

If you have an Apple Watch on your wrist and you are either in a meeting or about go to sleep, you can put your Apple Watch in Do Not Disturb mode. By doing so, Apple Watch will keep receiving notifications from the apps but it won't play any sound or tap your wrist. You'll be able to see all the notifications regardless of the mode turned ON. The process is very simple and easy, so just follow the guide given below.

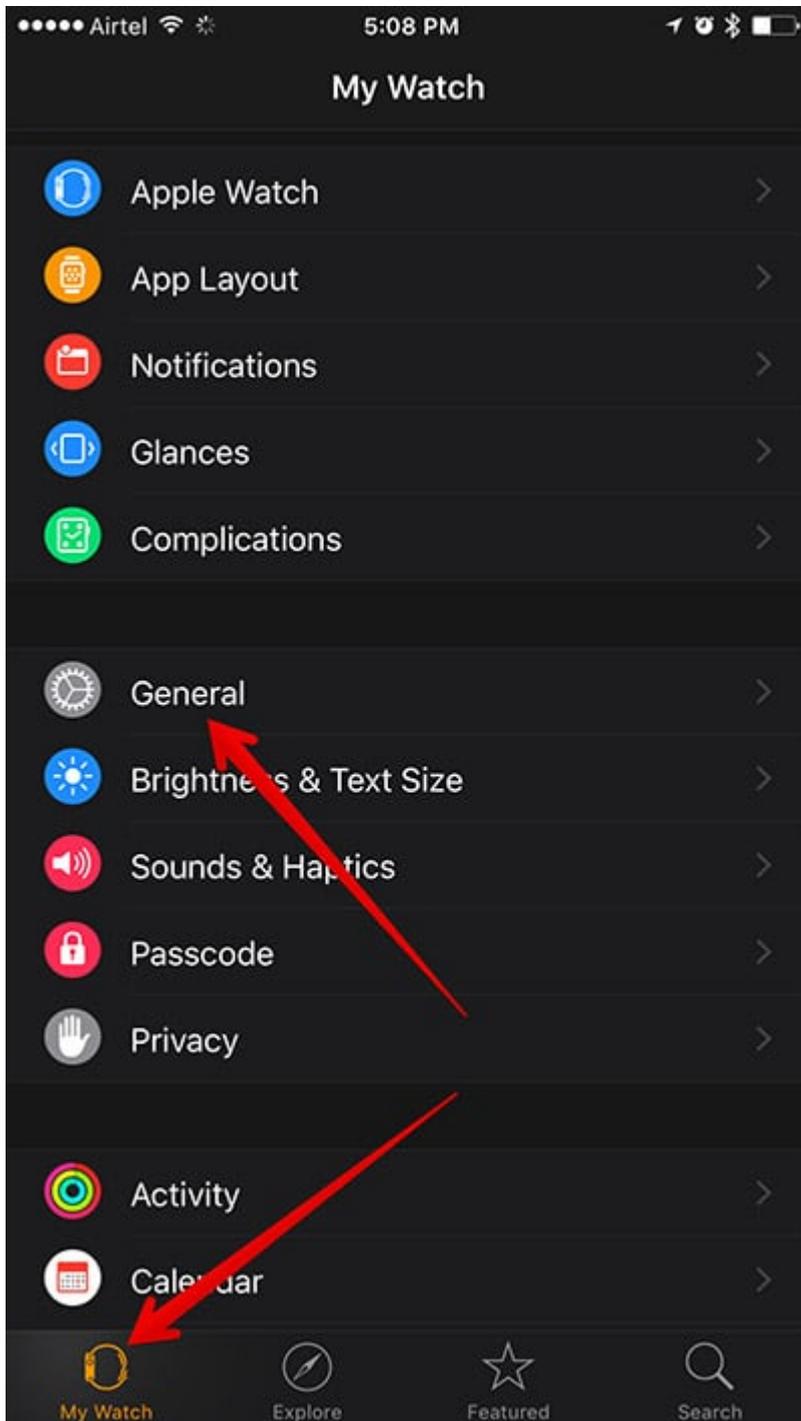


How to turn on Do Not Disturb on Apple Watch

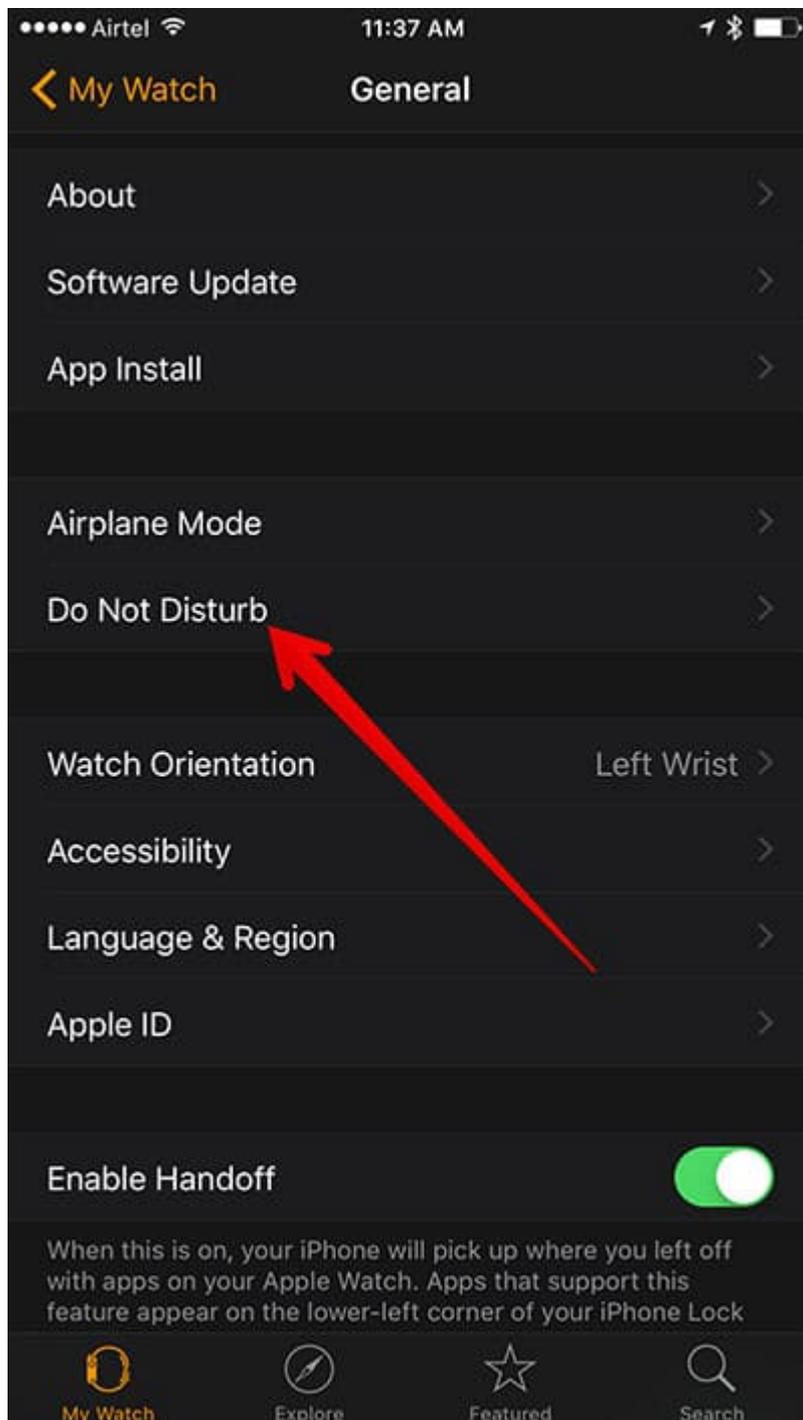
Enable Do Not Disturb from iPhone

Step #1. Open **Watch App** on paired iPhone.

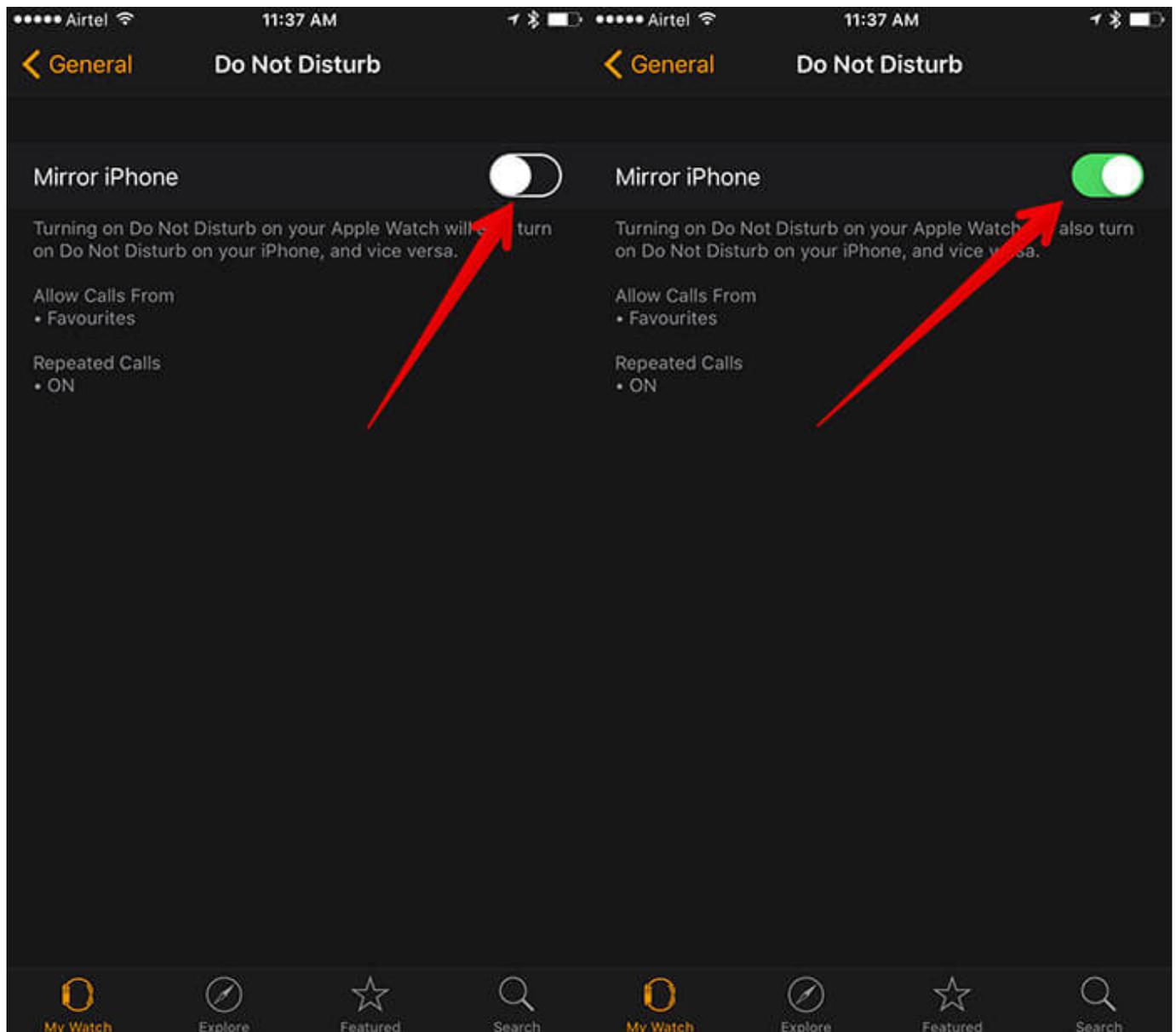
Step#2. Tap on **My Watch** → Tap on **General**.



Step #3. Tap on **Do Not Disturb**.



Step #4. In the following menu, toggle **ON** “**Mirror iPhone**”.



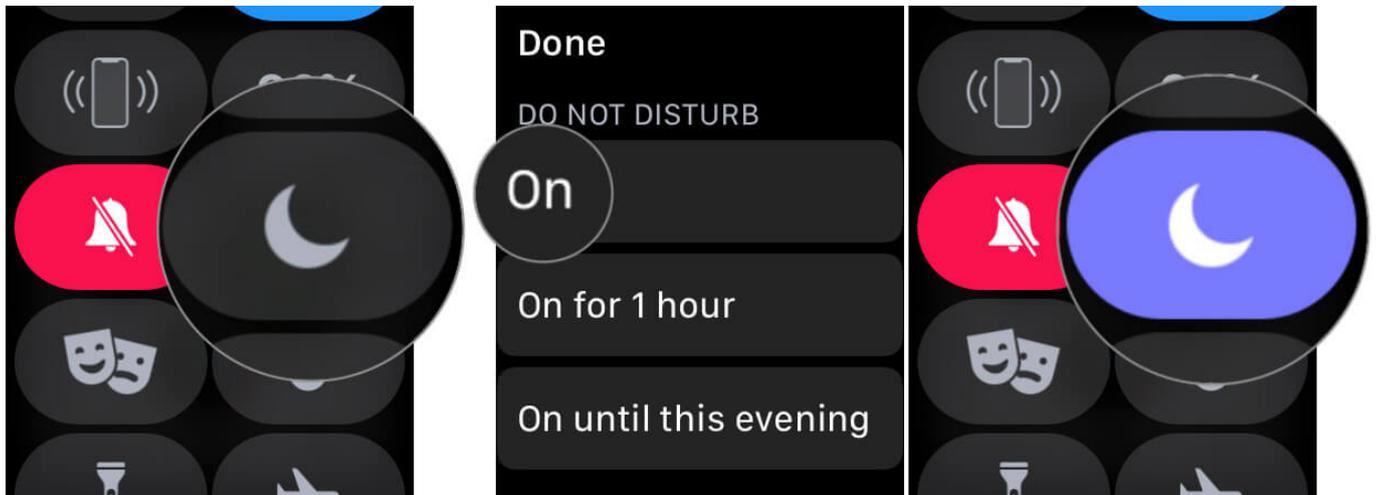
The same process is little different if you want to enable DND from Apple Watch. Check below to do the same from Apple Watch.

Enable Do Not Disturb on Apple Watch

Step #1. The process is little irritating on Apple Watch as the icons are very small. Anyways, press the **Digital Crown** until you see the watch Face.

Step #2. Now swipe up on the **Apple Watch** screen to bring up **Glances**.

Step #4. All you need to do is to tap on **Do Not Disturb** button and then tap on **ON** to enable it.



You can repeat the same process if you wish to turn it OFF. Please note that the DND mode does not automatically disable, you'll need to do it manually. If you want to enable DND on Mac, check out [this post](#).

You would like to read these posts as well:

- [How to auto enable Do Not Disturb for Workouts on Apple Watch](#)
- [Widgets for macOS Big Sur You Should Use](#)
- [How to use Do Not Disturb \(DND\) on iPhone and iPad](#)