FREE SAMPLE

The One-Night Scroll Reset

Try one evening of The 7-Night Scroll Reset for free.

iPhone and Android
Setup, recovery script and tracker

Tonight’s experiment

Before bed

Pick two feed apps. Move your charger somewhere you have to stand up to reach, or place the phone face down out of easy reach if it needs to stay nearby. Write one alternative for when you get into bed: read two pages, listen to a saved audio track with the screen off or start getting ready to sleep.

iPhone

Go to Settings → Screen Time → App & Website Activity and turn it on if needed. Review Always Allowed, then open Downtime and set a Scheduled window from bedtime to wake-up. If you set a Screen Time passcode, turn on Block at Downtime. Check that your essential apps still open.

Android

Open Settings → Digital Wellbeing & parental controls → Focus mode. Select the two feeds and tap Turn on now at bedtime. If Focus mode is missing, use the charging spot. On Galaxy you can add a visual cue with Settings → Modes and Routines → Modes → Sleep.

Official setup references

Apple Downtime · Google Focus mode · Samsung Sleep mode

Checked November 22, 2026. Menus vary by device, software and language.

If you slip, log what happened

Say this

“I’m in the feed. I can stop on this screen. Lock, park, back to bed.”

Tomorrow morning

Write your estimated feed minutes from getting into bed to your final phone lock. Add minutes from any return trips. Zero is a valid result. If you have a recent comparable night logged, subtract tonight’s minutes from that previous number. Otherwise use tonight as your starting point.

My result

In-bed feed minutes: _____
I parked the phone before bed: Y / N
What sent me into the feed: _____
One thing I’ll keep tomorrow: _____

Want to run it for seven nights?

Find **The 7-Night Scroll Reset** ($14.99) in the same shop. It includes the full nightly plan, a seven-night log and a worked example for comparing your results.