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# Notification Settings

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## Notification Settings

This guide explains how to adjust your notifications in the Stella Care app so you receive alerts in the way that suits you best.

### How to change your notification settings

1. Tap the **gear icon** in the top right corner of the app to open Settings.
2. Select **Notifications**.
3. You will now see the options you can adjust for sound and vibration.
4. Changes are saved automatically.

### What can you adjust?

- **Vibration**  
Turn vibration on or off when you receive a notification.
- **General sounds**  
Turn off all sounds if you need quiet.
- **Sound for notifications**  
Choose whether the app should play a sound when a new alarm or warning arrives.

### Tips

- If you often overlook notifications, it may help to keep both sound and vibration turned on.
- Your notification settings only affect your own phone, not other users.

## Related Content

- [Account Settings \(edit name, email, phone\)](#)
- [Understand notifications \(alarms, warnings, messages\)](#)
- [Device settings](#)