How to stop ads on an android phone

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Join our newsletter All the best features, news, tips and great deals to help you live a better life through technology Thank you for signing up to T3. You will receive a verification email shortly. There was a problem. Please refresh the page and try again. By submitting your information you agree to the Terms & Conditions (opens in new tab) and Privacy Policy (opens in new tab) and are aged 16 or over. If you can remember back to the dawn of the smartphone age then you'll remember how magical it once felt to be able to check your email and send photos from a device small enough to fit in your pocket - our phones are technological marvels, there's no doubt. In recent years though, there's a sense that our best gadget buddies have become too distracting, dragging us out of the moment and cutting into precious work (or Netflix) time. Here's how you can tame your mobile notifications on both Android and iOS. Notifications on both Android Nougat, you can choose which apps can show alerts and which can't by heading to Settings, then tapping Notifications and selecting an app from the list. You can either block alerts from an app completely or set the app to only show silent alerts, which means they appear on the status bar at the top of your phone but don't make a noise, make a vibration, or pop up over something else you're doing. If you don't want to go through this process for all of your apps, another option is to just put your phone into silent mode - your notifications will still come through as normal, but you won't notice unless you're staring at your phone is screen. Maybe set aside regular time-outs in the working day to see if you've missed anything important. The Do Not Disturb feature in Android, under the Sound menu in Settings, automates this process a little by letting you set certain times of the day or week when your phone won't vibrate or make a sound (though notifications can still arrive). If you want, messages and calls from particular contacts can be allowed through the Do Not Disturb barrier. Depending on the make and model of your phone, the options you've got in Android might vary, but on most recent handsets they should be similar. Notifications on iOSApple has built a lot of notification management options into its mobile OS for you to play around with - if anything there are too many settings here, and it can be tricky for users to make sense of at first glance. The Notifications entry in Settings is the obvious place to start. Select any app here, and you can choose whether or not it's allowed to show notifications at all, as well as customise the type of alerts the app prompts if you're letting them through. Maybe try restricting the majority of app notifications to badges only, for example - then you can see which apps need attention, when you finally get around to it, but you're not constantly bombarded with interruptions on your phone. As on Android, you can just mute your phone and turn it over so you can't see the screen - use the mute switch on the left-hand side of the device to do this. If you can resist picking up your phone until the end of dinner or the movie you're watching then this is a good a method as any for making your handset less of a distraction. You can enable the Do Not Disturb mode manually or on a schedule, as well as set up a VIP list of people whose calls will prompt an audible ring even when Do Not Disturb is on. Your favourite apps might have more granular notification controls than you can customize the type of alert you get as well. We can't speak for every single app on your phone but have a look through and see what's available - you might not have to turn off notifications on the OS level if you're able to manage them through the app itself. In the case of WhatsApp, to take another example, it's possible to mute specific conversations for a while from the menu inside each thread. Simply uninstalling a bunch of apps so you've got fewer distractions on your mobile is another option you've got. Remember the likes of Twitter and Facebook can still be checked through your smartphone a rest. Certain apps let you set up alerts for specific people - in Instagram, for example, visit a friend's profile page, tap the menu button, and you can get alerts when that particular person uploads something new. Going completely off the gridWe've not yet mentioned one of the most obvious solutions - switching your phone off altogether. Not only does this mean you won't get any distracting alerts, it also means you're going to be able to go much longer between phone charges as an added bonus. If you don't want to go the whole hog and switch your phone off completely then there's always aeroplane mode on your Android device or iPhone, a guick shortcut for blocking all incoming (and outgoing) communications. Hey, you can still use the camera if you need to! Switching your phone off or enabling aeroplane mode for any substantial amount of time kind of defeats the point of having a mobile phone in the first place, and it will stop people reaching you in emergencies, so it's best to use this sparingly - in meetings, maybe, or for an hour a day when you don't want to be disturbed. We've all got our own phone habits and foibles and so there's no one-size-fits-all solution to getting your notifications under control. However, the tips we've mentioned above should give you some idea how you can grab some of your attention span back. Got an iPhone? iOS isn't getting any less distracting anytime soon Primakov/Shutterstock.com Since its birth, Android has had to deal with one big misconception. Some phone makers have even helped perpetuate this myth. The truth is you do not need to kill Android since the very beginning. "Task Killer" apps were very popular in the early days. Even as a techy person, I was guilty of using them at one time. It's understandable to think closing background apps comes from? I think there are a few things at play. First of all, it seems to just be common sense. An app is running in the background, I am not using it, therefore the app does not need to be open. Pretty straightforward logic. We can also look at the way we use computers, which predates smartphones. Generally, people keep apps open while they're using them, opening and minimizing as needed. But when you're done with an app, you click the "X" button to close it. That action has a very clear intent and result. Conversely, when you're done with an Android app, you typically go back to the home screen or lock the device. Are you actually closing it? People have looked for ways to close apps, and app developers and phone makers have been more than happy to provide methods to do it. How to Close Android Apps It's probably a good time to talk about what we actually mean when we say "kill" or "close" an Android devices, you can open the Recent Apps by swiping up from the bottom of the screen and holding it for a second halfway up. The other method is to simply tap the apps to close or kill them. Sometimes there's a trash icon underneath that you can also use. There's usually an option to "Close All" too, but that is never necessary. Android Has It Covered The common thought is closing background apps will improve battery life, speed up your phone, and reduce data usage. However, you can actually do more harm than good. It all comes down to how Android was specifically made to have a bunch of apps in the background. When the system requires more resources, it will automatically close apps for you. It's simply not something you need to do yourself. Plus, it's a good thing to have apps running in the background. They will launch very quickly when you open them, making your phone feel faster. That doesn't mean every app you've ever opened is sitting there eating up resources. Android will close unused apps as needed. Again, it's not something you have to manage yourself. In fact, all of that closing and opening can have a negative effect on performance. It takes more power to open an app from a cold state compared to one that is already sitting in the memory. You're taxing the CPU and the battery, which will have the exact opposite effect that you were intending. If you're worried about background data usage, that's something you can disable on an app-by-app basis. It's rare for a background app to use a lot of data, but if there's a culprit on your phone, you can fix that without constantly closing it. RELATED: How to Stop Android Apps from Using Background Mobile Data When Is It Necessary? We've outlined why you shouldn't kill Android apps, but the functionality is there for a reason. There are situations in which it's necessary to take control and manually close an app. If you ever notice an app misbehaving, a simple restart will usually solve the problem. The app may be displaying things incorrectly, having trouble loading something, or just plain frozen. Closing the app—or restarting your phone, in extreme cases—is a good place to start the troubleshooting. In addition to the Recent Apps method explained above, you can also close apps from the Android Settings and find the "Apps" section From the app's information page, select "Force Close." The moral of the story here is these things are already being handled. You don't have to worry about managing background apps. A capable operating system is on the job. You can rest easy knowing Android has it under control. There certainly are occasions where Android doesn't handle it well, but that's not often the case. Usually, it's apps that misbehave more than Android itself. In those situations, you know what to do, but in general, just let Android be Android. RELATED: How to Stop Android From Killing Background Apps

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