



# Mute Your Phone By Turning It Upside Down

Problem: I forget to mute my phone in meetings sometimes.

Solution: Mute my phone by simply turning it upside down on the table.

## Overview

This solution uses tasker for Android to sense the orientation of your phone and turn off the volume. Optionally, you can then create an exit task to return the phone to a more normal volume.

Trigger: Phone Orientation Face Down

On Entrance - Mute phone, all volumes to 0, end call, turn the screen off.

On Exit - Unmute phone, all volumes to 5.

## Requirements

- Android phone
- Download Tasker from the Play Store

### 1) Setup a Profile

1. Create new profile: State, Sensor, Orientation.
2. Set the Orientation state to "is Face Down".
3. Save / Back Button.

### 2) Mute Your Phone Task

1. Create a new task and call it Silent Mode.
2. Add Action: Audio, Silent Mode. Set to "Vibrate".
3. Add Action: Audio, Media Volume. Set to "0".
4. Add Action: Audio, Ringer Volume. Set to "0".
5. Add Action: Audio, System Volume. Set to "0".
6. Add Action: Audio, Alarm Volume. Set to "0".
7. Add Action: Phone, End Call.
8. Add Action: Display, System Lock.
9. Back Button out.

### 3) (Optional) Unmute Your Phone Task

1. Long press on the entrance tasks on Profile screen.
2. Select "Add Exit Task".
3. Create a new task and call it "Normal Mode".
4. Add Action: Audio, Silent Mode. Set to "Off".
5. Add Action: Audio, Media Volume. Set to "5".
6. Add Action: Audio, Ringer Volume. Set to "5".
7. Add Action: Audio, System Volume. Set to "5".
8. Add Action: Audio, Alarm Volume. Set to "5".
9. Back Button out.





## Track Medicine Intake with IFTTT

Problem: It's hard to remember if I've taken my medication.

Solution: Log medicine intake on a spreadsheet right when it is taken.

### Overview

There are a lot of ways to track your medication. You can pay for a digital tracker. You can mark your calendar. You can even just look at your pill container for the day to make sure you took them. None of these solutions are free, easy, long term, or as cool as this solution. Using a Google Spreadsheet and DO by IFTTT on your phone you can quick track each pill and have a history for analysis later!

### Requirements

- IFTTT
- DO button app for Android or iPhone

### Setup

1. On your phone create a new "DO" recipe by pressing the icon in the bottom right, then the "+" button, then selecting the "Channels" tab.
2. Select Google Spreadsheets, add a new recipe
3. Add row to spreadsheet.
4. Title the action "Pill Name | Track Medicine".
5. Name your spreadsheet something like "Medicine".
6. Format you rows like this:

```
Pill Name ||| OccurredAt
```

7. Add.
8. (Optional) Add a widget to your DO action on your home screen of your phone.
9. Press the button each time you take your pills.



## Find Your Phone With Tasker

Problem: I frequently misplace my phone and have no phone with which to call it.

Solution: Trigger a sound effect on the phone remotely from my email.

### Overview

The trick here is to make sure that we can locate the phone even if it is muted. So the first thing we do is create a task that turns all your volumes up, plays and endless loop of music, and pops up a message to end the music as soon as it is found. After that we need to think about the best way to trigger this feature. There are many ways to trigger this task including a pebble watch, your web browser, or even a bluetooth button. Below are instructions on how to trigger it from an email to a gmail account.

### Requirements

- Tasker App for Android
- AutoRemote App for Android
- Secure Settings app for Android (no root required)
- IFTTT
- Gmail account

### Kill Music

Make this task first so that when you are ready to test the other actions/tasks you can easily stop the music.

1. Add Media: Music Stop.

### Find Phone

1. Create a new task and call it Find Phone.
2. Add Plugin: Secure Settings.
3. Edit Configuration of the secure settings:
4. Select Actions -> Wake Device.
5. Set the wake type to "Screen & Keyboard Lights On".
6. Duration: 5 seconds.
7. Save and exit.
8. Add Action: Audio, Silent Mode. Set to "Off".

9. Add Action: Audio, Media Volume. Set to "7".
10. Add Action: Audio, Ringer Volume. Set to "7".
11. Add Action: Audio, System Volume. Set to "7".
12. Add Media: Play Music.
13. Select a ringtone you like. Make sure it is loud.
14. Check the play loop checkbox so that the ringtone continues to play until you find the phone.
15. Add Alert: Popup Task Buttons. Text: Found Me!

### Trigger with an Email

1. Configure your AutoRemote App to connect to IFTTT ( <https://redd.it/3arbeh> ).
2. Create a profile in Tasker to accept an incoming Event > Plugin > AutoRemote action with the text of "FindPhone".
3. Create a new recipe in IFTTT:
4. Select THIS and find your gmail channel.
5. Search for the subject of "Find Phone" and the sender of yourself.
6. Set your THAT action for the Maker Channel
7. Update your to URL: "...&message=FindPhone".
8. Method: Post.
9. All else blank.

<http://automateyourlife.org/projects/find-your-phone-with-tasker/>

