

HOW TO TAKE SCREENSHOTS OF BATTERY USAGE SCREEN AND SEND TO THE RESEARCH TEAM (iPhone Users)

On each of the 8 nights of daily data collection, we ask that you take a screenshot of your BATTERY usage screen from your phone's Settings. You will then upload these screenshots via our secure online portal. We need these screenshots because the iPhone operating system does not show us the apps you used in your phone measurement data via the RescueTime app. If you have any questions about this, please ask us!

These screenshots will NOT include any of your personal information or identity. Instead, the screenshots will show how many minutes you used various apps throughout the day. When you submit your screenshots to us they will only be connected to your ID number.

Here are example successful screenshots for ONE day. We also show you how to take these screenshots below.



FIRST, WHICH iOS VERSION DO YOU HAVE?

This is NOT the edition of your device (such as iPhone 10 or iPhone X). The iOS is your device's operating system. So an iPhone 6 could have iOS12 for example. Instructions for figuring out the iOS of your device are detailed below.

iOS is the Apple operating system running on your device. If you are unsure of what your device's operating system is, you can check by following these steps:

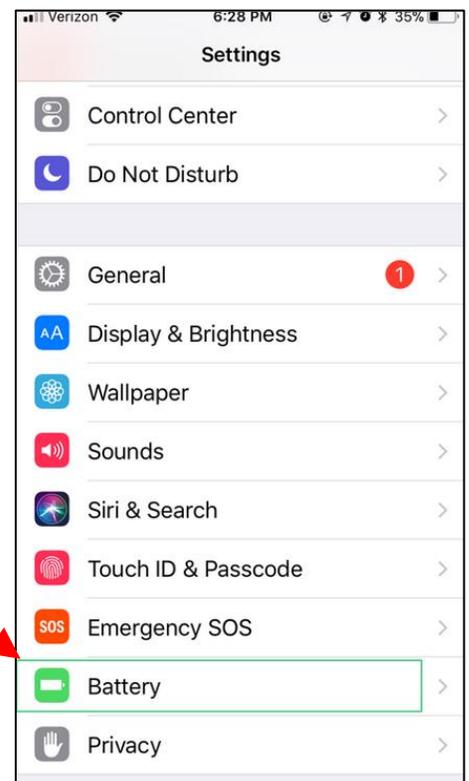
1. Locate and open the *Settings* app.
2. Tap *General*
3. Tap *About*
4. Note the current **iOS** version is listed by *Version*

iOS version 12 and up – HOW TO TAKE THESE SCREENSHOTS:

1. Tap the Settings app on your iPhone.

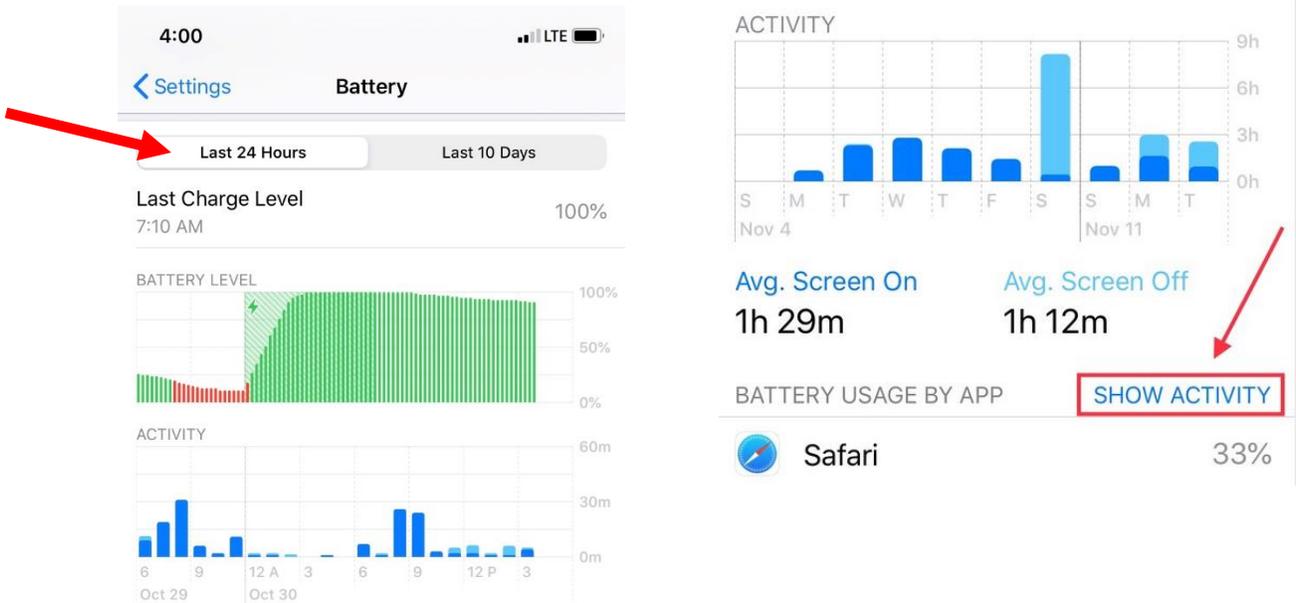
2. Tap Battery.

- NOTE: We need specific screenshots of the Battery usage, NOT Screen Time.
- If your battery settings are not showing up, please check that:
 - Your battery percentage is not near or at a full charge.
 - Your device is not plugged into a charger.
 - You are not on Power/Battery Saver Mode.
 - Often, this setting just needs to be checked back on and it will show up after using the device for a few minutes.



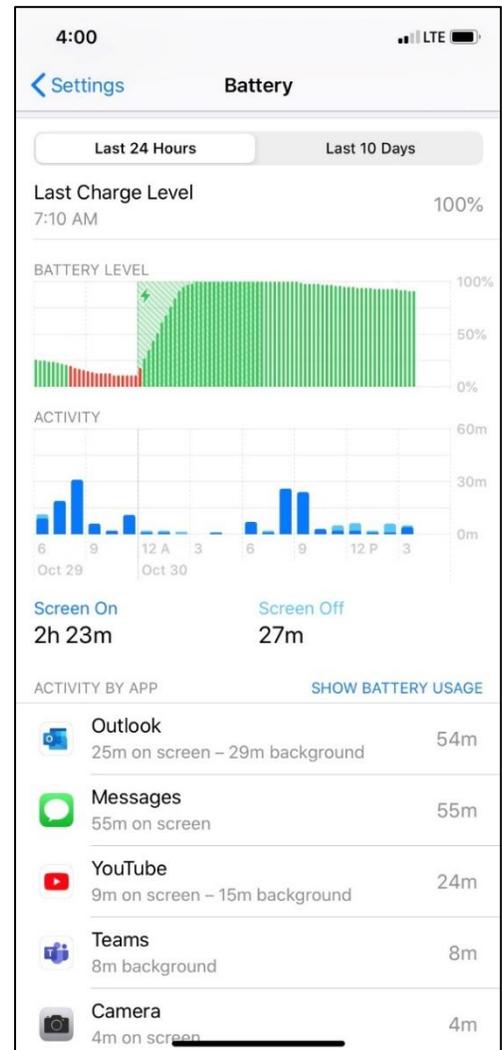
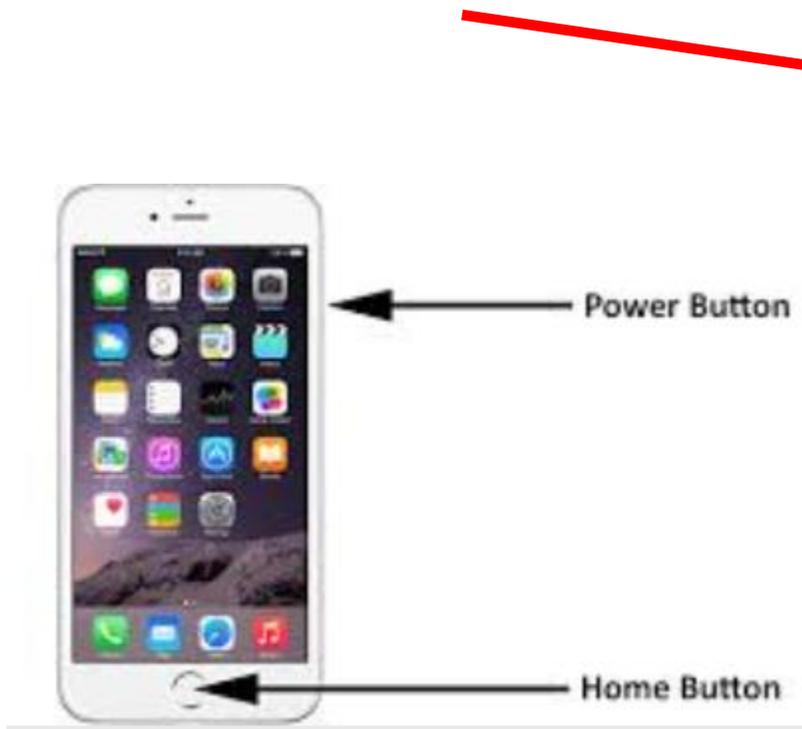
3. Tap “Last 24 Hours” at the top AND “Show Activity” under the bar graph.

- We need your app use for the last 24 hours, not for the last 7 to 10 days, so please tap “Last 24 Hours”.
- Tapping “Show Activity” will show how many MINUTES each app was used. We need to see the minutes each app was used, not the percentage.



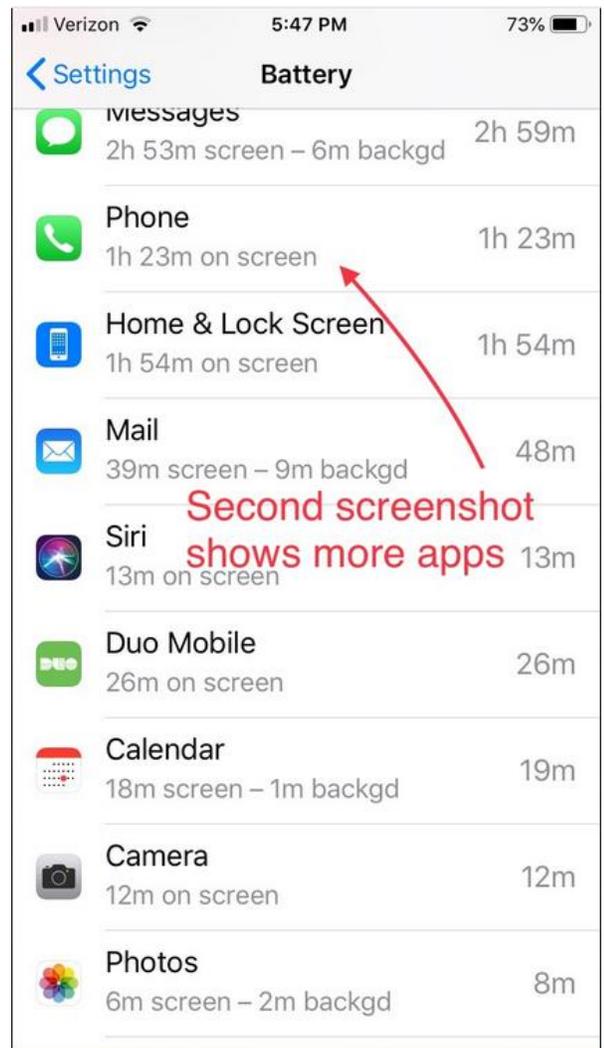
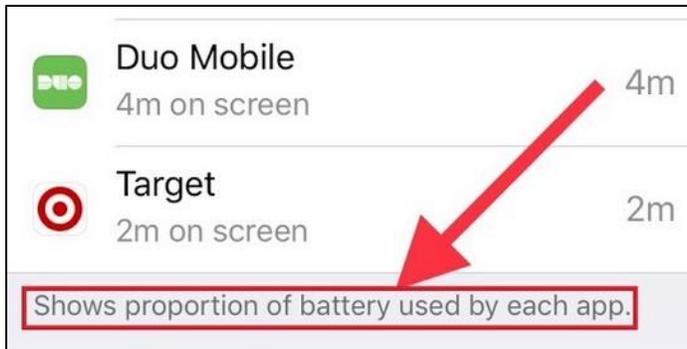
4. Take a screenshot that includes the “Last 24 Hours” button at the top and the bar graphs by pressing the Sleep/Wake button and the Home button at the same time.

- Your first screenshot should look like this. Notice how you can see the “Last 24 Hours” button and that it is selected.



5. Then, scroll down to take more screenshots to capture every app listed on this screen. You may need to take a few screenshots to get to the bottom of the list.

- Your second (and possibly third or fourth) screenshot will show more apps in the list and will look something like this.
- You should see “Shows proportion of battery used by each app” at the bottom of your last screenshot once you have reached the end of your app list. Please include that in your last screenshot so our team can be certain we’ve received all your data.



6. The following things should be visible in the screenshots you send to the research team:

- “Last 24 Hours”
- The Graphs showing app usage (if your iOS version shows graphs)
- Minutes (NOT percentages) each app was used
- ALL apps on the list including the text at the end of the list that says “Shows proportion of battery used by each app”

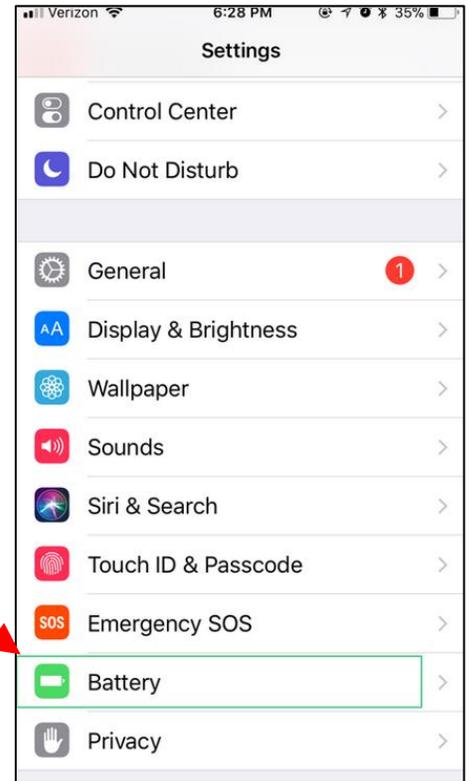
7. Once you have taken your screenshots, go to your Daily App Data Form. You can find the link to your form in the nightly survey email sent to you by the research team. Here you will type in your ID number and upload your screenshots.

iOS version 11 or lower – HOW TO TAKE THESE SCREENSHOTS:

1. Tap the Settings app on your iPhone.

2. Tap Battery.

- NOTE: We need specific screenshots of the Battery usage, NOT Screen Time.
- If your battery settings are not showing up, please check that:
 - Your battery percentage is not near or at a full charge.
 - Your device is not plugged into a charger.
 - You are not on Power/Battery Saver Mode.
 - Often, this setting just needs to be checked back on and it will show up after using the device for a few minutes.



3. Tap “Last 24 Hours” AND the “Clock Icon” to the right of Last 7 Days.

- We need your app use for the last 24 hours, not for the last 7 to 10 days, so please tap “Last 24 Hours”.
- Tapping the Clock Icon will show how many MINUTE each app was used, not just the percentage.



4. Take a screenshot that includes the “Last 24 Hours” button at the top by pressing the Sleep/Wake button and the Home button at the same time.

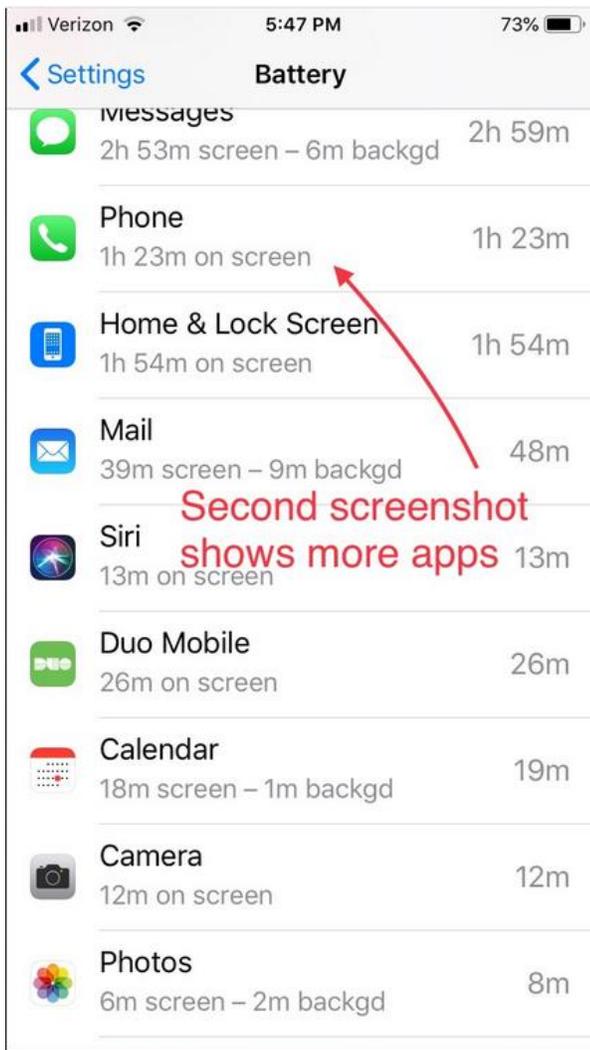
- Your first screenshot should look like this.
- Make sure the “Last 24 Hours” button is selected. You will know that it is selected when it is dark blue.



5. Then, scroll down to take more screenshots to capture every app listed on this screen. You may need to take a few screenshots to get to the bottom of the list.

- Your second (and possibly third or fourth) screenshot will show more apps in the list and will look something like this.
- You should see “Shows proportion of battery used by each app” at the bottom of your last screenshot once you have reached the end of your app list. Please include that in your last screenshot so our team can be certain we’ve received all your data.

SEE NEXT PAGE FOR SCREENSHOTS



6. The following things should be visible in the screenshots you send to the research team:

- “Last 24 Hours”
- Minutes (NOT percentages) each app was used
- ALL apps on the list including the text at the end of the list that says “Shows proportion of battery used by each app”

7. Once you have taken your screenshots, go to your Daily App Data Form. You can find the link to your form in the nightly survey email sent to you by the research team. Here you will type in your ID number and upload your screenshots.