



1 Turn off your sound and visual notifications

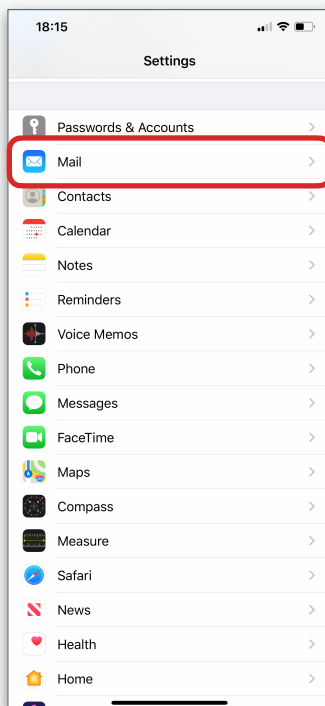
Email notifications distract us, are difficult to not click on, and as a result they destroy our concentration. We know that turning them off can be downright scary. Don't worry, even with them off, you'll still check your email. We recommend trying it for a while and if it doesn't work for you, you can always turn them back on.

Turn off sound and visual notifications

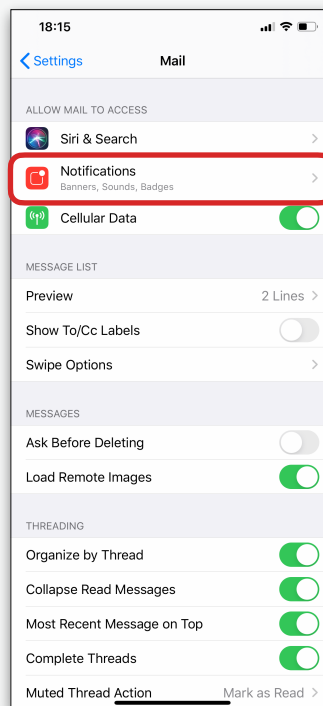


1. Find and click on the settings icon on your iPhone.

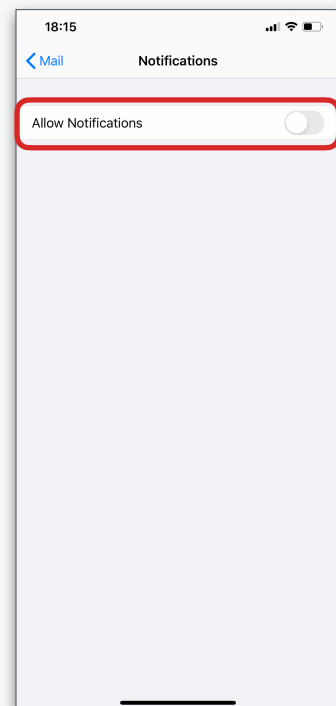
2. Scroll down and select "Mail."



3. Select "Notifications."



4. Ensure notifications are switched off.



If you have any questions about the Stack Method™ or the set up process, please reach out to us at hello@doublegemini.com.