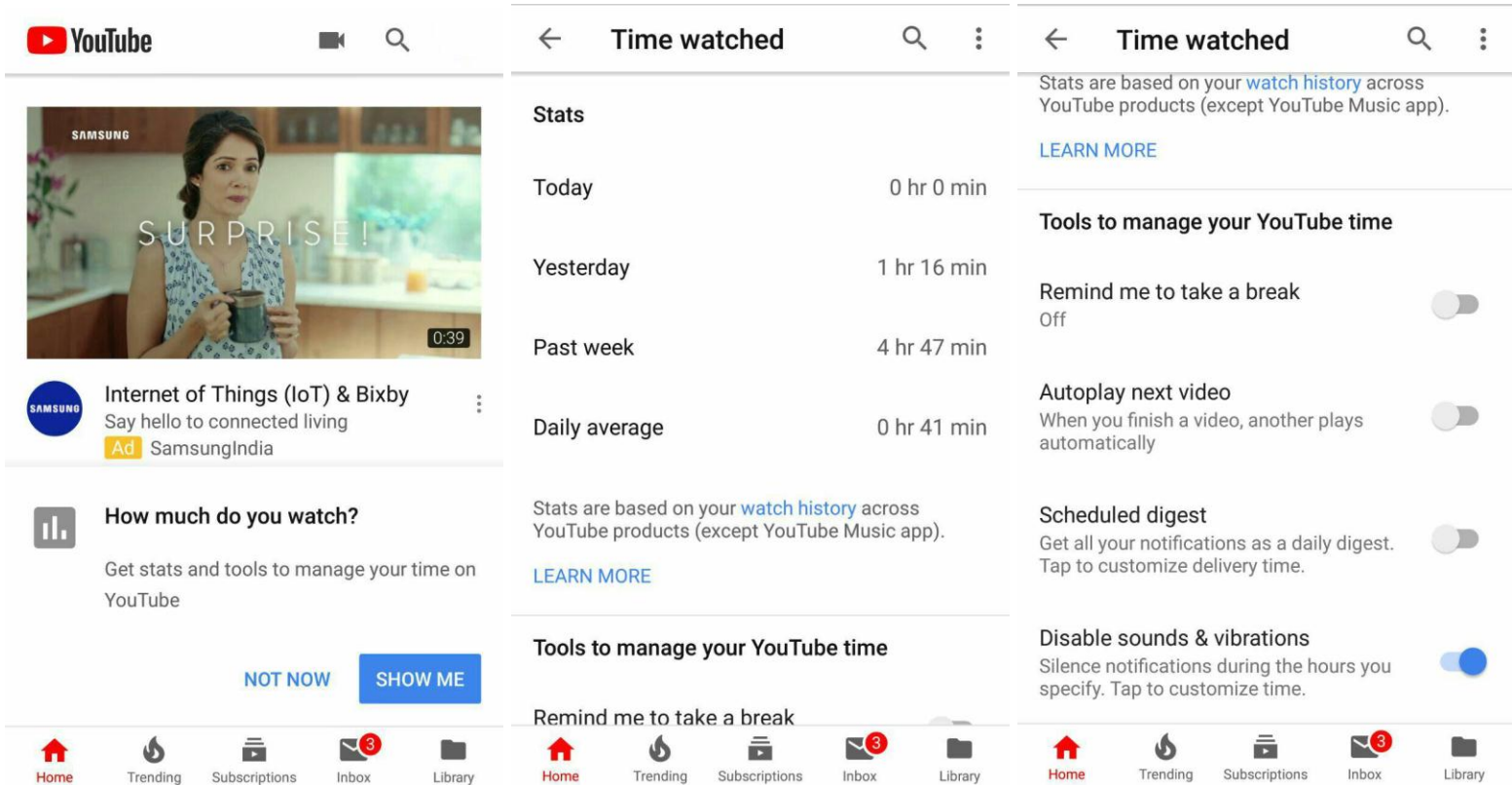




YouTube now shows How Much Time You Spend on Watching Videos

YouTube began rolling out its so-called digital wellbeing tools which include a dashboard that tells users how much time they've spent on the service watching videos. The Google-owned video service also recently launched a new feature that allows users to set reminders, alerting them to take some time for a break.



YouTube painted these new features as part of a move to provide “new tools that help people better understand their tech usage, focus on what matters most and disconnect when needed”. After Sign in, tap your Account, and click on "Time watched." The users can minimize interruptions by managing the frequency of alerts the YouTube app is serving up. You can also turn off all sounds and vibrations for notifications between 10 p.m. and 8 a.m.

The new watch time dashboard informs users how much time they've spent watching YouTube today, yesterday and over the past 7 days. However, there's a bit of a caveat: Time spent watching YouTube TV and YouTube Music won't be included in the dashboard. The new feature will be available under your account menu starting this week. The video service already has a number of other features such as break reminders and notification limitations to help you keep a track of time lest you end up spending (or wasting) one more day of your precious digital life.