

Focus Assist 功能可協助您在指定時間或指定應用程式期間，自動將您的通知置為靜音，以減少干擾。

Focus Assist 10 分鐘靜音提醒



Focus Assist 功能可協助您在指定時間或指定應用程式期間，自動將您的通知置為靜音，以減少干擾。您可以在「設定」App 中的「通知」>「Focus Assist」中啟用此功能。Focus Assist 功能可協助您在指定時間或指定應用程式期間，自動將您的通知置為靜音，以減少干擾。您可以在「設定」App 中的「通知」>「Focus Assist」中啟用此功能。

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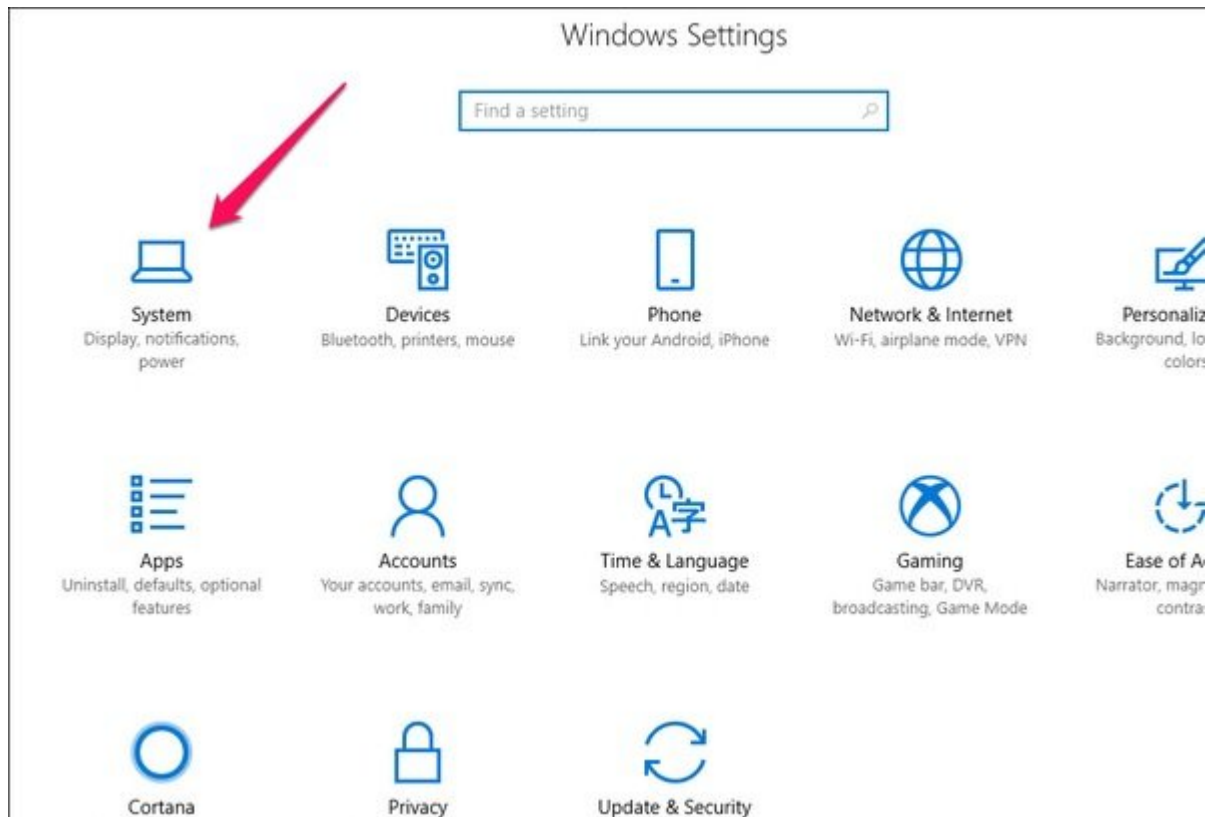
Focus Assist 功能

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Focus Assist 如何開啟及關閉

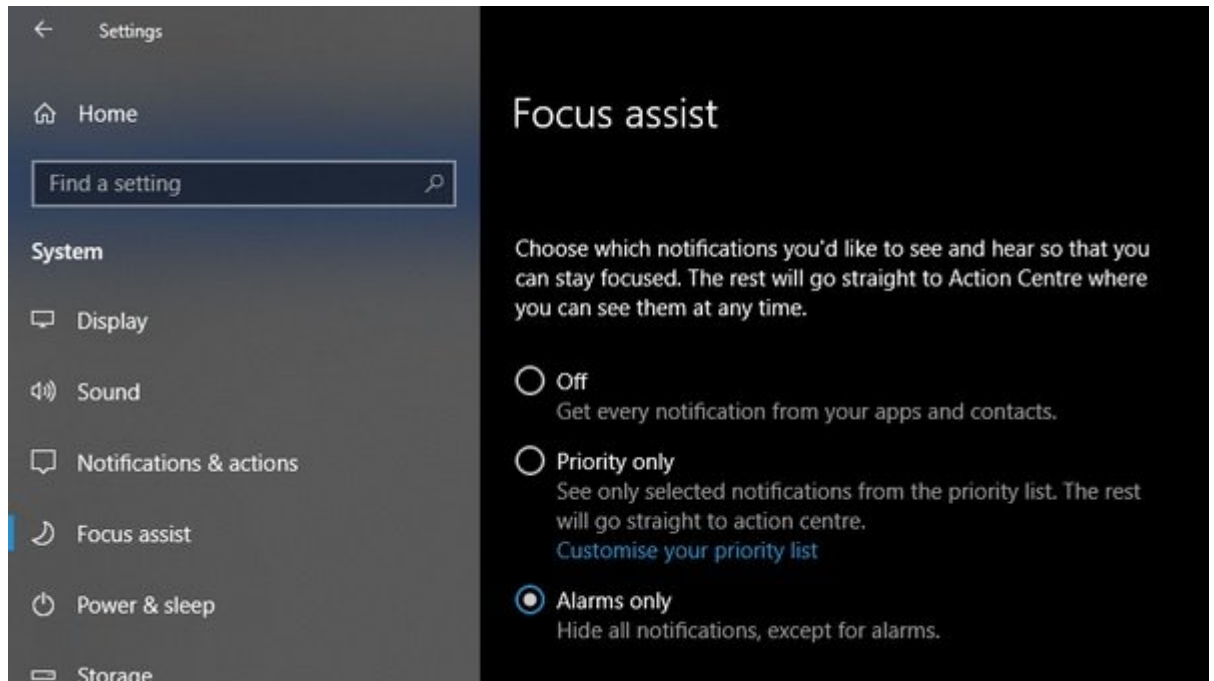
.開啟 Focus Assist 的步驟如下：

.開啟 Focus Assist 的步驟如下：Settings > System 設定



Focus Assist 如何開啟及關閉 Windows + Q 快捷鍵開啟 Focus Assist 的步驟如下：

Focus Assist 如何開啟及關閉 Priority only 設定。Focus Assist 如何開啟及關閉 Alarm Only 設定。Focus Assist 如何開啟及關閉 Off 設定。Focus Assist 如何開啟及關閉 Alarm Only 設定。Focus Assist 如何開啟及關閉 Off 設定。



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Priority only

Priority list

Cortana can tell you on this device when you miss a phone call, text or messages from your favourite app. This requires the Cortana app on your linked phone and does not support iOS.

[Get Cortana for my phone](#)

- ☒ Show incoming VoIP calls and calls from a linked phone
- ☒ Show incoming text from a linked phone
- ☒ Show reminders, regardless of the app used

People

Only apps that support this feature will show notifications from people you choose, including Mail, Skype, Calling, Messaging and a few others.

- ☒ Show notifications from pinned contacts on taskbar.



Add contacts

Apps

Show notifications from the apps you add to the list below.



Add an app



Xbox



Xbox gaming overlay

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Choose an app



AutoPlay



Calendar



Cortana



Facebook



Feedback Hub



File Explorer



HP Smart



Mail



Microsoft Edge



Microsoft Store



News



OneDrive



Add an app



Xbox



Xbox gaming overlay



Focus Assist is a feature in Windows 10 that allows you to control which apps and notifications can disturb you. It's designed to help you stay focused by silencing non-essential notifications during certain times or activities. You can set Focus Assist to turn on automatically at specific times, or you can manually turn it on when you need to concentrate. When Focus Assist is on, only notifications from apps you've selected as "priority" will get through. This means you can still receive important alerts while ignoring the rest. Focus Assist is a useful tool for managing distractions and improving productivity. You can find it in the Settings app under "Focus Assist".

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How to Enable it on Windows 10

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