How to set up sleep schedules in iOS

With iOS 14, Apple introduced the ability to set your sleep schedules in the Health app. The feature itself isn't too complicated. You figure out how many hours you ideally want to get every night, then set a scheduled bedtime and wake time that suits that goal.

Of course, you could always just set up a one-time or repeating alarm within the Clock app. The main reason why you'd opt for a sleep schedule instead is that it allows you to set a specific goal and more easily automate a sleep routine. For example, you can automatically launch the Sleep Focus mode at your scheduled bedtime and set up sleep reminders. If you use an Apple Watch or another sleep tracker / sleep app, you can also get notified whenever you meet or exceed your sleep goal.

You're not limited to just one sleep schedule, either. This can be a handy tool if your job, class, or morning fitness schedule differs from day to day. But before you can set up multiple schedules, you need to set up your first one. To do that:

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- Open the **Health** app.
- Tap the **Browse** tab on the bottom right.
- Scroll down and tap **Sleep**. You should see a **Set Up Sleep** window. Tap the **Get Started** button. (If you don't see

this option, no worries – just skip down to the next section.)

- Set a **Sleep Goal** for how long you want to sleep each night. Then tap **Next**.
- Set your first schedule by picking which days you want it to be active. Move the **Bedtime and Wake up** slider to when you want to go to bed and wake up. You can do this by dragging the Bed and Clock icons.
- If you want a Wake Up alarm, turn on the toggle. Underneath the Alarm toggle, you can pick the alarm sound under **Sounds & Haptics**, set the alarm volume, and turn on or off the **Snooze** toggle. One quirk: you can't select a song for a sleep schedule alarm like you can in other alarms set up in the Clock app.
- Tap **Next**. You'll then be prompted to set up a Sleep Focus mode, but you can skip this if you want. You can set it up anytime by going to **Settings > Focus** on your iPhone.

Once you've set up your initial schedule, you can then add as many sleep schedules as you need. To create additional sleep schedules:

- Follow the first three steps above.
- Scroll down to the Your Schedule section. Tap **Full Schedule & Options**.
- Under the Full Schedule heading, scroll down and tap **Add Schedule**.
- Select which days you want the schedule to be active.
- Move the **Bedtime and Wake up** slider to the appropriate hours. You can do this by dragging the Bed and the Clock icon.
- If you wish to set an alarm, switch on the **Alarm** toggle. You can customize your options for **Sounds & Haptics** and **Snooze** here.
- Tap **Add** in the top-right corner.

a:hover]:shadow-highlight-franklin dark:[&>a:hover]:shadow-highlight-franklin [&>a]:shadow-underline-black dark:[&>a]:shadow-underline-white”>Editing sleep schedules

a:hover]:text-gray-63 [&>a:hover]:shadow-underline-black dark:[&>a:hover]:text-gray-bd dark:[&>a:hover]:shadow-underline-gray [&>a]:shadow-underline-gray-63 dark:[&>a]:text-gray-bd dark:[&>a]:shadow-underline-gray”>Screenshot: Victoria Song / The Verge

If your schedule changes or the one you initially set up doesn’t work for you, there are several ways to edit your sleep schedule. Here are a few ways to do it:

- In the Health app’s Sleep menu, scroll down to the **Full Schedule & Options** section. Under the **Full Schedule** header, you should see a list of your schedules. Under each, you should see a blue **Edit** link. Tap it to tweak your schedules.
- You can also make a temporary edit. In the Health app’s Sleep menu, scroll down to Your Schedule. At the top, you should see your Next schedule. Tap the blue **Edit** link to make a temporary change for your next Wake Up alarm only.
- In the Clock app, tap the **Alarm** tab. Up top, you should see the Bed icon next to the **Sleep | Wake Up** alarm. Tap the **Change** button on the right. Drag the bed and alarm icons on the slider to your new times, and tap **Done** in the top right-hand corner. When prompted, select whether you want to permanently change the schedule or change the next alarm only.
- On the Apple Watch, open the Sleep app, which is denoted by a turquoise icon with a white bed in it. To edit your next alarm only, tap the displayed schedule labeled **Next**. If you want to permanently edit a schedule, tap the **Full Schedule** button. From here you can tap the

schedule you want to edit or create a new one by tapping **Add Schedule**. If you scroll all the way down, you can also edit your **Sleep Goal** or **Wind Down** time.

Update, October 7th, 2024: *This article was originally published on August 8th, 2022, and has been updated to note that the Time in Bed feature has been removed in iOS 18.*

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