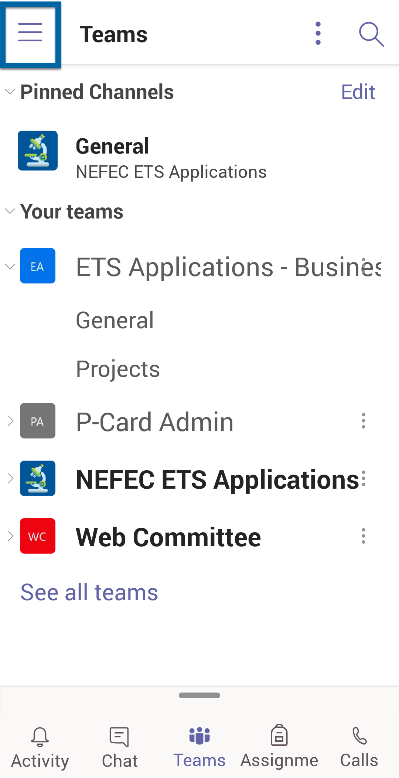
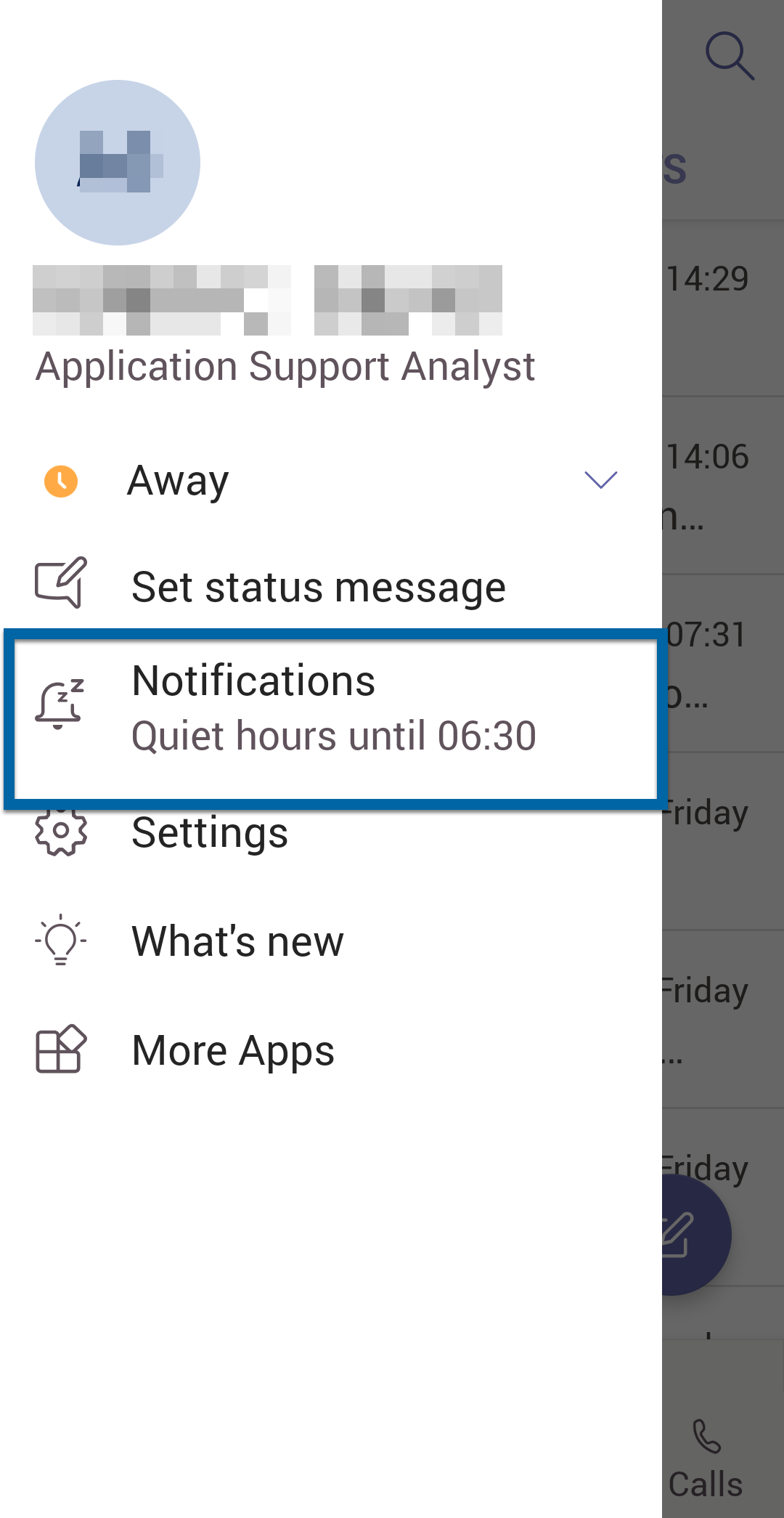
**Teams Quiet Hours**

Here are the steps to set the quiet hour options for Teams app on Android; iPhone steps may vary.

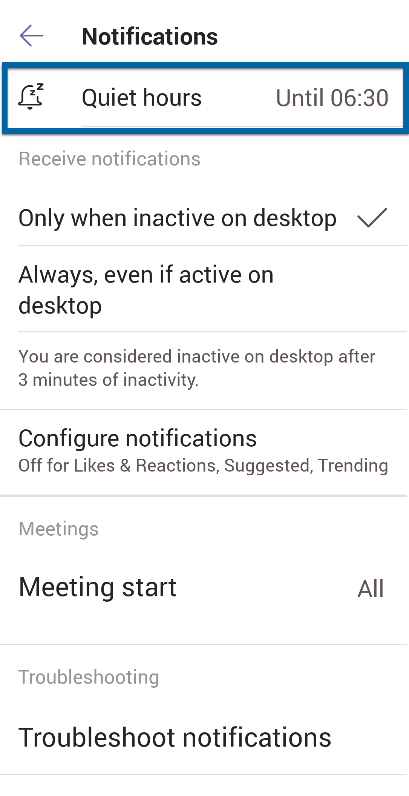
1. Click the three horizontal menu bars.



1. Select **Notifications.**



1. Tap **Quiet Hours**.



1. Tap **Daily quiet hours** to enable. Next, click on the Start and End time to set those times.

