

Notification Free Life

Quick Starter Guide



This Quick Start Guide is part of the [Notification Fasting](#) post on the ikario blog.

iOS Devices

1. Open the **Settings** app on your device
2. Navigate to **Notifications**
3. Go into each app's settings and toggle the top switch that says **'Allow Notifications'** to **OFF**.
4. *Yes, they make it a painful process to turn off all notifications because it doesn't benefit them when you don't get notifications. At least that's my personal theory.*
5. Here's an [Apple Support article](#) that provides more detailed information.

Android Devices

1. Open the **Settings** app on your device
2. Tap **Apps & Notifications > Notifications**
3. Under "Recently sent," find apps that recently sent you notifications.
 - i. To find more apps, tap **See all**.
4. Tap **Advanced**.
 - i. You can turn off all notifications for a listed app.
 - ii. To pick specific categories of notifications, tap the app's name.
5. Here's an [Android Support article](#) that provides more detailed information.