

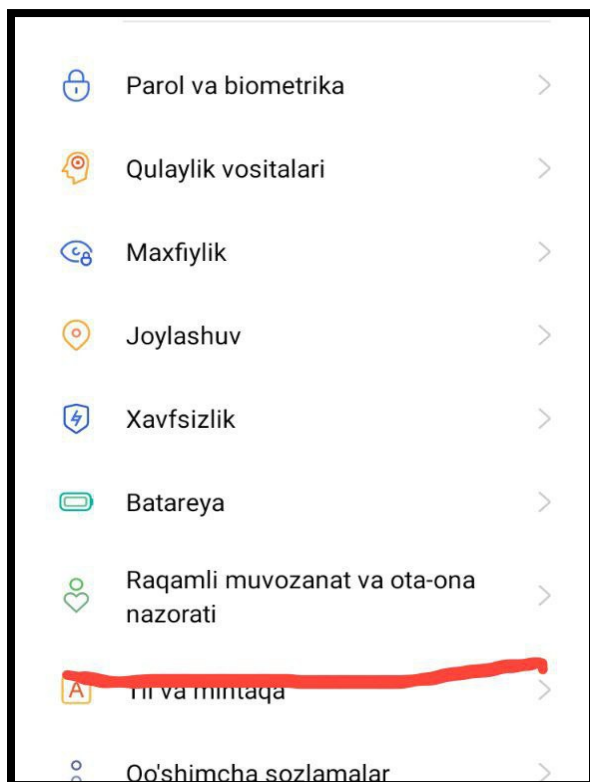
Telefon | Ijtimoiy tarmoqlarni bloklash bo'yicha yo'riqnoma

Quyida men sizga ijtimoiy tarmoqlar yoki telefonni ma'lum vaqt oralig'ida bloklashning 4 usulini tushuntirib o'taman:

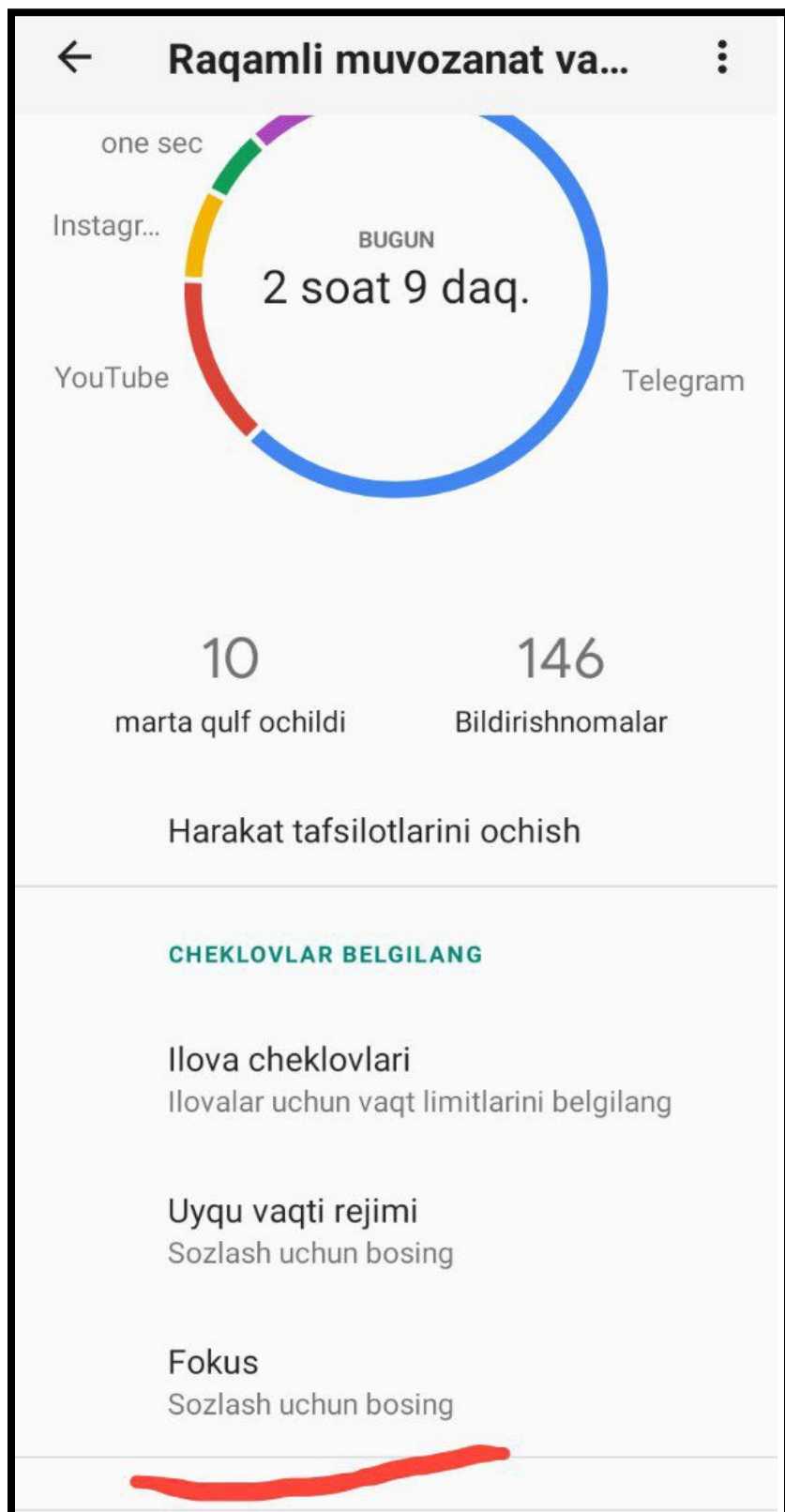
- Android uchun
 - IOS (Iphone) uchun
 - Digital detox ilovasi orqali
 - ActionDash ilovasi orqali
-

1. Android uchun:

1. Telefonning **“Sozlamalar”i** orqali **“Raqamli muvozanat va ota-ona nazorati”** bo'limiga kiring.



2. Uning ichidan “Fokus” bo’limiga kiring.



3. So'ngra, sizni eng ko'p chalg'itadigan ilovalarni tanlang.

16:32





Fokus



Diqqatni jamlash kerak bo'lganda chalg'ituvchi ilovalarni pauza qilish va bildirishnomalarni berkitish mumkin



Jadval tuzing

YOQISH

CHALG'ITUVCHI ILOVALARNI TANLANG



Telegram

☐



Instagram

☐



YouTube

☐



Soat

☐



one sec

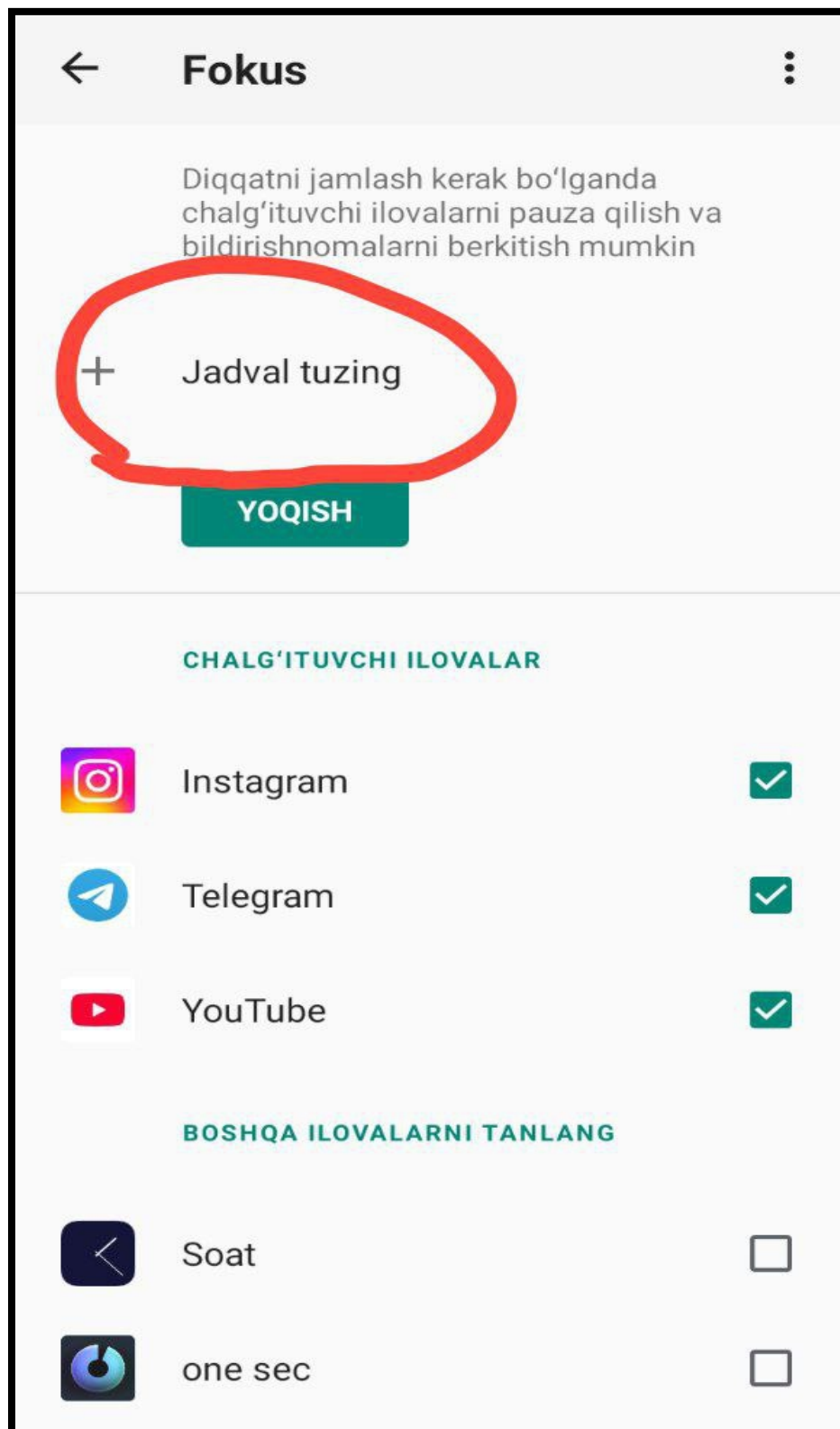
☐



ChatGPT

☐

4. Keyin esa “Jadval tuzing” bo’limini tanlang.



5. Oxirgi qadam: siz kunlar va vaqtlarni **22:00-08:00** oralig'iga moslab, "**Saqlash**" tugmasini bosing.

16:33 4G R 35

← Jadval tuzing

BOSHLANISHI TUGASHI

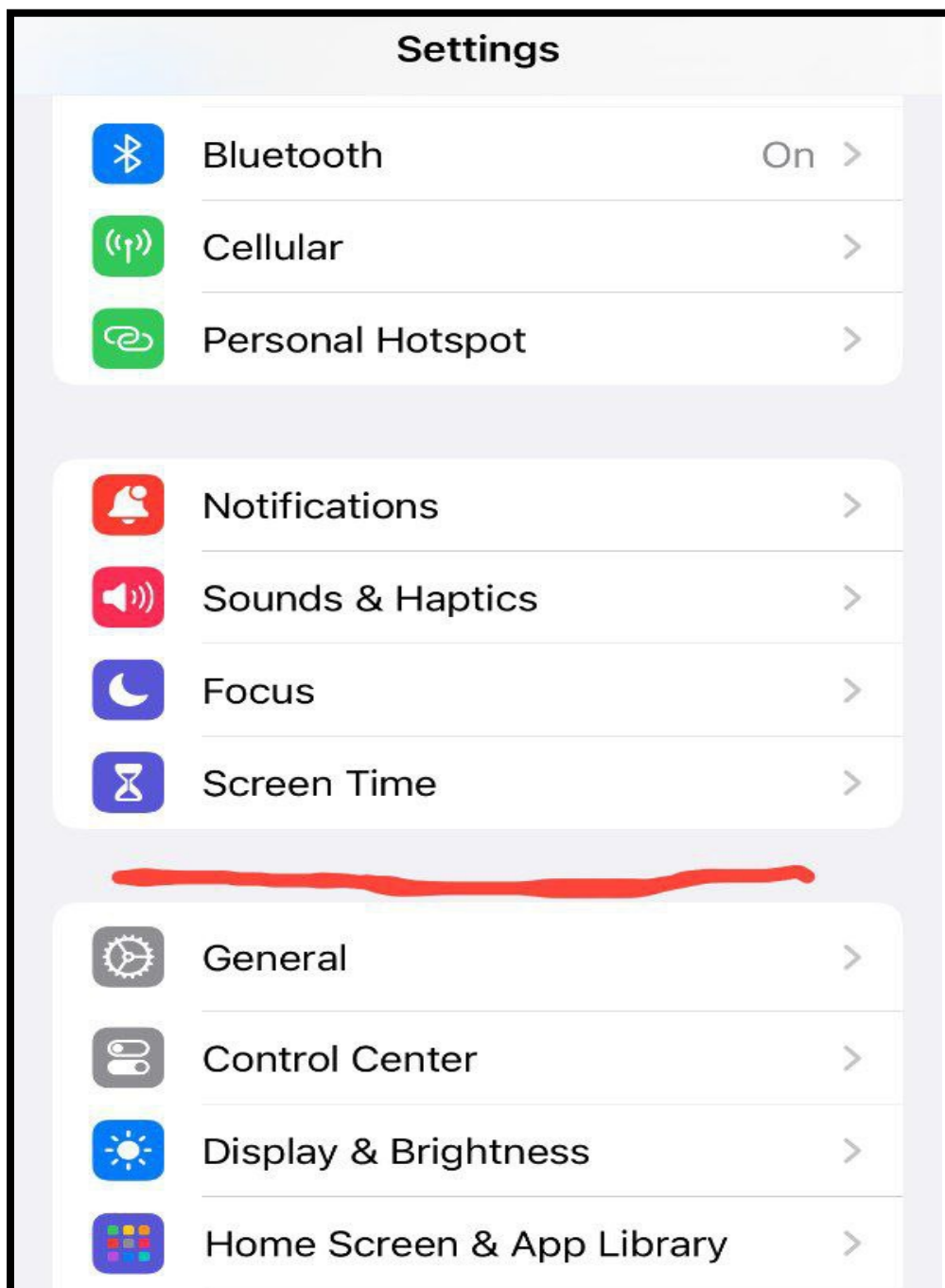
22:00 07:00

D S C P J S Y

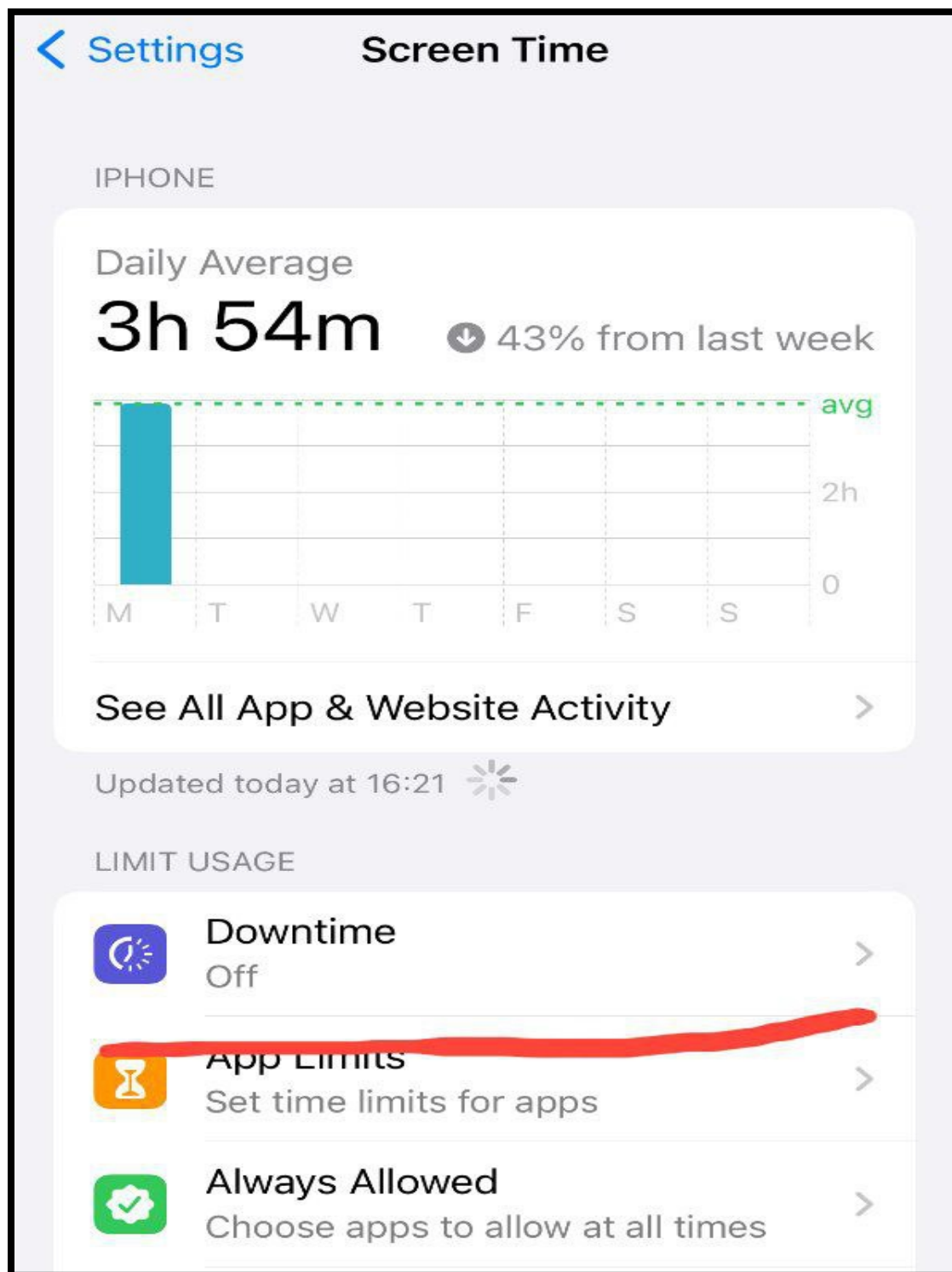
SAQLASH

2. 📱 iOS (iPhone) uchun:

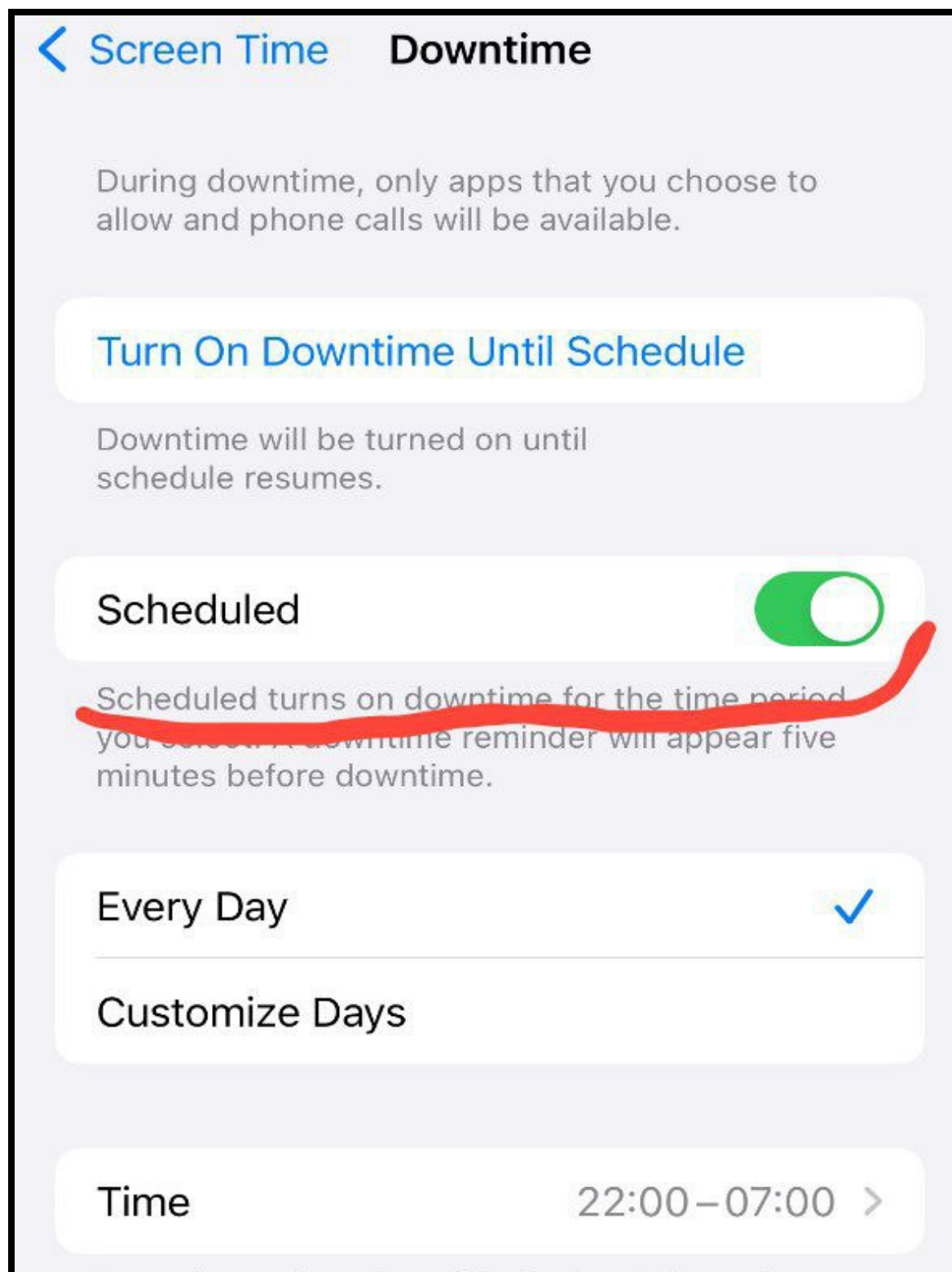
1. Telefon “**Sozlamalar**”i orqali “**Screen Time**” bo’limiga kiring.



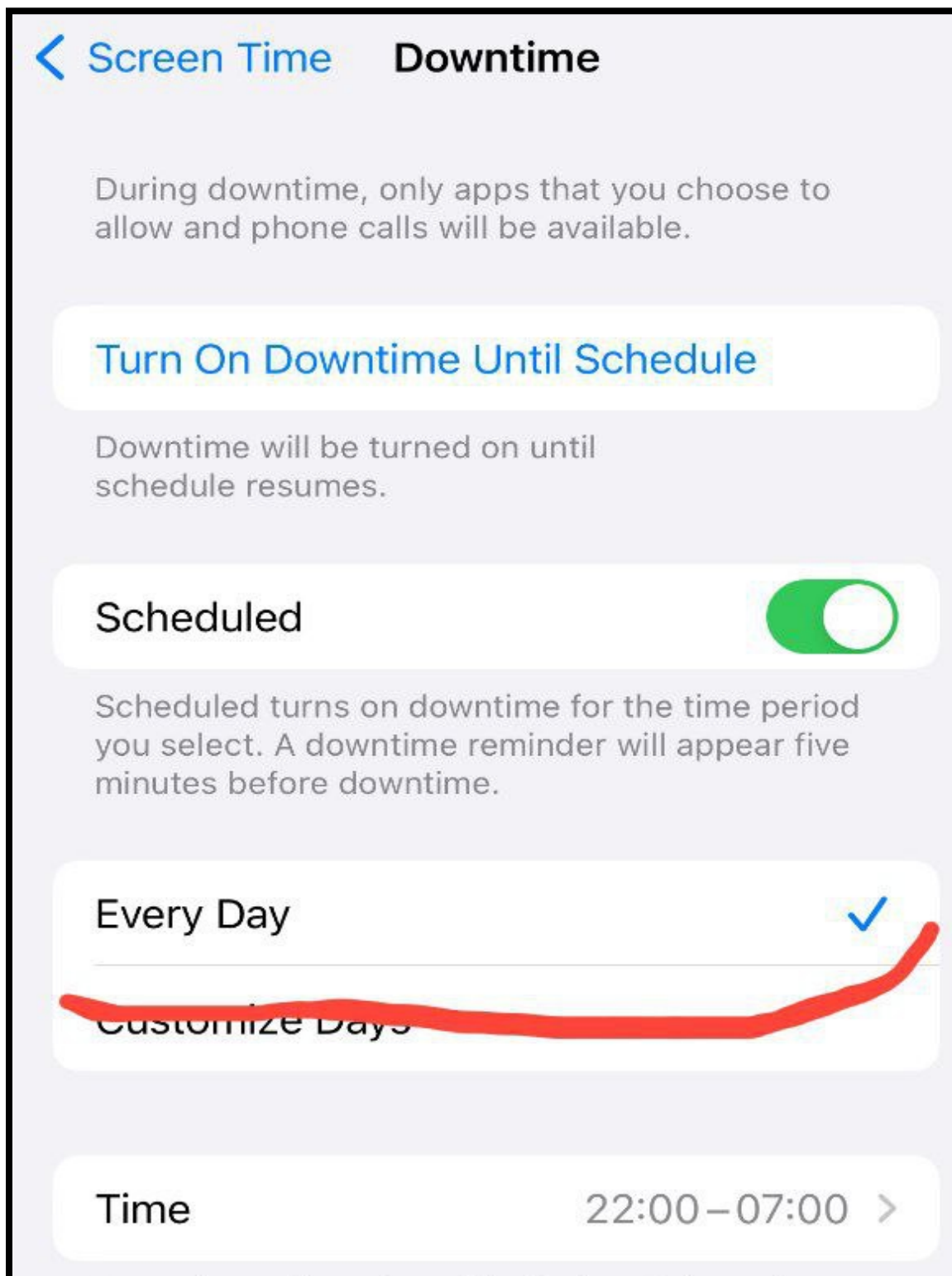
2. U yerdan “Downtime” bo’limiga o’ting.



3. Keyin esa “Scheduled” tugmasini yoqib qo’ying.



4. Undan so'ng, xuddi shu yerdan **"Everyday"** tugmasini tanlang.



5. Oxirgi qadam: **“Time”** bo’limini tanlab, vaqtlarini **22:00-08:00** oralig’iga moslab qo’ying.

<

Screen Time

Downtime

During downtime, only apps that you choose to allow and phone calls will be available.

Turn On Downtime Until Schedule

Downtime will be turned on until schedule resumes.

Scheduled

Scheduled turns on downtime for the time period you select. A downtime reminder will appear five minutes before downtime.

Every Day

✓

Customize Days

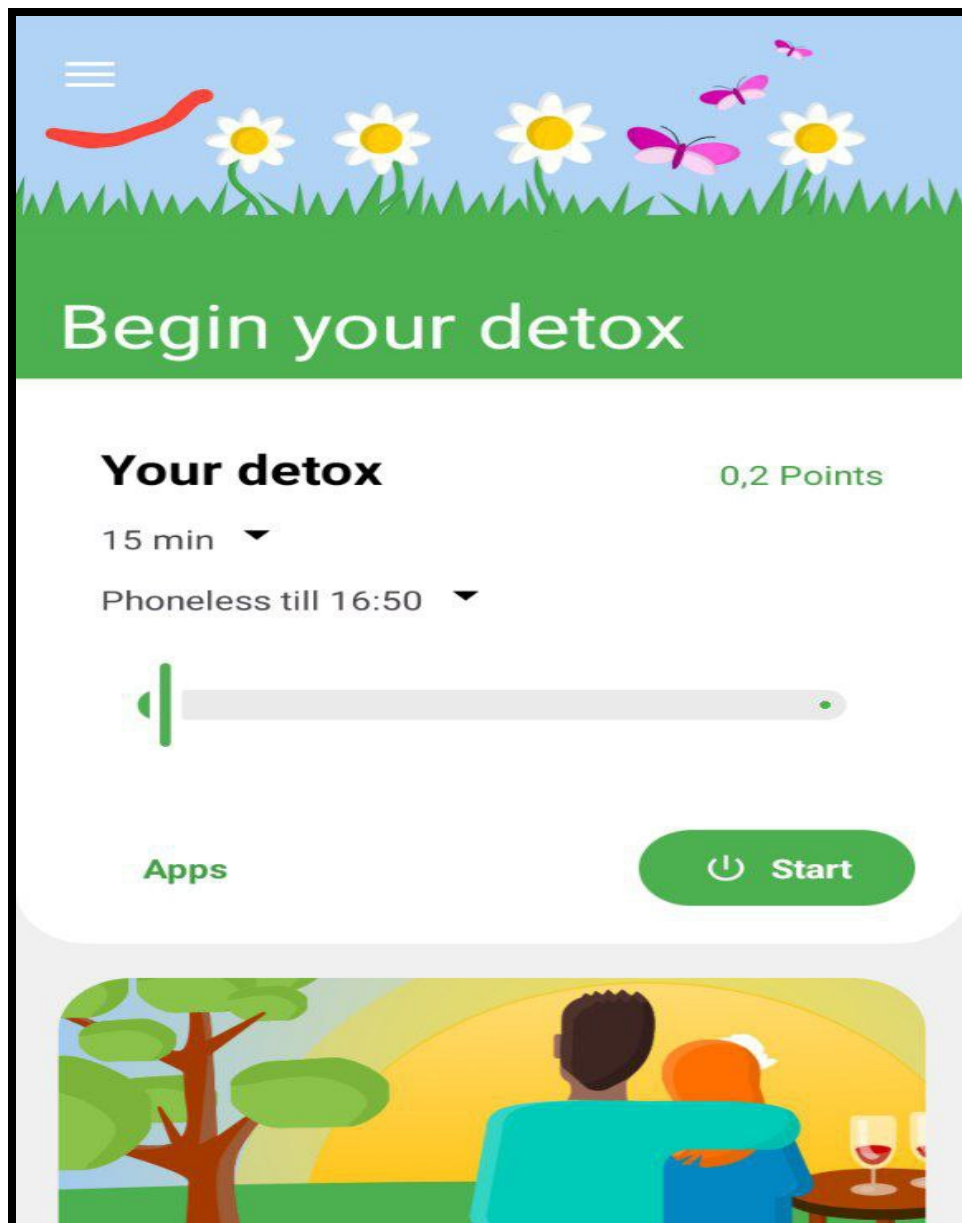
Time

22:00 – 07:00 >

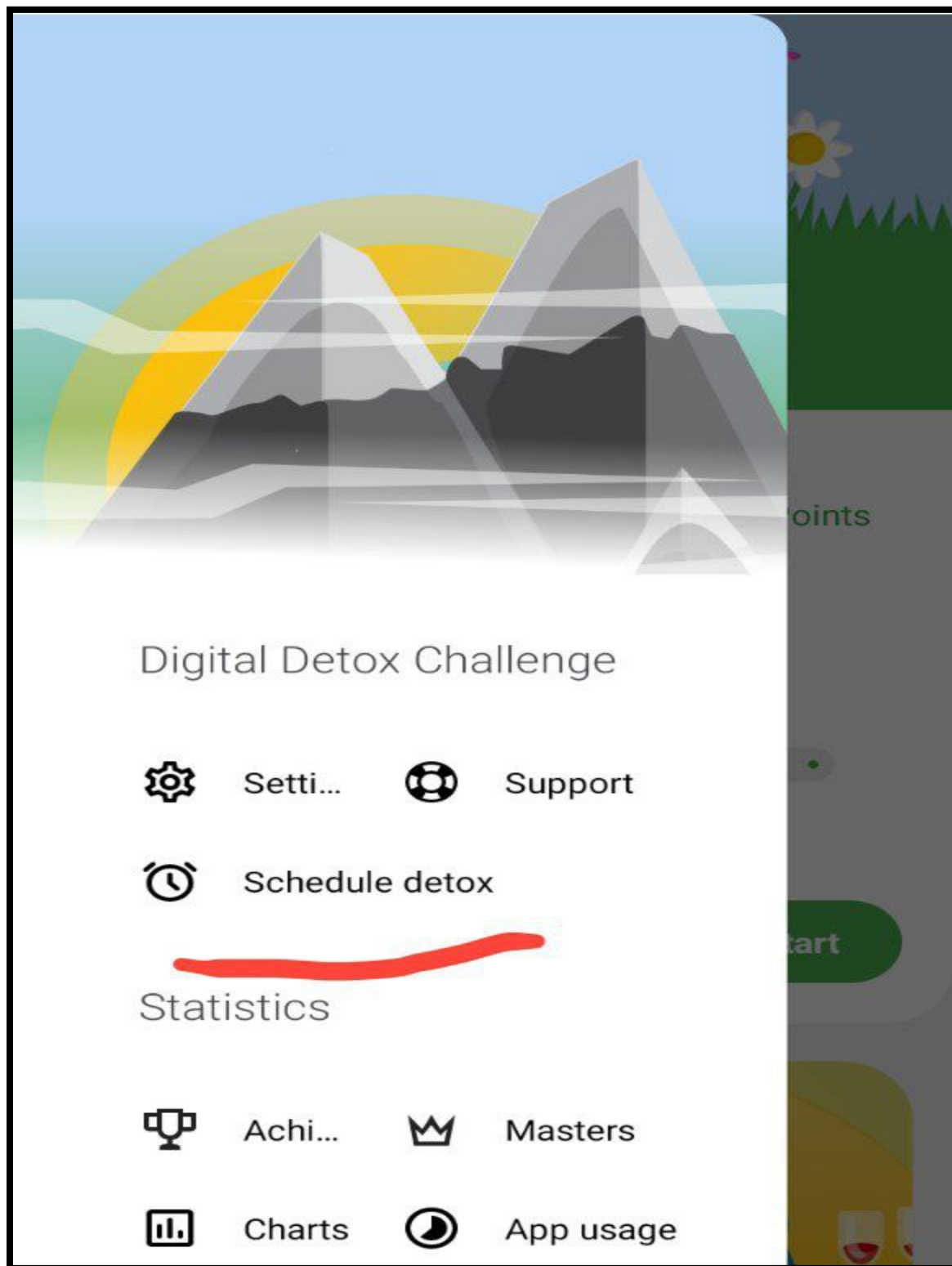
Downtime will apply to this device. A downtime reminder will appear five minutes before downtime begins.

📌 3. "Digital Detox" ilovasi orqali

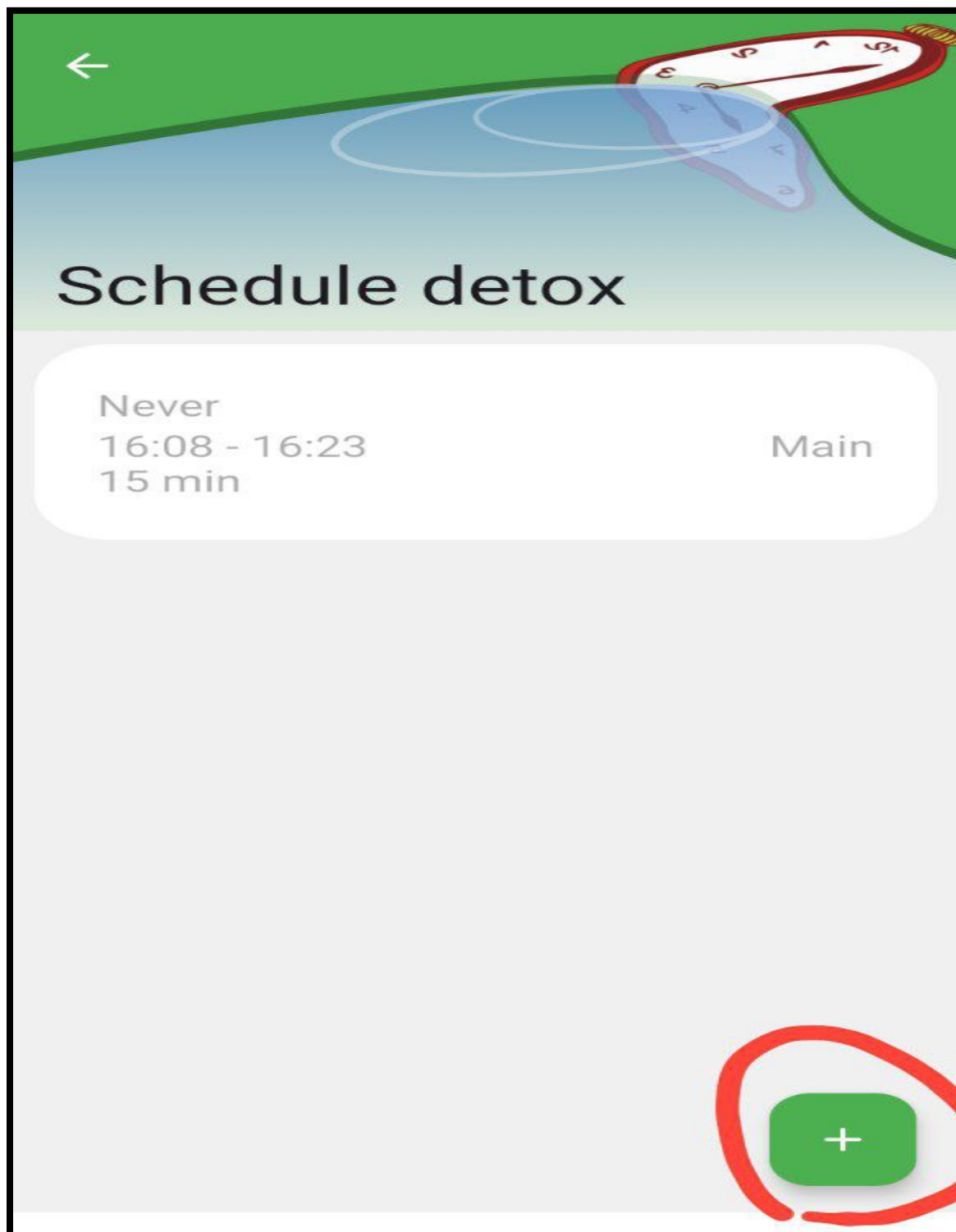
1. Play Market yoki AppStore orqali **"Digital Detox"** ilovasini o'rnatish.
2. Ilovaga kirib, yuqori chap burchakdan **3 ta ustunni** tanlang.



3. Keyin esa “Schedule detox” bo’limini tanlang.



4. So'ngra, pastki, o'ng burchakdan **“Plus”** tugmasini bosing.



5. Keyin, u yerdan “Never” bo’limini bosib, kunlarni belgilab chiqing.

Schedule detox

Enable ☒

Days Never ▼

Time 16:37 ▼

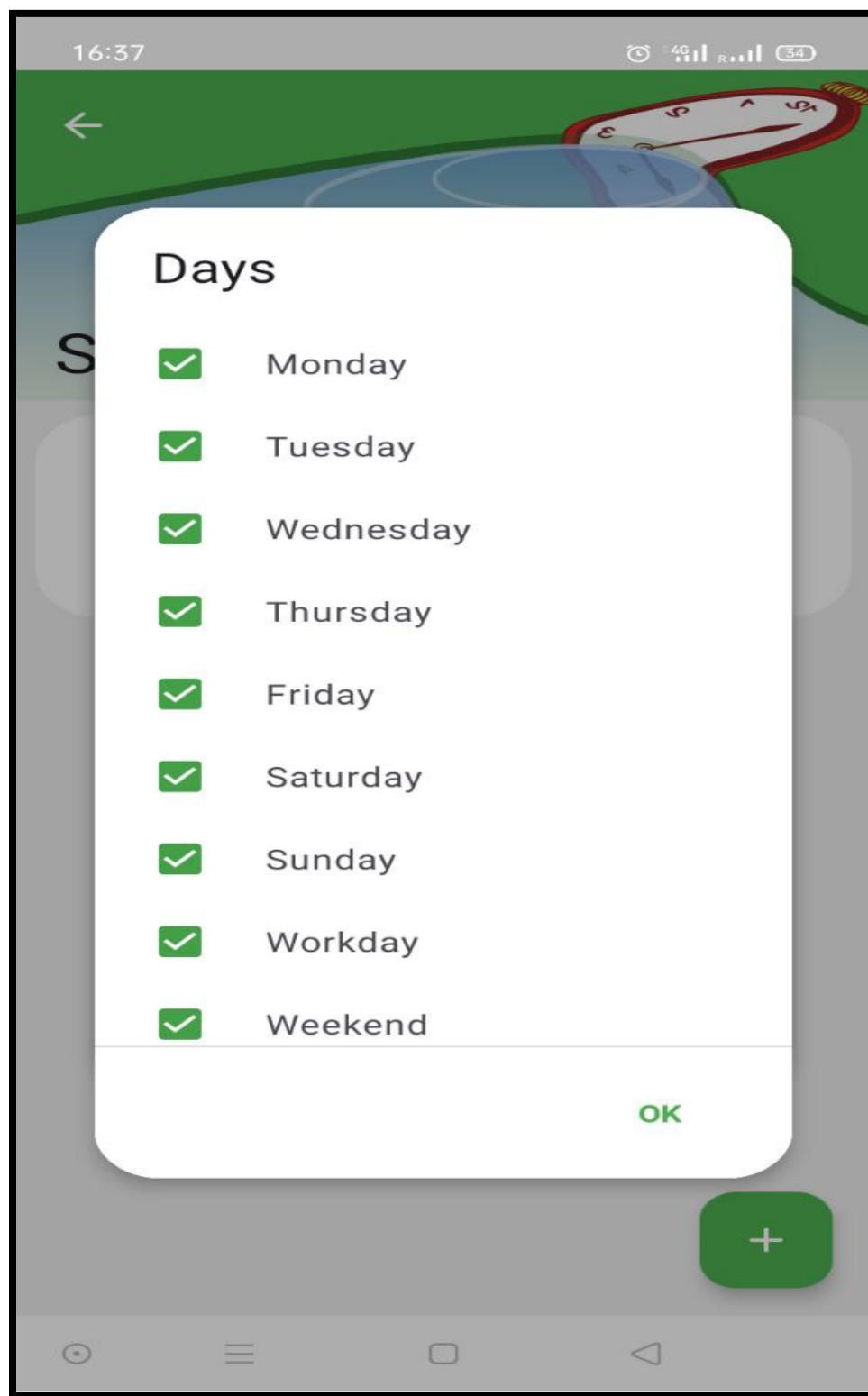
Duration 15 min ▼

Till 16:52 ▼

Allowed Apps Main ▼

Delete Cancel OK

Kunlarni belgilash:



6. Oxirgi qadam: Xuddi o'sha **"Never"** bo'limini tanlagan joyingizda vaqtlarini **22:00-08:00** oralig'iga moslab qo'ying. **"Time"** - boshlanish vaqt, **"Till"** - tugash vaqti.

S Schedule detox

Enable ☒

Days Never ▼

Time 16:37 ▼

Duration 15 min ▼

Till 16:52 ▼

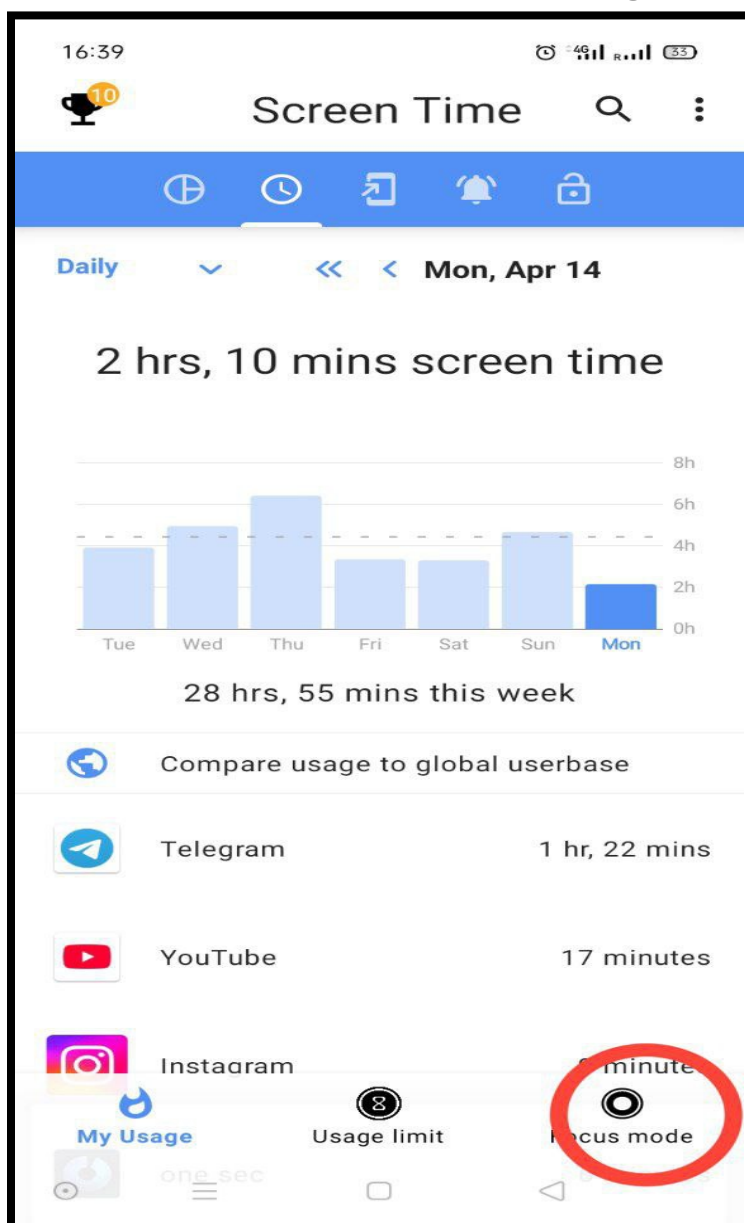
Allowed Apps Main ▼

Delete Cancel OK

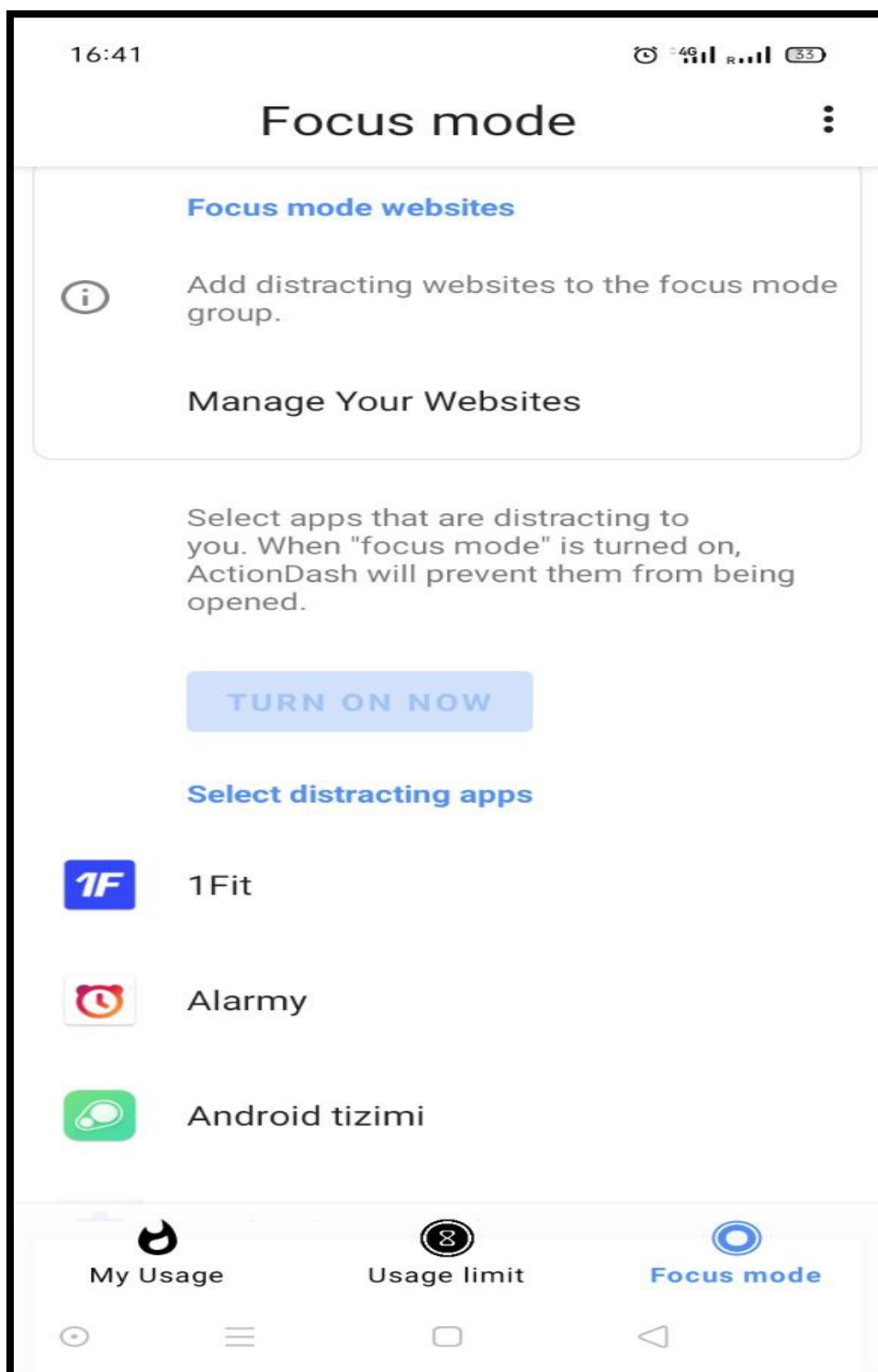
4. “ActionDash” ilovasi orqali

1. Play Market yoki AppStore orqali “**ActionDash**” ilovasini o’rnatish.

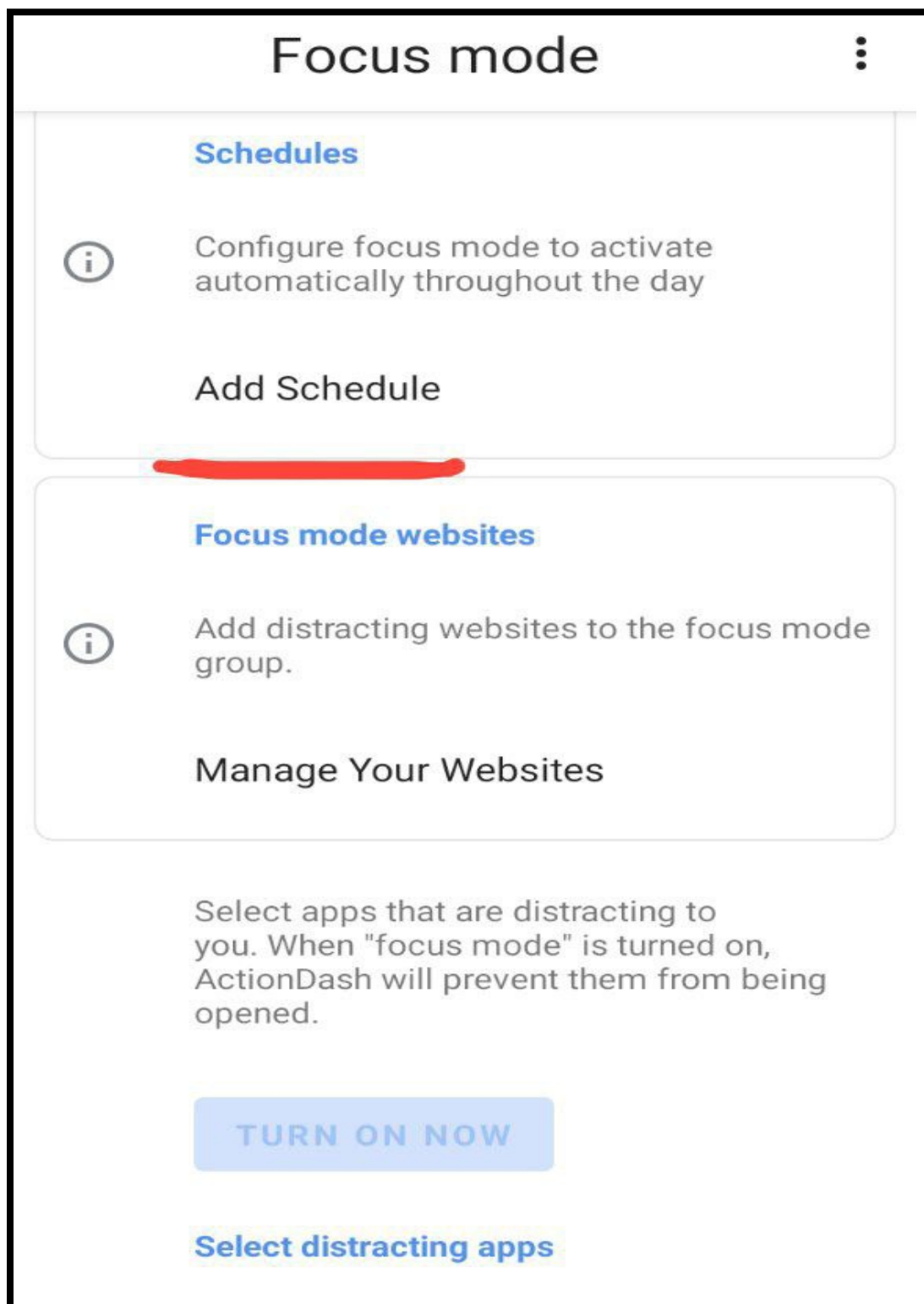
2. “ActionDash” ilovasini ochib, pastki, o’ng burchakdan “**Focus mode**” bo’limini tanlang.



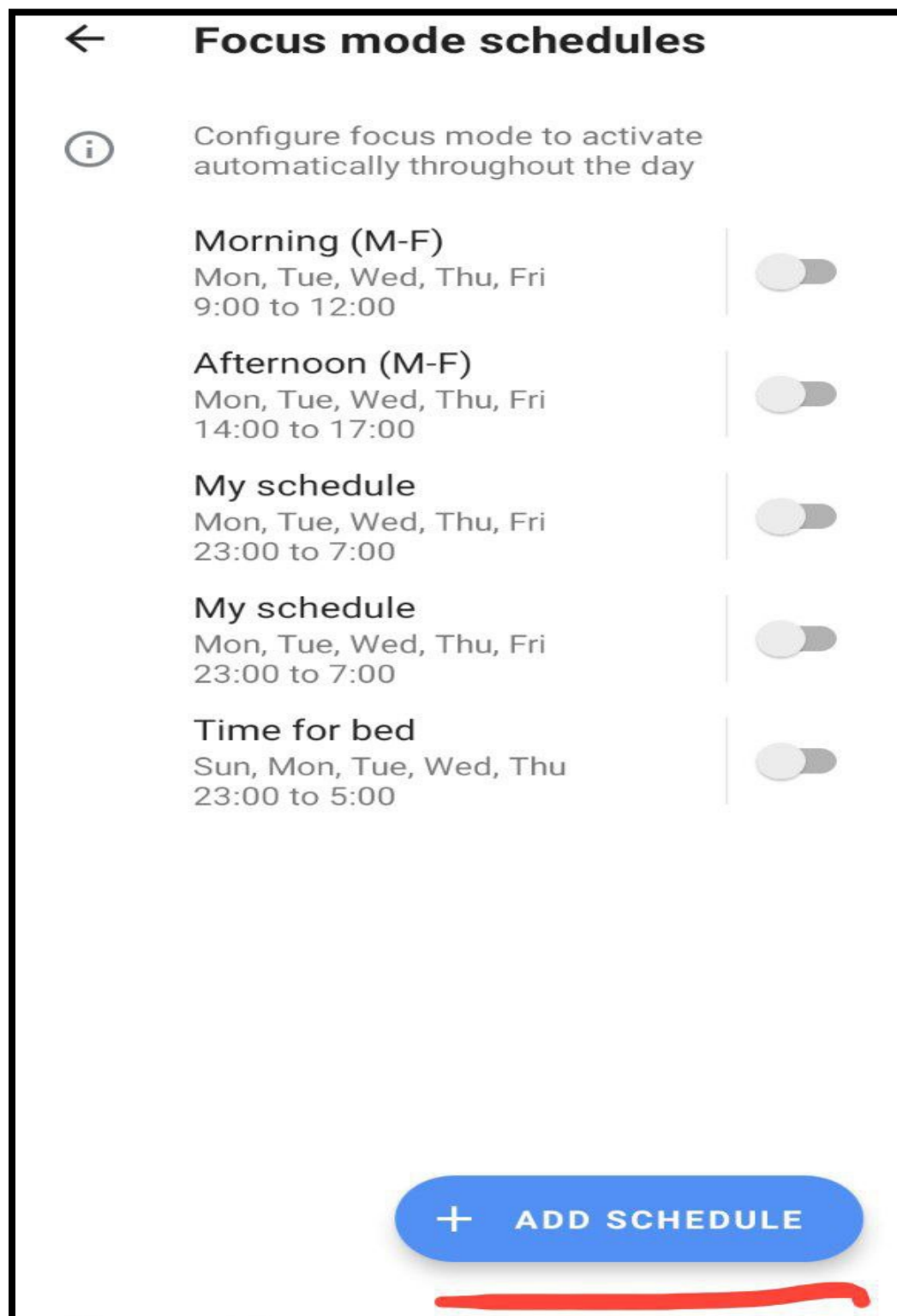
3. U yerdan sizni eng ko'p chalg'itadigan ilovalarni tanlang.



3. Keying esa, xuddi shu oynadan “Add Schedule” bo’limini tanlang.



4. So'ngra, pastki, o'ng burchakdan **"Add Schedule"** tugmasini bosing.



5. U yerdan “Days” bo’limiga kirib, barcha hafta kunlarini tanlab qo’ying.



Focus mode schedule



Schedule name

My schedule

Use schedule



Days

Mon, Tue, Wed, Thu, Fri

All day



Start time

23:00

End time

7:00

Hafta kunlarini tanlab, “OK” tugmasini bosing.

The image shows a mobile application interface with a modal dialog for selecting days of the week. The background is a dark grey screen with a 'Schedule name' field containing 'My schedule'. The modal dialog is white and titled 'Days'. It contains a list of days from Monday to Sunday, each followed by a blue square checkbox with a white checkmark. At the bottom of the modal, there are two buttons: 'USE DEFAULT' and 'OK', both in blue text.

Days	Selected
Monday	☒
Tuesday	☒
Wednesday	☒
Thursday	☒
Friday	☒
Saturday	☒
Sunday	☒

USE DEFAULT OK

6. Oxirgi qadam: Xuddi shu oynadan “**Start time**” va “**End time**” bo’limlariga kirib, vaqtlarini 22:00-08:00 oralig’iga moslab qo’ying.

← **Focus mode schedule** ⋮

Use schedule ☒

Days
Mon, Tue, Wed, Thu, Fri

All day ☐

Start time
23:00

End time
7:00

[Focus mode apps](#)

P.S. Agar sizning telefoningiz tili o'zbek yoki rus tiliga moslangan bo'lsa ham, rasmlar asosida xuddi shu ketma-ketlikni bajaring.

Berilgan ko'rsatmalarga hoziroq amal qiling va kunningizni barakali qilish yo'lida birinchi qadamni tashlang! ⚡