How to tame notifications on your Android phone

Notifications are the soundtrack to modern digital life. When they’re out of control, they make it hard to hear anything else going on. But if you manage them well, you can turn them into a subtle background noise. App developers want you to opt in to every notification possible, but thankfully, Android provides a lot of tools to help you tune in to the helpful stuff and tune out the distractions. It takes a little work upfront, but the payoff is worth it.

I used a Google Pixel 8 Pro running Android 14 and a Samsung Galaxy Z Flip 5 running One UI 6.1 to write the following guide — steps may be slightly different on other Android phones.

**a:hover]:text-black [&>a:hover]:shadow-underline-black dark:[&>a:hover]:text-gray-e9 dark:[&>a:hover]:shadow-underline-gray-63 [&>a]:shadow-underline-gray-13 dark:[&>a]:shadow-underline-gray-63″>*You can turn off all notifications here or tap an app to drill down into specific notification channels.*

a:hover]:shadow-highlight-franklin dark:[&>a:hover]:shadow-highlight-franklin [&>a]:shadow-underline-black dark:[&>a]:shadow-underline-white”>Silent notifications are golden

Here’s another helpful tool in your arsenal:

silent notifications. Notifications that are set as “silent” won’t alert you when they arrive — they’re just delivered to a separate section of your notifications panel below the important stuff. You’ll still see it but on your own time.

Pixel phones will let you enable this right from the lock screen — long-press the notification, and you’ll see options to keep the app’s notification on its default alert settings or to have it delivered silently. On Galaxy phones, you can only set notifications to silent in the settings menu, but there’s a shortcut from the lock screen: long-press a notification, tap Settings to jump to that app’s notification settings, and then toggle alerts to Silent.