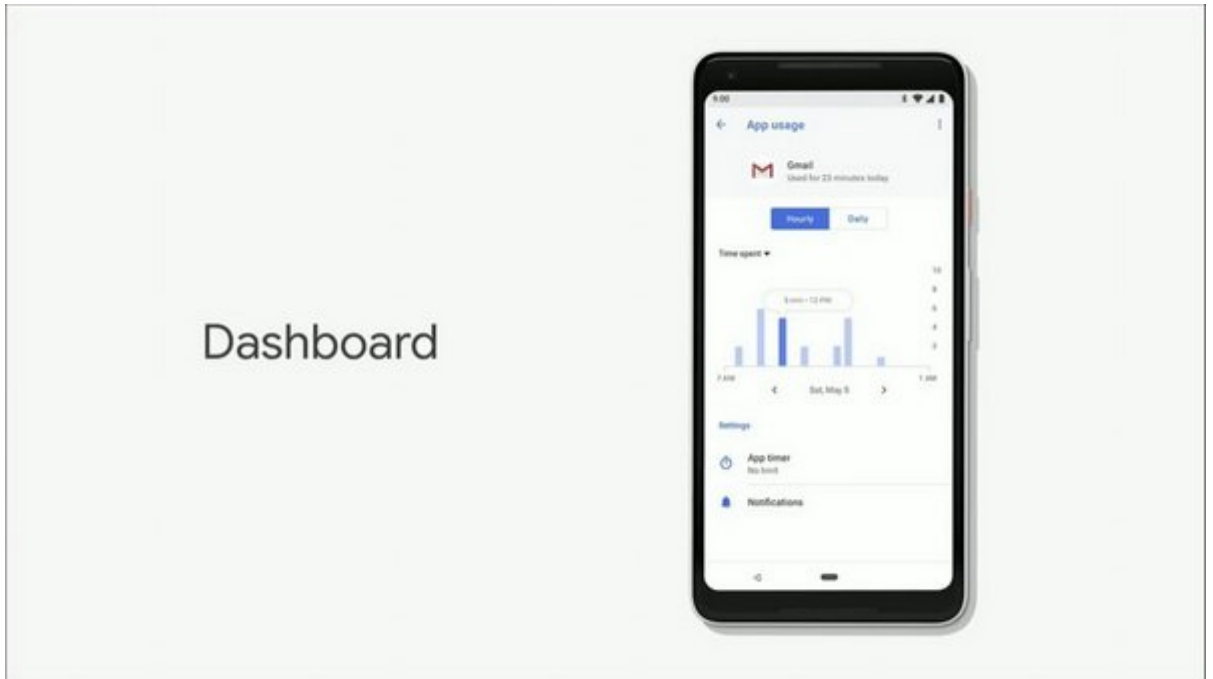




Android Dashboard app usage screen. The screen shows a bar chart for 'App usage' with a peak at 12:00. Below the chart are settings for 'App timer' and 'Notifications'. The word 'Dashboard' is written in large text to the left of the phone.

Android P is the latest version of the Android operating system. It includes many new features and improvements. One of the most notable features is the new 'App timer' feature, which allows users to set limits on how long they can use certain apps. This is a great way to manage screen time and avoid getting distracted by apps. Another new feature is the 'Do Not Disturb' mode, which allows users to silence notifications from certain apps or contacts. This is useful for when you need to focus on work or sleep. Overall, Android P is a great update that adds a lot of useful features to the operating system.

Android Dashboard is a new app that was introduced with Android P. It provides a central location for users to manage their app usage. The app shows a bar chart of app usage over time, allowing users to see which apps they are using the most. It also includes settings for app timers and notifications. This is a useful tool for managing screen time and staying focused on important tasks.

App Timers are a feature in Android P that allow users to set limits on how long they can use certain apps. This is a great way to manage screen time and avoid getting distracted by apps. For example, you could set a timer for social media apps to limit how much time you spend scrolling through feeds. App timers can be set for individual apps or for all apps. This is a useful feature for anyone who wants to take control of their screen time.

Shush is a new feature in Android P that allows users to silence notifications from certain apps or contacts. This is useful for when you need to focus on work or sleep. For example, you could silence notifications from social media apps during work hours. Shush can be set for individual apps or for all apps. This is a useful feature for anyone who wants to avoid distractions.

Assistant is a new feature in Android P that allows users to manage their app usage. It provides a central location for users to manage their app usage. The app shows a bar chart of app usage over time, allowing users to see which apps they are using the most. It also includes settings for app timers and notifications. This is a useful tool for managing screen time and staying focused on important tasks.

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