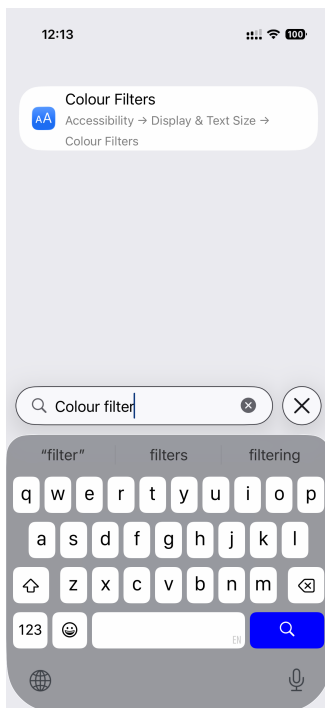


If you've ever found yourself doomscrolling late into the evening, you know how those colorful apps can keep you hooked. One surprisingly effective way to make your phone less addictive is to turn it grayscale. When Instagram and TikTok lose their vibrant colors, they lose a lot of their pull.

The good news is you can automate this entire process, so your phone goes grayscale at sunset and returns to color at sunrise—without you having to remember to do anything.

Step 1 : Navigate to Colour Filters

You'll find Colour Filters tucked away in your Accessibility Settings. The quickest way is to search for "Colour Filter" in the Settings app, or you can navigate manually: **Settings > Accessibility > Display & Text Size > Colour Filters**.

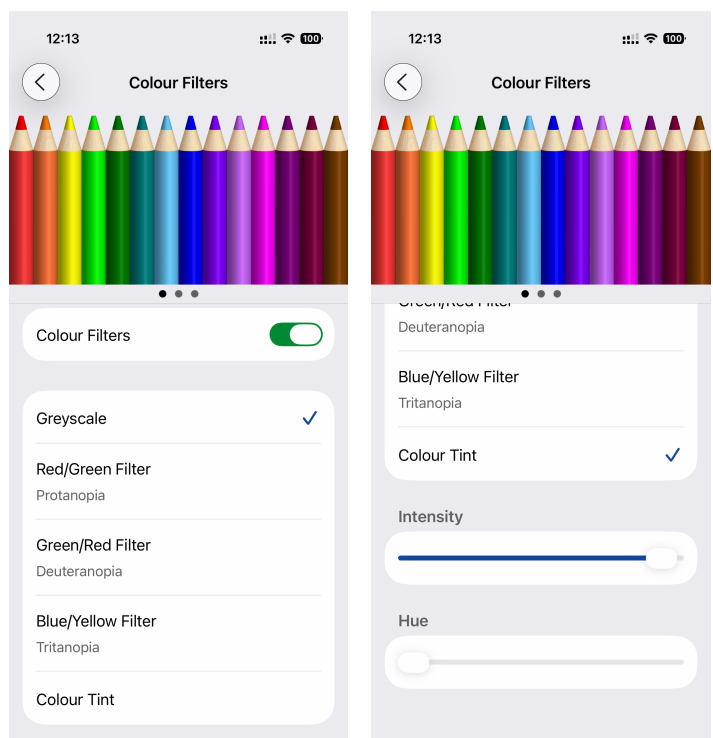


Step 2 : Choose your preferred Color Filter

Here's where you decide how drab you want things to look. Grayscale strips everything down to black and white, which already makes doomscrolling less appealing. But if you want to go even further, try a Colour Tint—it can make your screen downright uninviting.

The screenshots below won't show you the effect (since they're captured in color), but you'll see the difference on your actual screen. Play around with the options until you find what works for you.

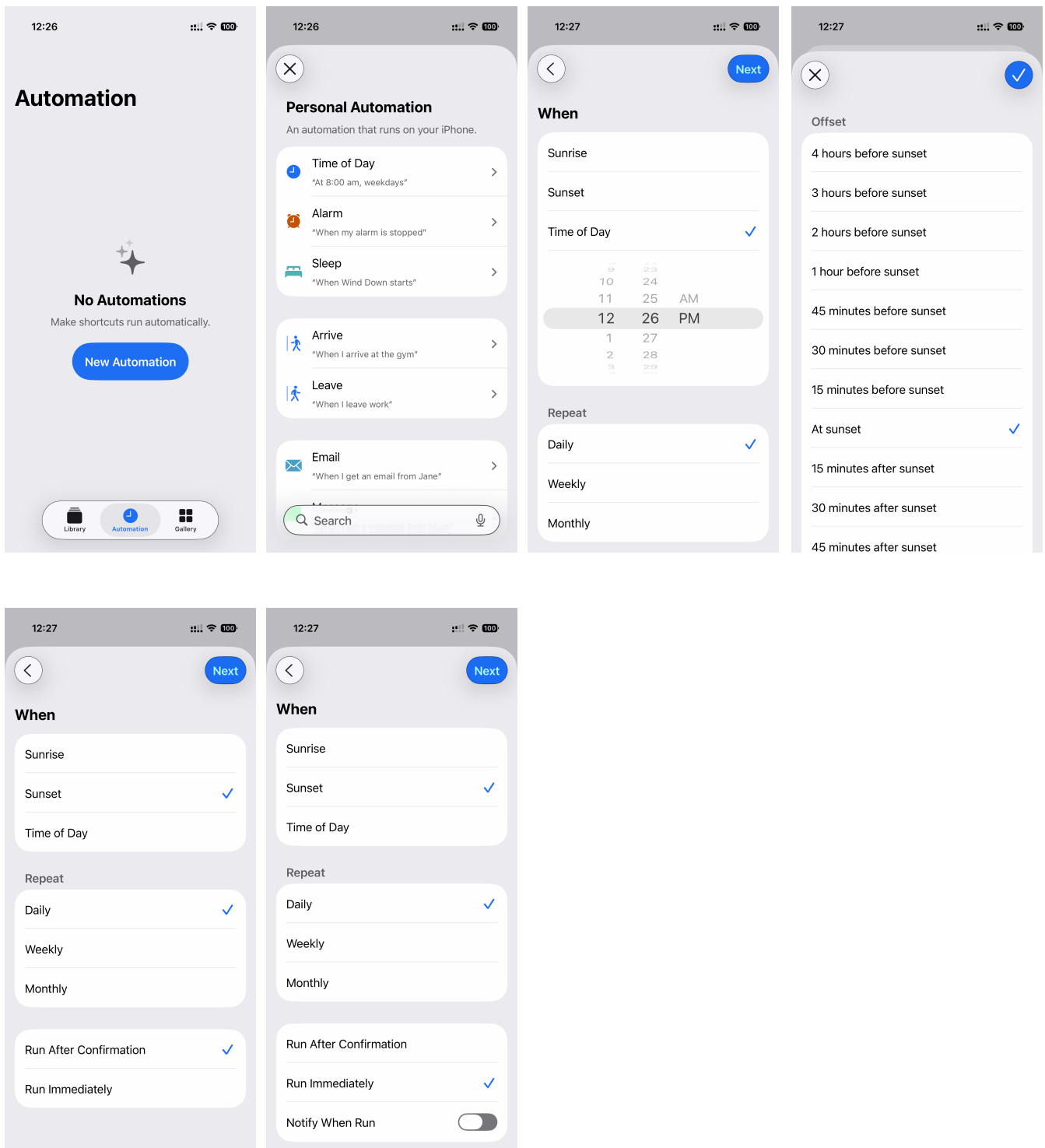
Important: Whatever you choose here becomes your default when Colour Filters toggle on or off



Step 3 : Automate setting of Colour Filters at sunset

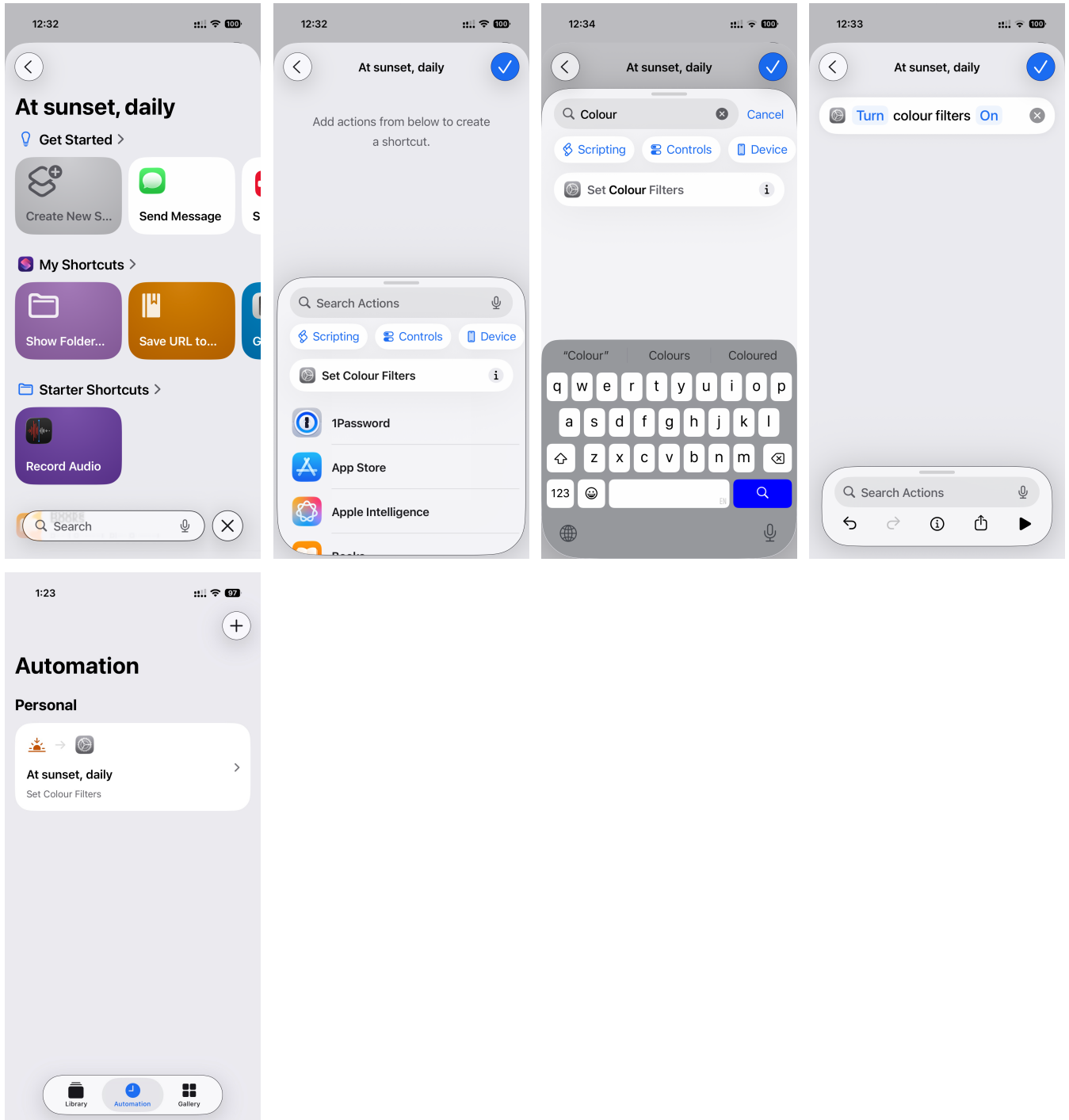
Now for the automation magic. Open the Shortcuts app and follow these steps:

1. Tap "New Automation" or the "+" button in the top right
2. Select "Time of Day" and choose Sunset
3. Set it to "Run Immediately" and turn off notifications (you don't need your phone announcing this every evening)



4. When you tap "Next," you'll see an option to run a shortcut—select "Create New"
5. In the Search Actions bar, type "Colour" and select "Set Colour Filters"
6. It defaults to "Turn color filters On," which is exactly what we want. Tap the checkmark to confirm.

That's it. Your phone will now automatically go grayscale when the sun goes down.

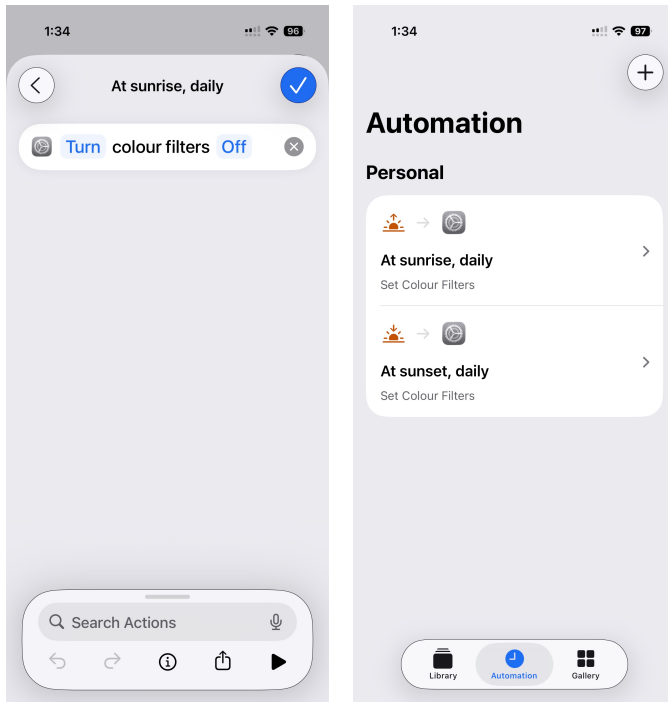


Step 4 : Automate removing Colour Filters at sunrise

You'll want your colorful screen back in the morning, right? 😊

Follow the exact same steps as above to create another automation, with one small difference: in the final step, tap "On" next to Colour Filters and switch it to "Off."

Now your phone will return to normal at sunrise, ready for the day ahead.



Emergency Override

If you need to turn off Colour Filters quickly (maybe you're trying to show someone a photo, or you need to see something in color), you have two options:

1. **Spotlight search:** Swipe down on your home screen (or tap the search icon at the bottom) and search for "Colour Filters." Toggle it off from there.
2. **Settings:** Open Settings > Accessibility > Display & Text Size > Colour Filters and switch it off manually.

