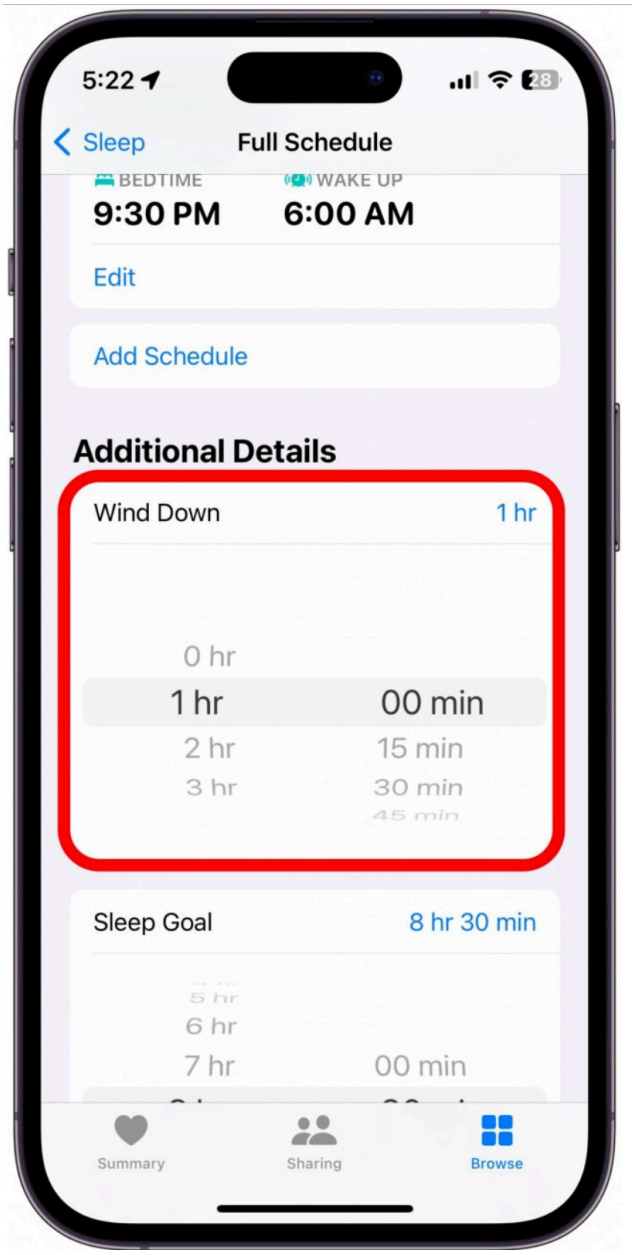
If you have multiple sleep schedules, you can tap **Add a Schedule for Other Days** (or if you are editing your current sleep schedule, tap **Add Schedule**). If this is your first time setting up Sleep, this menu may look different than the screenshot below.



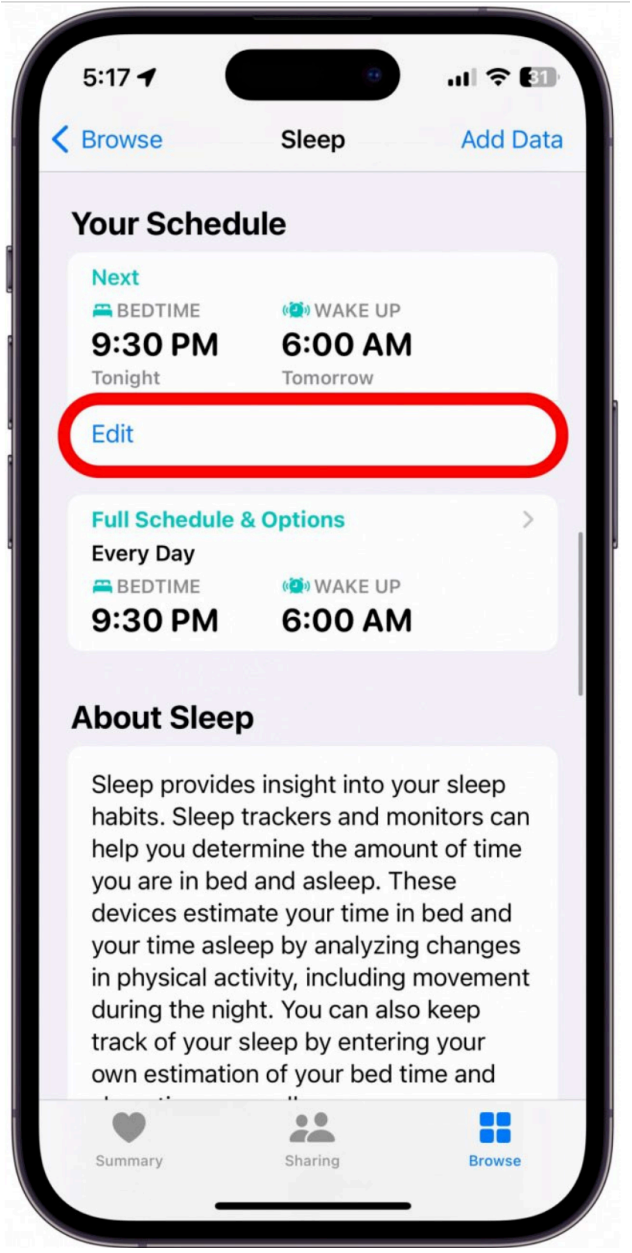
You can enable **Sleep mode,** which will automatically enable the Sleep Focus at your set bedtime. If this is your first time setting up Sleep, this menu may look different than the screenshot below.



Select a **Wind Down** time to set how long before bed you would like to start winding down. If this is your first time setting a Wind Down time, this menu may look different than the screenshot below.



If you ever want to edit your Sleep Schedule, simply repeat steps 1-3, and then scroll down and find **Your Schedule**. Then, tap **Edit** under **Next** to only edit your next Sleep Schedule.



Tap **Full Schedule & Options** to edit your full schedule, as well as adjust settings like Wind Down time and your Sleep Goal.

Congrats!
Now you've set up Sleep in the Health app! You can adjust your schedule whenever you want, and, if you have an **Apple Watch**, you can see data like respiratory rate, heart rate, and how many hours of sleep you are averaging.

Thanks to **iPhone Life** for providing this tutorial. Subscribe to their page for more iPhone Tips and Tutorials at https://www.iphonelife.com/