

PRINTABLE GUIDE

Adjust the sound you actually want to hear

Phones have separate sound levels. Choose the sound you need, test it quietly and check whether headphones or silent settings affect the result.

iPhone or Android | 2 min read | 5 steps

Before you start

- ☐ An unlocked phone
- ☐ A short video or a trusted person who can call

1. Test media sound

Play a short video or music sample, then press a side volume button. Raise it gradually until comfortable. This normally changes media sound while something is playing. Start quietly, especially when wearing headphones.

- ☐ Done this step

2. Set incoming-call sound

iPhone: open Settings, Sounds & Haptics and adjust the ringtone/alert slider.
Android: press a volume button and expand the sound controls, or open Sound settings. Find Ring volume; labels vary by manufacturer.

- ☐ Done this step

3. Check silent and quiet modes

Look for Silent, Vibrate, Focus or Do Not Disturb. These can suppress alerts despite a high volume setting. On iPhone, the silent control may be a switch, Action button or onscreen control, depending on model.

- ☐ Done this step

4. Check where audio is going

If Bluetooth headphones or speakers are connected, sound may be playing there. Disconnect an accessory temporarily or choose the phone as the audio output. Make one change, then replay the same short sample.

☐ Done this step

5. Test calls and alarms separately

During a trusted test call, use the volume buttons to adjust the other person's voice. Alarm sound has separate controls on some devices. Check it in Clock and run a short test instead of relying on a ringtone test.

☐ Done this step

Try it for yourself

Test one video and one incoming call, adjusting each sound separately.

☐ I tried the task.

My notes

The ringtone is loud but a video is quiet. Why?

They use different sound controls. Start the video and adjust media volume while it is playing.

Official help and the online guide

Google: volume and sound controls - <https://support.google.com/android/answer/9082609?hl=en>

Apple: personalise sound - <https://support.apple.com/guide/iphone/make-your-iphone-your-own-iphefb3daa42/ios>

Read online: <https://plaintech-guides.pages.dev/guides/phone-sound-controls/>