Restarting Your iPhone: Schedule with Shortcuts

iPhone Without Tears ✦ March 20 2025 ✦ Stephen Huston

This will walk you through the process of using the Shortcuts App on your iPhone to build an AUTOMATION to restart your iPhone on a schedule.

Restarting once a week can help keep your device running glitch-free.

Remember that restarting is considered one of the basic early steps in most troubleshooting routines, so doing it regularly helps reduce issues.

Caveat: *Restarting should **not** be considered cure-all for hacking attacks*.
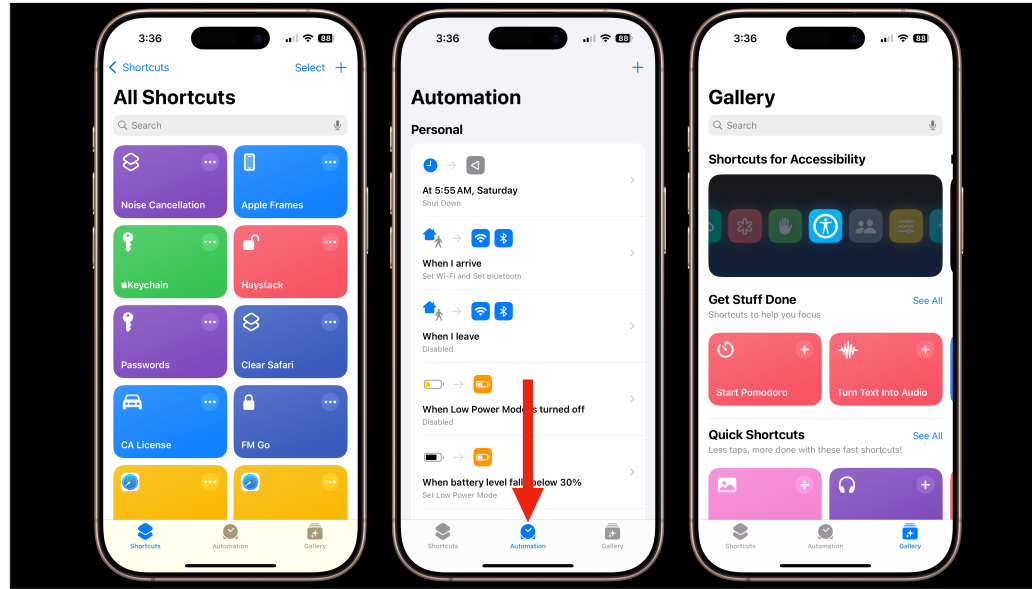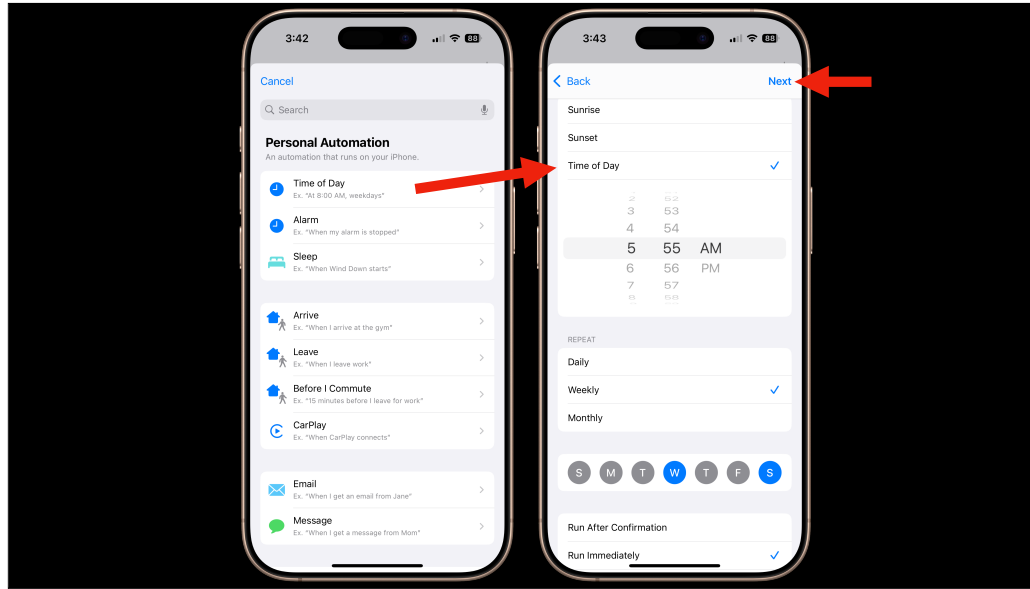
Open the Shortcuts app and note that the 3 tabs at the bottom take you to these screens.
We will use the middle screen — Automation — to create an auto-Reboot routine which restarts your iPhone 2-times each week at a time of day you prefer.
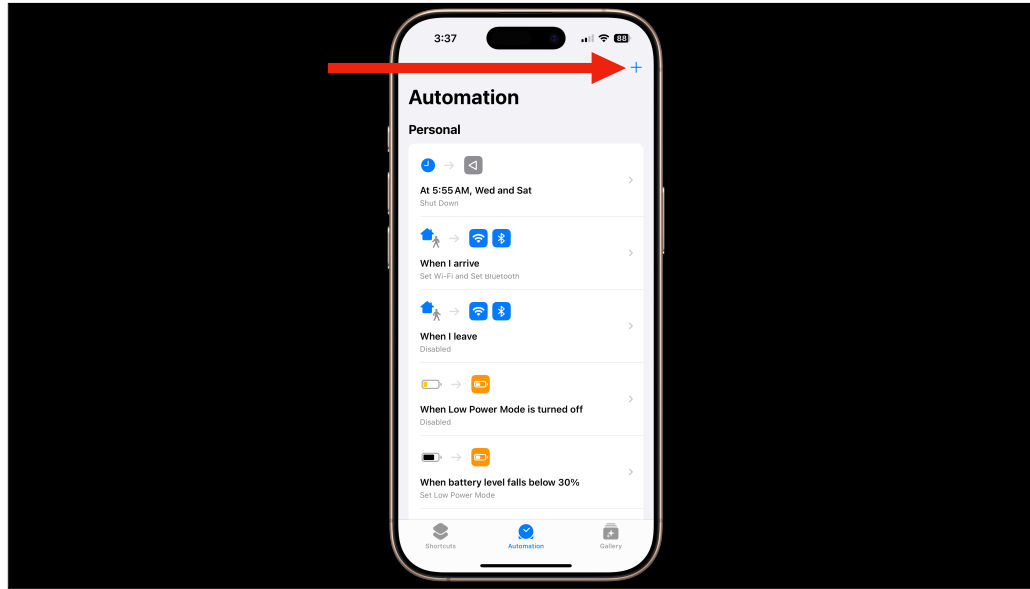
At the top right of the Automation screen is a blue PLUS button.
Click it to start building the new Automation for your iPhone.

Select Time of Day to trigger this Reboot automation. That brings up the screen on the right with choices for picking when and how often this Automation will be run. This example choses 5:55 AM as the Time of Day to use, and I set it to run weekly, but then — with the Days of the Week buttons — I selected Wednesday and Sunday as the mornings when I want this to run at 5:55 AM twice each week.

Once you have chosen your preferred Time of Day and Day or Days of the week, click the blue Next button which appears at the top right…
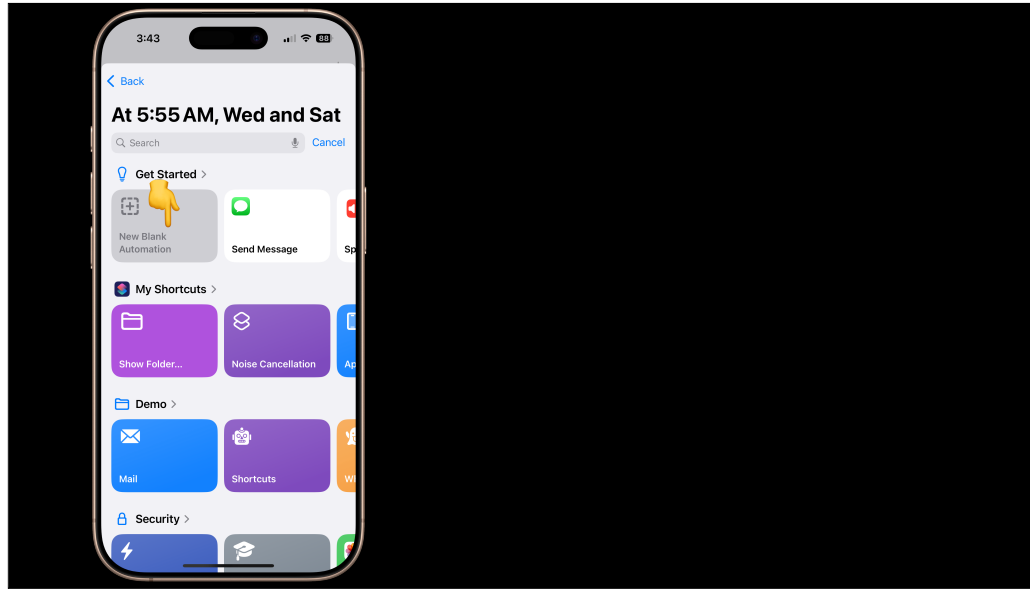
This is where we choose what to do at the times you just scheduled.

First, click on the **New Blank Automation** button to begin building the process.
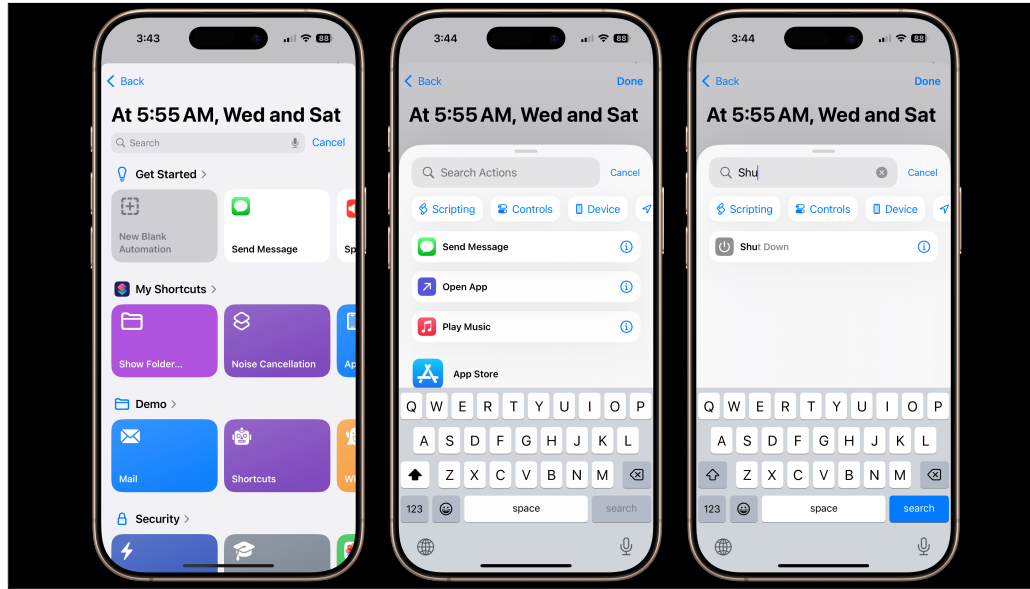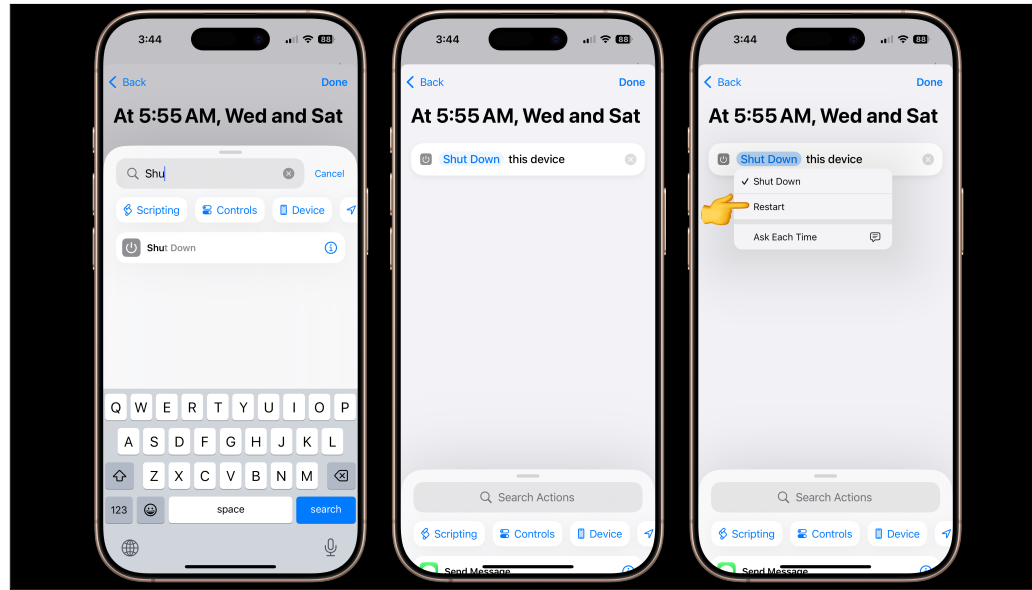
That will bring you up a list of many actions to from which to pick.

Do a search on **Shut Down**.

Usually just the first few letters will bring up the matching action from the available choices which is very long and can be confusing to find which to pick. You want **Shut Down** even though you are going to do a *Restart*.

Click on Shut Down…

Once you have tapped on Shut Down to select it,
the middle screen indicates it will Shut Down this Device, but note that the **Shut Down** words are in blue, so click on the blue words to get a popup menu of possible choices, and choose **Restart** as the desired action.
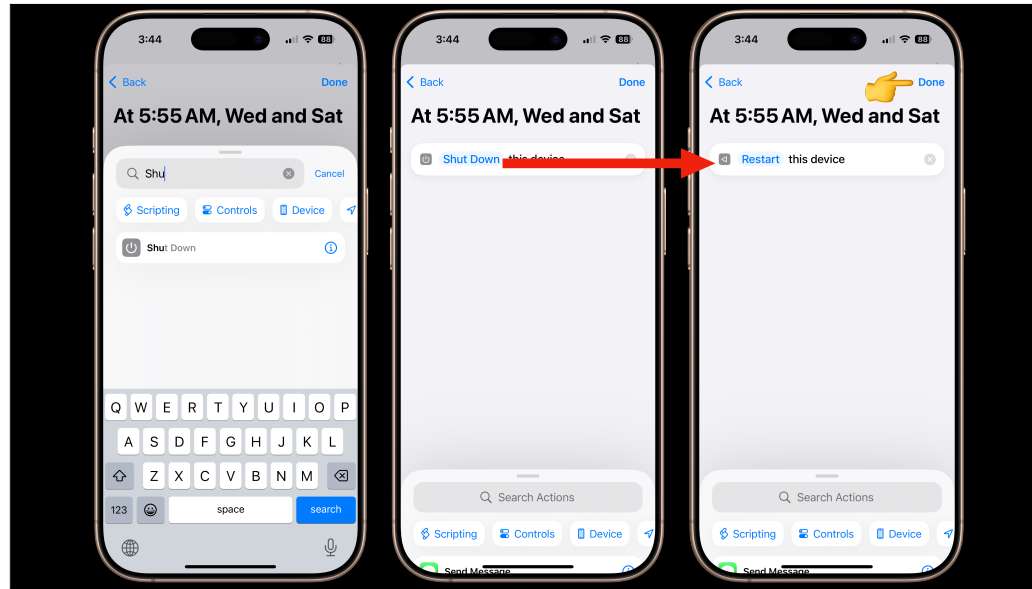
That will change the action for the Automation to Restart the device when it runs.

Then click the blue **Done** button near the top Right of the final screen.
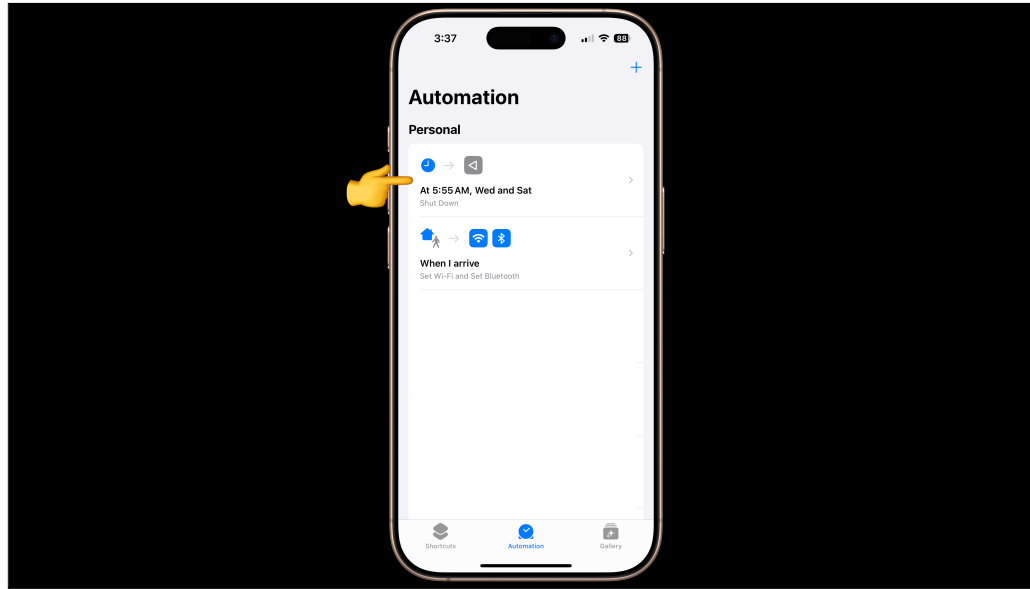
You now have an automation scheduled to run twice a week to restart your iPhone.

Warning: for most people, this automation still asks you to confirm that you want to restart your device, and that option may disappear from your notifications if ignored too long. You could instead set it to run at an hour on days when you would be more likely to be awake but not so busy that restarting would be an inconvenience, such as 7:30 PM. At the scheduled times, you will get a notification with a button to Restart.

Of course, you could also schedule an Alarm in the Clock app repeated on your chosen dates and times to remind you to do a Restart on your own, but the alarm may be both more intrusive and require more clicks to manually perform a Restart than the simple Restart popup of this Automation.

That's it.