Alarms & Timers

Your phone is a great alarm clock and a great kitchen timer. Both live in the Clock app that came on your phone. An alarm goes off at a set time (wake up, take medicine). A timer counts down (eggs done in ten minutes). Here is how to set each one.

Set an alarm

1. Open the Clock app and tap Alarm at the bottom.
2. Tap the + (plus) to add a new alarm.
3. Pick the time. Scroll the hours and minutes, then check AM or PM — this is the number-one alarm mistake.
4. Tap Label and give it a name like “Take morning pills” or “Call the doctor” so you know what it is for.
5. Tap Repeat and pick days if you want it every day, or skip this for a one-time alarm.
6. Tap Save. The alarm goes off even if the phone is silent — that is what snooze is for when you want nine more minutes.

Set a timer

1. Open the Clock app and tap Timer at the bottom.
2. Set the minutes (and hours, if you need them).
3. Tap Start. The phone counts down and rings when time is up — even with the screen locked.
4. You can add minutes while it runs, or tap Cancel to stop it.

Alarm not going off? Check these

- AM vs PM. A 7:00 PM alarm will never wake you at 7 in the morning. Double-check when you set it.
- Is the alarm switched on? Open the Clock app — every alarm has a little switch next to it. Green (or slid right) means on.

- The volume. Alarm volume follows your ringer volume on most phones. Turn the ringer up before bed if you sleep deeply.
- Do Not Disturb. Alarms still ring through Do Not Disturb, but a scheduled bedtime mode can silence them on some phones — check the alarm's switch the first night you rely on it.

When to call Sean instead

- An alarm you need (like medicine) refuses to ring and you have checked AM/PM and the switch.
- You want alarms to ring on a speaker or a smart speaker too.
- The phone's sound is too quiet even at full volume.

Change your ringtone

Your ringtone is the sound your phone makes when someone calls. You can pick a different one any time — no app or purchase needed.

On iPhone

1. Open Settings, then tap Sounds & Haptics.
2. Tap Ringtone.
3. Tap any name to hear it. A checkmark shows your current one — tap a new one to switch.

On Samsung / Android

1. Open Settings, then tap Sounds and vibration.
2. Tap Ringtone (or Phone ringtone).
3. Tap any sound to preview it, then tap it again to select it.

The same screen lets you change the notification sound (texts and alerts) separately from the ringtone.

Change your wallpaper

Your wallpaper is the picture behind everything on your phone — the background you see on the lock screen and home screen. Use one of your own photos or pick from the ones built in.

On iPhone

1. Open Settings, then tap Wallpaper.
2. Tap Add New Wallpaper, then choose Photos to use one of your pictures, or pick a built-in design.
3. Tap Add, then choose Set as Wallpaper Pair (same picture on both screens) or set the lock screen and home screen separately.

On Samsung / Android

1. Press and hold an empty spot on your home screen until a menu appears.
2. Tap Wallpaper and style (or just Wallpapers).
3. Tap My photos / Gallery for your own pictures, or browse the built-in ones. Tap a picture, then tap Set as wallpaper.

Computers have wallpapers too — right-click the desktop and look for Personalize (Windows) or open System Settings > Wallpaper (Mac).

Listening to music: Spotify and Pandora

Spotify and Pandora are apps that play almost any song you can think of — free with ads, or paid without. You pick a song, artist, or mood, and the music plays through your phone speaker, earbuds, or Bluetooth speaker.

Spotify vs Pandora — simply put

- Spotify: you pick exactly what plays — search for a song, album, or artist and tap play. Also has podcasts. The free version shuffles songs with ads; the paid version ($12.99/month) plays anything on demand with no ads.

- Pandora: you pick a starting point (a song or artist) and it builds a station of similar music for you — like a personal radio station. The free version has ads; the paid versions ($4.99/month for Plus, $10.99/month for Premium) remove them.

Both are free to try — install the app, make a free account with your email, and start listening. No credit card needed for the free version.

Getting started (works the same for both)

1. Install Spotify or Pandora from your phone's app store.
2. Open it and tap Sign up — use your email address.
3. Spotify: tap Search at the bottom, type a song or singer, tap it, then tap Play. Pandora: tap Search, type an artist or song, then tap Start Station.
4. Use the thumbs up / thumbs down buttons to teach it what you like — it gets better at picking music for you.

When to call Sean instead

- Music will not play through your Bluetooth speaker or hearing aids.
- You are being charged for a subscription you did not mean to start.
- You want your music on an Alexa or Google speaker too.

Need a hand? Call Sean at **(813) 770-6082**.