

How to silence notifications for one person

On iPhone

Apart from the general silent mode available on mobile devices, Apple uses another feature to help users silence notifications. This is Focus Mode, and it helps you reduce distractions and set boundaries.

The following steps show you how to activate it.

1. Open the Settings app on your iPhone and tap on "Focus."
2. Choose an existing Focus profile, or tap the + button in the top-right corner of the screen to create a new one.
3. If you want to create a new Focus profile, click the plus icon (+) at the top-right to create a custom Focus mode. Give it a unique name and tap "Next."
4. Make sure "Silence Notifications From" is checked at the top.
5. Under "People," choose "Silence Notifications From" and tap "Add People." Select the contacts you want to mute. Tap "Done" when finished.
6. To activate the Focus mode, access the Control Center on your iPhone, long-press the Focus toggle and pick the newly created Focus mode. Your iPhone will now automatically silence calls from the selected contacts while this Focus mode is active.

Remember, you can easily deactivate Focus mode whenever you're ready to resume normal call reception. Also, while your Focus status can be synced across all your devices, bear in mind that silence lists will not be supported on other devices unless they have been updated to iOS 16.

You can also silence notifications from specific apps during Focus with the following steps:

1. Go to Settings>Focus, then choose a Focus — for example, Do Not Disturb, Personal, Sleep, or Work.
2. Tap Apps (or tap Choose Apps), then do one of the following:
 - Allow specific apps: Tap Allow Notifications From, tap +, then select apps.
 - Silence specific apps: Tap Silence Notifications From, tap +, then select apps.

Note: You can allow or silence notifications from specific web apps you've added to your Home Screen.

You can also turn on Time Sensitive Notifications, which allows all apps to send time-sensitive notifications immediately.

Another way to mute calls from specific contacts is by assigning them a silent ringtone. Follow these steps:

1. Open the Contacts app on your iPhone and choose the contact you want to mute.
2. Tap "Edit" at the top-right of the contact's profile.
3. Scroll down and select "Ringtone." Then tap "Tone Store" to find a silent ringtone. Choose the silent ringtone's price and select "Assign to a Contact" from the prompt.
4. Pick the desired contact from your list and tap "Set as Ringtone."

On Android

In case you're an Android user and you were wondering if I've been focusing too much on Apple, fear not; there is a solution for you too. And while it might not be as elegant as Apple's Focus Mode, it still gets the job done.

Below are the steps:

- First, clear data for the Messages app. To do this, long press the Messages icon, tap (i) on the

pop-up, tap "Storage & cache", tap "Clear storage", and tap OK on the dialog that appears. This will not clear any of your conversations, so you don't need to worry about that.

- Now, open the conversation for which you want to receive a notification.
- Tap 3 dots in the top right corner, tap "Details", and tap "Notifications". This will create a custom notification category for that conversation. Do this for all conversations from which you want to receive notifications.
- Now, long press the Messages icon, tap (i) on the pop-up, tap "Notifications." You will see notification categories created for those conversations.
- Tap the "Incoming messages" category under "Default settings", and turn notifications for it to OFF.

Basically, what this does is that it separates out the conversations from which you want notifications. Any other conversations are assigned to the default category, for which you already turned off notifications.

If you want, you can also customize the individual notification categories (for conversations that you created above) by setting a notification tone for them.