Ontario Society of Senior Citizens' Organizations

iPad – An Introduction

Funded by:

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1 INTRODUCTION

This program is designed for presentation to students who are learning to use an iPad for the first (or nearly first) time. The functions are very similar to Android tablets, but not exactly the same, so the focus is on the more popular iPad device. The instructions are written with the student in mind, using wording that is suitable to be read aloud. Once you have delivered the training once or twice, you will discover your own preferred language and style. The chosen topics are based on typical interests among seniors using tablets for a variety of tasks.
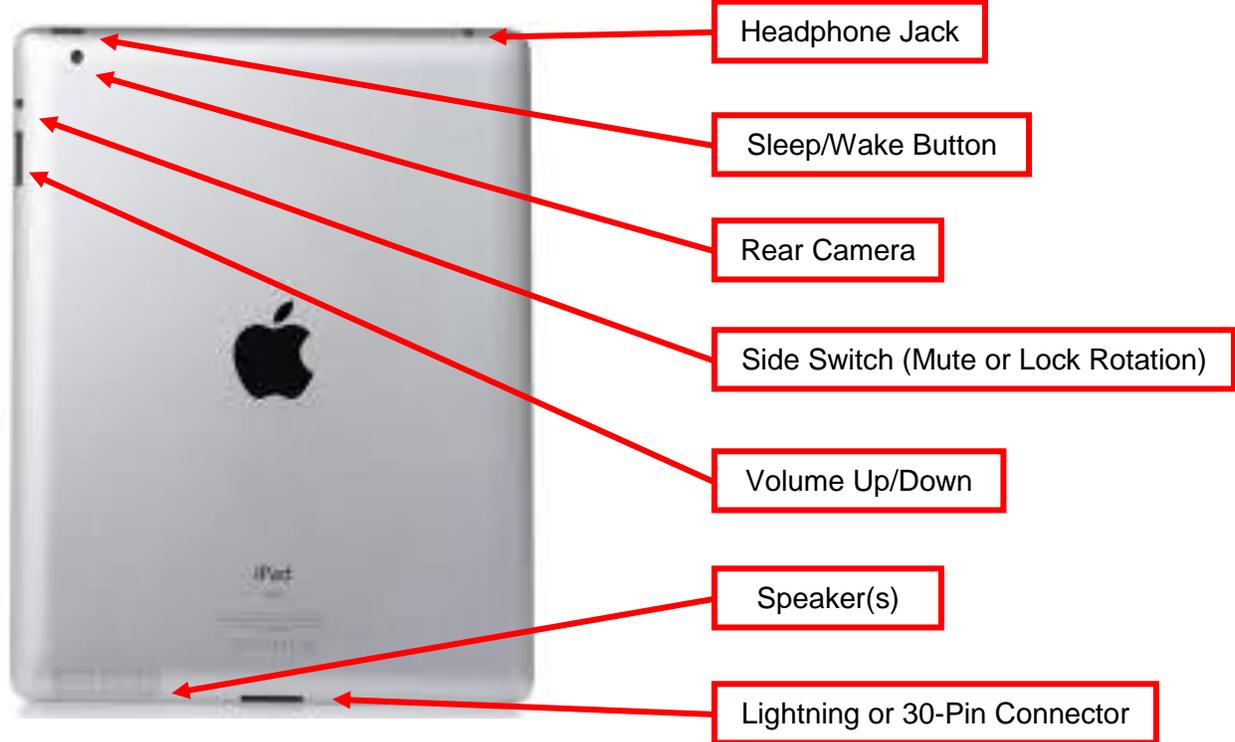
2 LESSON #1

2.1 GETTING STARTED

Note: Some steps throughout these instructions may vary slightly, depending on the model of iPad and the version of iOS that is being used. These instructions were written based on an iPad Air running iOS 10.

2.1.1 Front View

Front Camera

Multi-touch Screen

Home Button

2.1.2   Back View

Headphone Jack

Sleep/Wake Button

Rear Camera

Side Switch (Mute or Lock Rotation)

Volume Up/Down

Speaker(s)

Lightning or 30-Pin Connector

2.1.3   Stylus

A stylus makes it easier to tap icons by using a rubbery tip instead of your finger tip. It is sometimes included on a pen.

2.1.4   Screen Rotation

The iPad can be used in either Portrait (vertical) or Landscape (horizontal) mode. Most apps will rotate automatically, but you will discover that some apps only work in one direction or the other. The layout of the screen will adjust automatically. You can turn your iPad all the way around 360°.

If the rotation doesn't happen automatically, turn your iPad in the other direction or give it a shake until it recognizes what you are doing. The rotation will not change if your iPad is laying flat – it must be on at least a 45° angle.

If you don't want your screen to rotate, you can turn it off in the Settings or using the Side Switch if you set it up to control rotation (See Settings).

2.1.5 Sleep/Wake

If you don't touch the screen for two minutes, the iPad will lock itself. You can change the length of this delay in Settings. Certain covers will also automatically lock the iPad when they are closed.

1. To lock the iPad – that is, to put the display to sleep, save the battery and prevent anything from happening if you touch the screen – press the **Sleep/Wake** button on the top edge.

2. To unlock the iPad, press the **Sleep/Wake** button and enter your passcode.

   a. You can also press the **Home** button to wake the iPad. Press the **Home** button again and enter your passcode.

2.1.6 Turn On/Off

1. To completely shut down the power, press and hold the **Sleep/Wake** button.

2. When the prompt appears, slide the slider to the right to turn power off.

3. To turn the iPad back on, press and hold the **Sleep/Wake** button.

2.1.7 Get Help

1. Tap the Tips app icon to swipe through many tips that will make using the iPad easier and more fun.

   OR

2. Download the User Guide from iBooks. It will be added to your iBooks Library.

   a. Tap the **Table of Contents** icon . Tap the chapter you want to read.

   b. Swipe left and right, or tap in the margins, to turn pages.

   c. Search for specific terms using the Search box.

   d. Tap **Library** to return to your iBooks library of all the books you have purchased or downloaded.

2.2 GESTURES

"Gestures" are the hand and finger movements you use to take actions on your iPad. Here are the most frequently used gestures:

Gesture	Description
Tap	Opens an application or starts an action in an app.
Pinch Open/Pinch Closed	Zooms in and out of a screen to make it easier to see.
Double-tap	Auto-zoom in and out
Slide	Move your finger up or down the screen to scroll through lists and websites. If the full screen isn't visible, you can slide left and write to move around.
Long Tap (Hold)	Similar to a right-click on a mouse, it opens a short-cut menu of suggested actions.
Swipe left/right	To move through the home screens to see all your apps and also to move within most apps.
Swipe up from the bottom	Opens the Control Centre for quick access to things like volume control, brightness, Airplane mode, Bluetooth, etc.
Swipe down from the top	Opens the Notifications screen – for your daily calendar, etc.
Swipe 4/5 fingers up	Opens the multi-tasking view so you can quickly switch to another app. This is the same as double-tapping the Home button.
Pinch 4/5 fingers	This returns you to the Home Screen.
Drag through text	Selects text to make changes. Also highlights text you are reading in a book or document. Tap the highlighted text to change the colour or discard the highlights.
Twist/turn	Using two or more fingers, turn the screen image. This is very handy in the Maps application to orient the map in your current visual direction.

As we go through various exercises in this training, you will have many opportunities to practice these gestures.

2.3 BASIC SETTINGS

These settings are the ones you are most likely to use. The full list, including explanations, is in Appendix I – Settings.

Battery	Turn on and off display of available percentage of battery in the top right corner of all screens (may not display in some apps).
Display & Brightness	Adjusts the brightness of your display. Brighter displays are easier to see in normal lighting but use more battery. Night Shift adjusts the colour of the screen to reduce eye strain before bed which leads to improved sleep. This setting also adjusts the standard Text Size and turns on and off Bold Text.
General	The most important group of settings. This is where you control all the basic functions of the iPad. Specifically, look at Accessibility
iTunes & App Store	Controls which apps automatically update.
Mail, Contacts, Calendars	Controls which email accounts, contacts and calendars you can see in the built-in iPad apps.
Photos & Camera	Controls where photos are stored and how they are handled.
Privacy	All the ways you can control the privacy of your information.
Sounds	Controls which sounds you hear for many different activities. Can be fun to play with, but the defaults are usually fine.
Wallpaper	Allows you to choose different wallpapers that appear behind your icons on the lock and home screens. You can use the provided defaults or photos you have saved on your iPad.
Wi-Fi	Selects the Wi-Fi network you want to connect to. Some networks will require a password or security key.

1. **Exercise**: Go through each of these priority settings and discuss the many options.

   a. **Battery**

      i. Battery Percentage – turn this on to show the percentage of batter remaining in the status bar.

      ii. Battery Usage - a list displays of the various apps and the percentage of the battery that they are using. This is helpful to see if one app in particular is causing excessive drain on the battery.

   b. **Display & Brightness**

      i. Auto-Brightness – turn this on to have the display adjust its brightness depending on the surrounding ambient light that is available.

      ii. Night Shift – tap this to turn on a scheduled adjustment in brightness for evening work.

      iii. Text Size – allows adjustment of the text size within apps that support "dynamic type". See Accessibility under General Settings for more options.

c. **General** (selected items only)

    i. About – lists the specifications of your device

    ii. Software Update – searches, identifies, explains and provides an option to install iOS updates

    iii. Siri – turn Siri on and off and select various settings

    iv. Spotlight Search – turn on Siri Suggestions and also control which apps and services appear in the list of suggestions from the search screen

    v. Multitasking – Allow Multiple Apps, when turned on, allows you to swipe from the right to pull another app partly over the one you have open. Drag up or down to see a list of available apps and tap one to open it in the overlay. Also turn on Gestures to use new four-finger gestures.

    vi. Accessibility – numerous features to make using the iPad easier when vision or hearing issues exist. Benefits are specific to each person's needs.

    vii. Side Switch – change its purpose between Lock Rotation or Mute. Whichever one is chosen, the other is still available through the Control Centre.

d. **iTunes & App Store** – control which downloads happen automatically

e. **Mail, Contacts, Calendars** – connect email, contacts and calendars from other services, such as Google or Microsoft to be accessed through the three apps

f. **Photos & Camera** – control how pictures are shared among your Apple devices

g. **Privacy**

    i. Location services – turn on to take advantage of specific features using your current location in various apps, such as Maps

h. **Sounds** – control volume with the volume buttons, change sounds for different events, turn on/off Lock Sounds and Keyboard Clicks

i. **Wallpaper** – change the wallpaper behind your lock screen and home screen

j. **Wi-Fi** – select a Wi-Fi network

2. To return to the previous page, tap the back button at the top (the name will change, depending on the group of Settings you are in).

3 LESSON #2

3.1 APPS

3.1.1 What are they?

Everything you do on an iPad is done through an "app" (application). Apps are pieces of software – some are simple (maybe one purpose such as a flashlight) and some are very complex with many features. Facebook is an app. Safari is an app. Mail is an app. Every game is an app. Even if you use your iPad for Word or Excel, those are apps.

3.1.2 Built-in Apps

Numerous apps are pre-loaded on every iPad (listed alphabetically). They cannot be removed.

App Name	Icon	Description
App Store		This application is used to buy games and apps (including may free ones) for your iPad.
Calendar		The calendar app will allow you to set up events and share them through iCloud with any other compatible devices such as your iPhone.
Camera		The iPad 2 added both a front-facing and a back-facing camera, and both can be accessed through the Camera app. Use the camera app to take both photos and videos.
Contacts		This app allows you to have all your Contacts in one place to use in both Messages (instant messaging – "texting") and FaceTime (for video chatting). In fact, these contacts can be synced with your iPhone via iCloud, so you never have to worry about manually typing in the contacts from your phone.
FaceTime		FaceTime is the video conferencing software that links the iPhone, iPad and iPod Touch. It's like Skype but only works between Apple devices.
Game Center		The Game Center holds leaderboards and achievements for games that support it. You can also connect with friends and family to compete against each other.
iTunes		The iPad version of the store has most of the same features as the PC version. You can buy movies to play with the Videos app and music to play using the Music app. You can also download any music you bought using iTunes on your PC without actually connecting your iPad to your PC.
Maps		Easily one of the best apps that come pre-loaded, the Maps app is a great version of Google Maps. If you have an iPad with 3G, you can use the Maps program as a GPS for the car. And even if you don't have 3G, the Maps application can be used to get quick directions or look up stores or restaurants in a certain area of town.

App Name	Icon	Description
Messages		The Messages app will allow you to send an instant message to anyone with an iPad, iPhone or iPod Touch for free. Messages is a great way to cut down on your text messages bill if you aren't on a monthly plan.
Notes		The equivalent of Notepad on Windows, the Notes app does exactly as you would expect: allow you to type in a quick note.
Photo Booth		This neat application will let you take fun photos, including one with a twirl effect that will make the image look like it was taken through a circus mirror and stretch effect that can create the longest chin in the world.
Photos		This application lets you manage, view and sort the photos that are saved on your iPad.
Reminders		The Reminders app can serve two purposes. First, it is great for setting up a reminder. You can choose a day and time for the reminder and even have it repeat on a regular basis. Second, it can be a great To Do list. Each reminder can have its own alarm and priority setting.
Settings		This is where you manage how your iPad functions – all your preferences.
Videos		The videos application is where you play the Movies and TV Shows you buy on iTunes or transferred to the iPad from your personal library. Many DVDs now come with a digital copy, which can be transferred to the iPad via iTunes.
YouTube		Use the YouTube app to search for and play YouTube videos. If you are in the Safari browser and click on a video, the YouTube app will launch.

Note:

Newsstand		If you had the Newsstand app in a previous version of the iOS, it is no longer available in Canada.

3.1.3 Using Apps

1. Find the app icon on your home screen by swiping right or left.

2. Tap the icon. The app opens.

Every app works differently. If you are not familiar with the app, look for a Help ⑦ button (usually a question mark) that will give you instructions. In some apps, the first time you open it, you will automatically see a tutorial.

3.1.4   Closing Apps

When you open another app, the one you were using goes to sleep in the background. You can have many apps sleeping in the background.

1. To return to that app, tap the icon on the home screen again.

2. To see all the apps that you have opened, press the Home button twice. This opens the "multi-tasking view" which shows you a stack of apps that are open. Slide through the open apps and tap the one you want to go to.

3. Sometimes apps get "stuck" and stop working properly. If this happens, press the Home button twice, find the app you want to close and quickly swipe upwards. The app will disappear from the multi-tasking view and shuts down. To re-open it, tap the app icon again.

   a. If you are not having any problems with the apps that are sleeping, there is no need to close them.

3.1.5   Rearranging Apps

It can be helpful to rearrange your apps so that similar apps are grouped together.

1. Hold down any app until the icons start to jiggle. Tap and hold the app you want to move and drag it to its new location. Drag it as far left or right as possible to move it to another screen. Other apps will adjust on the screen to make space.

2. If you'd like to group similar apps into a folder, drag one app on top of another app. A folder will automatically be created. Tap the name of the folder to rename it.

3. When you are finished rearranging apps, press the **Home** button to save your changes.

3.1.6   Deleting apps

1. Hold down any app icon until they start to jiggle.

2. If the app you want to delete (uninstall) has a small x in the corner, tap the **x**. To confirm that you want to delete the app, tap **Delete**.

3. When you're finished deleting apps, press the **Home** button.

You will notice that some apps don't have the x in the corner. These are pre-installed apps that came with the iPad and cannot be deleted. If you'd like to tuck them out of your way, move them together into a folder. You can see the list of Built-in Apps here.

3.2   THE APP STORE

The App Store is where you purchase games and many different types of apps. Prices range from free to a few dollars, and in a few cases hundreds of dollars. A credit card is required unless the app is free.

3.2.1 Opening the App Store

1. Tap on the **App Store icon** .

2. Across the bottom of the screen, you will see a series of icons. The apps are divided up into categories such as **Featured** and **Top Charts**. **Explore** lets you find featured apps in a variety of genres such as Made in Canada or Sports Games. **Purchased** shows you all the apps (free or paid) that you have purchased. **Updates** lets you start updates to your existing apps (many update automatically, but some require you to start them).

3.2.2 Searching for Apps

1. Tap in the Search box in the top right corner and start to type the name of the app you want.

2. If you wish, tap one of the suggested searches.

3. Tap **Search**.

   a. **Exercise** – download the following apps to be used in upcoming sections:

      i. Google

      ii. Google Maps

      iii. Skype

3.2.3 Searching for Apps Using Categories - Optional

1. Tap **Categories** in the top left corner of the main screen.

2. Select a category: Games, Education, Magazines & Newspapers, Books, Business, Catalogues, Entertainment, Finance, Food & Drink, Health & Fitness, etc.

3. If you select Games or Magazines & Newspapers, then tap the sub-category that you want to search.

4. Slide your finger up and down the list to view more categories.

3.2.4 Downloading apps

1. Once you have found the app you want to download, tap the **Get** button.

2. If the app is free, tap the **Install** button.

3. If there is a fee for the app, tap the **Buy** button.

4. Wait for the download to complete and tap the **Open** button to start the app.

3.3   ITUNES STORE

The iTunes Store is where you can purchase music, movies and TV show episodes or series. Charges range from a few dollars and require a credit card. Occasionally trailers and special features may be available for free.

3.3.1   Searching for items

1. Open the iTunes Store app by tapping on the icon.

2. Tap **Music**, **Movies** or **TV Shows** at the bottom of the screen.

3. To narrow your search, tap **Genres** and make a selection by tapping an item on the list.

3.3.2   Downloading purchases

1. Tap the item you want for more information.

    a. To go back to the search screen, tap anywhere outside the preview window.

2. Tap the price to start the purchase process.

3. Tape **Buy Album** (or movie, etc.)

4. Enter your Apple ID password and tap **OK**.

5. If you have registered a credit card on your Apple ID, the transaction will be completed automatically. If you have not registered a credit card, you will be asked to provide billing information. Tap **Continue** to do this.

    Note: For extra security, you may wish to remove that credit card from your Apple ID after you complete your purchase. That way, you won't be able to accidentally complete purchases because it will ask you to register a credit card the next time you want to purchase an app. It's a little extra work to add and remove the credit card every time you want to purchase an app, but it avoids the hassles of getting refunds for accidental purchases. In Safari, go to **appleid.apple.com** to manage your Apple ID.

6. When you have completed your transaction, a receipt will be emailed to you. Note that the receipt can take a few days to arrive in your email.

3.4   SAFARI

Safari is Apple's default web browser. Others such as Google Chrome work, but since Safari is designed to work on Apple devices, it is the best choice. Safari is used to conduct any search you want to do on the internet – find travel information, shop, or research a topic.

1. Tap the Safari app icon .

2. Type your search or the website address you want to go directly to. As you start to type, a variety of suggestions will display. When you see what you want, tap it.

3. To open a new window, tap the plus sign ⊞ .

4. To share a website (including posting to social media and printing), tap the share icon ⬆ . Tap the website or print icon where you want to share the page and follow the onscreen instructions.

5. To open a link in a document or website, touch and hold the link. Tap **Open**, **Open in New Tab**, **Add to Reading List**, **Save Image**, or **Copy**. The available choices will depend on the type of link.

3.5 GOOGLE SEARCH

The Google app works the same as using the www.google.ca search engine through your web browser (Safari).

1. Tap the **Google** app icon G .

2. Tap in the **search box** and type your search question.

3. Tap the **blue heading** of the search result that meets your needs.

    a. Remember that if you don't find what you're looking for, alter your search slightly by adding, removing or changing a word or two.

4. To go back to the main screen, tap the icon G at the bottom of the screen.

5. To go back one screen, tap the back arrow at the bottom of the screen.

6. To view all your previous search windows, tap the history button in the bottom right of the screen.

    a. Slide through these windows to see each one and tap the one you want to return to.

7. To use speech to do your search, tap the microphone button at the end of the search box. State your search clearly. The results will be displayed and announced.

8. Sometimes to get the full functionality of a website, you will have to view it in Safari. Tap the three dots **Menu** then tap **Open in Safari**.

9. **Exercise**: search for travel information

    a. Enter a destination in the search box

    b. Tap the heading of one result that you want to read about.

    c. To go back to your search results, tap the back arrow at the bottom of the screen.

3.6   SKYPE

Skype is used for video and phone calling over the internet. It can be used for calls between any two (or more) people who have the app. You can download the Skype app for free from the App Store.

Note: Skype calls are free as long as you are using the internet to connect. If you Skype to a cell phone, a fee is required by purchasing credits.

1. Tap the Skype app icon .

2. If you have a Skype name already, tap .

3. Type your password and tap **Sign in**.

4. Any contacts that you recently Skyped with will appear on the left. Tap the contact you want to call.

5. To make a video call, tap the camera icon .

6. To make a phone call, tap the phone receiver icon .

7. To send a text message, type the message at the bottom of the screen and press Send .

8. To find another contact, tap **Contacts**. Tap on the name. Then tap the video or phone icon to place your call.

   a. You have to add someone to your Skype contacts before you can call them. If you haven't done this yet, tape **Send contact request**. After they accept your request, you will see them in your Contacts and you will be able to call each other.

9. To end your call, either person can tap the End Call red receiver .

10. To sign out of Skype, tap **My info**. Slide down and tap **Sign out**. The Skype sign in screen will display.

3.7   FACETIME

FaceTime is used for video and phone calling over the internet. It can only be used between Apple devices such as iPad or Mac and each person on the call must have an Apple ID.

1. Tap the Facetime app icon .

2. Type the name, email or phone number of the person you want to call.

3. To call someone from your contacts list, tap the plus sign and then tap the person in your contacts. Tap their name again and then tap **FaceTime** (for a video call), **FaceTime Audio** or **Send Message** (to send a text).

4 LESSON #3

This lesson covers a variety of apps. Some of them are built-in apps that come with the iPad but others will have to have been downloaded from the App Store.

4.1 BOOKS

Use the **iBooks** app to download (for free or for a price) and read e-books. You can also download and play Audiobooks in this app.

4.1.1 Searching for books and audiobooks

1. Open the iBooks app by tapping on the 📖 icon.

2. Tap **Books** or **Audiobooks** at the top of the screen.

3. To narrow your search, tap **Categories** at the top of the screen and make a selection by tapping an item on the list.

4. Tap **Featured** or **Top Charts** or **Top Authors** at the bottom of the screen to further narrow your search.

5. Tap the search box at the top of the screen and start typing the book you are looking for.

    a. If you type "free" in the search box, you will only find the free books.

4.1.2 Downloading purchases

6. Once you have found the app you want to download, tap the **Get** button or the price button.

    a. If the app is free, tap the **Get Book** button.

    b. If there is a fee for the app, tap the **Buy Book (**or **Buy Audiobook)** button.

7. Wait for the download to complete and tap the **Read** button to start the app.

4.1.3 Reading Previously Downloaded Books

1. Tap the iBooks app icon 📖.

2. Tap the book in your Library that you want to read.

3. To turn the page, tap in the left or right margin on the screen.

    a. You can also swipe right or left to turn the page.

4. To bookmark your place to return to, tap the bookmark icon ⌂ in the top right corner. The bookmark icon will turn red ▮.

5. To resume reading, tap the list icon in the top left corner. Tap **Bookmarks**. Tap **Resume** to continue at the last bookmark. If you have created multiple bookmarks, tap the one you want to return to.

6. Tap the view icon A**A** to change the brightness, font size, font style, or background colour. To switch to a scrolling view instead of turning each page, tap the button beside Scrolling View.

7. Tap anywhere on the page to close the view options window.

4.2 MAPS

The Maps app allows you to find any address in the word and to get directions for driving, walking or taking transit.

Note: For more enhanced mapping capabilities, including options (such as avoiding toll roads) and Street View, you may prefer to download the Google Maps app.

1. Tap the **Maps** app icon . A map will open showing your approximate current location.

2. In the Search box at the top of the screen, start typing the address you're looking for. As you start to type, a list of suggestions will appear. When the address you want appears on the list, tap it.

3. Use any of the available gestures to move around the map such as Slide, Pinch Open/Closed, and Twist/Turn.

4. To get directions to or from this location, tap **Directions**.

5. Fill in the Start and End addresses to display one or more possible routes.

6. To share your map or directions, tap **Share**. Tap your preferred method, such as Print, Email or Facebook and follow the onscreen instructions.

4.3 GOOGLE MAPS

1. Tap the **Google Maps** icon .

2. Type the address in the search box. As you start to type, suggested addresses will appear. Tap the correct address.

3. To get directions, tap the Directions icon in the lower right corner. Directions from your current location will automatically display. To select a different starting point, tap Your Location and tap or enter a starting point.

4.4 CAMERA

1. Tap the Camera icon .

2. Make sure the camera opening is not covered, aim your picture and tap the shutter icon .

3. To switch to the front camera, tap the switch camera icon .

4. To view recent photos, tap the thumbnail in the bottom right corner.

4.5 PHOTOS

11. Tap the Photos app icon .

12. Tap any photo you want to see in full size.

13. To delete a photo, tap the garbage can.

14. To make changes to a photo, tap **Edit**. Use the Brightness, Crop, Theme, Colour, and Red Eye Correction buttons to make adjustments. Click **Save.**

4.6 ONLINE BANKING

Every bank's online banking system is unique. Some banks have created an app that you can download from the App Store. These instructions are for using the bank's website.

1. Go to Safari and enter your bank's website address.

2. Tap whatever button is available to go to their online banking site.

3. If you haven't used online banking before, follow the instructions to activate your online banking. Your client/debit card as well as security questions and answers will be required.

   a. Record the user id and password that you create. This password should be different than every other password you have, and it should be tricky for someone else to guess.

   b. If there is an option to "keep me signed in", make sure this is Unchecked.

4. When the set-up is complete, bookmark the login page so that you can come back to it easily.

5. Look for a tutorial or help page to learn how to use your bank's online banking website.

6. When you have finished your banking activities, be sure to sign out before closing Safari.

4.7 YOUTUBE

1. Tap the YouTube app icon ▶. A list of Recommended videos displays.

2. Tap the Search icon to find a specific video or type of video. Start typing in the search box and a list of suggestions will appear.

3. Tap the video you want to watch.

4. To stop a video, swipe it to the bottom right corner where it will continue to play while you do other things. Swipe it off the corner of the screen to completely stop it.

4.8 NETFLIX

1. Tap the Netflix app icon N.

2. Tap **Join free for a month** if you don't have an account yet. Follow the instructions to fill in the required information.

3. If you have an account, tap **Sign In** and enter your user id and password.

4. Search for the show you want to watch by using the search box or by browsing (scrolling) through the suggested shows.

5. Tap **Manage Profiles** to create up to five different profiles within your account. Profiles allow you to control what type of content is visible for different people, such as grandchildren.

4.9 PLAYING GAMES

Every game app operates differently. Once you have downloaded the game, start it by tapping on the game icon. Look for a tutorial screen (many start with a tutorial automatically the first time you open them or move to a new level).

1. **Exercise**: Go to The App Store and download a game. Once the download is complete, tap **Open** and following the instructions for the game.

5 REVIEW

Allow students time at the end of each class to practice using their favourite apps and services so that their questions can be answered.

6 APPENDIX I – SETTINGS

Here is a list of all of the Settings that are available with a brief description of each. Follow the prompts on each screen to make changes.

Airplane Mode	Turn on and off all communications (Wi-Fi, Bluetooth, data (if available). Saves battery when no communication sources are available.
Battery	Turn on and off display of available percentage of battery in the top right corner of all screens (may not display in some apps).
Bluetooth	Turn on and off Bluetooth communications. If you have an external keyboard, it is connected via Bluetooth so this needs to be turned on.
Control Centre	Turns on and off access to the Control Centre via the Lock Screen and/or within Apps.
Display & Brightness	Adjusts the brightness of your display. Brighter displays are easier to see in normal lighting but use more battery. Night Shift adjusts the colour of the screen to reduce eye strain before bed which leads to improved sleep. This setting also adjusts the standard Text Size and turns on and off Bold Text.
Do Not Disturb	When enabled, incoming FaceTime calls and alerts are silenced. A moon icon appears in the Status Bar.
Facebook	Controls various settings related to using Facebook on the iPad. A Facebook profile is required.
FaceTime	Controls various settings related to using FaceTime (iPad's video chatting app)
Flickr	An app that is used to store, sort and share photos online.
Game Centre	Controls settings related to playing online games with other players.
General	The most important group of settings. This is where you control all the basic functions of the iPad.
iBooks	Controls how e-books display and how audiobooks play.
iCloud	Controls what information you store on iCloud
Individual apps	Many apps that you download will have their own settings and will appear on this list.
iTunes & App Store	Controls which apps automatically update.
Mail, Contacts, Calendars	Controls which email accounts, contacts and calendars you can see in the built-in iPad apps.
Maps	Controls whether your maps show in miles or kilometers, with labels in English.
Messages	This setting controls how the Messages app behaves. This is completely separate from Facebook Messenger.
Music	Controls how the music app plays the music you have purchased in the iTunes store.
Notes	Controls how new notes (memos) are created and saved.
Notifications	Controls how notifications display after swiping down from the top of the screen.
Passcode	Allows you to change or remove your passcode.
Photos & Camera	Controls where photos are stored and how they are handled.

Podcasts	Controls how podcasts behave.
Privacy	All the ways you can control the privacy of your information.
Reminders	Controls how reminders are sync'd across your Apple devices.
Safari	Controls how the Safari web browser works.
Sounds	Controls which sounds you hear for many different activities. Can be fun to play with, but the defaults are usually fine.
Twitter	Allows you to sign in to Twitter.
Videos	Controls how video playback behaves.
Vimeo	Vimeo helps you store and share videos online. This setting allows you to sign in to Vimeo if you've installed it.
Wallpaper	Allows you to choose different wallpapers that appear behind your icons on the lock and home screens. You can use the provided defaults or photos you have saved on your iPad.
Wi-Fi	Selects the Wi-Fi network you want to connect to.