

AI Nightstand Setup Guide

Private, Offline AI — Even While You Sleep

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Welcome to AI Nightstand

This guide will help you transform your smartphone into a private, offline AI assistant while you sleep — and during the day — using local Large Language Models (LLMs). With the right app and model, your phone can brainstorm, write, reflect, and even assist you overnight without ever sending your data to the cloud.

Setup for Android Devices

Android phones are ideal for running LLMs locally. With tools like LlamaChat, you can run models such as LLaMA 3, Phi-3 Mini, or TinyDolphin right on your phone.



Steps:

1. Install LlamaChat (via GitHub or F-Droid)
2. Download a .gguf model (3–6GB) suitable for your device
3. Load the model into LlamaChat
4. Optionally, use Tasker or other automation to trigger it at bedtime
5. Use during the day for private notes, journaling, or brainstorming

Offline mode is fully supported. Optional internet access allows for RAG (retrieval-augmented generation) for smarter, context-aware tasks.

Setup for iPhone (15+ Recommended)

Modern iPhones — especially model 15 and above — can run local LLMs using optimized apps designed for on-device processing.

✓ Recommended Apps:

LLMFarm (Free, powerful, scripting supported)

Haplo AI (Free, user-friendly interface)

Private LLM (~\$10, privacy-focused, shortcut support)

MLC Chat (Free, minimal & fast)



✓ Steps:

1. Choose one of the apps above and install it from the App Store
2. Download a small model (2–4GB)
3. Use Focus Mode or Siri Shortcuts to automate nighttime launching
4. Use for reflection, idea capture, or creative writing while offline

Privacy-first design. Optional internet access enables bonus features.

Comparison: Android vs iPhone

Feature	Android	iPhone
App Cost	Free	Free or ~\$10

Model Size 3–6GB 2–4GB
Offline Mode  Fully supported  Fully supported
Optional RAG Support  Tether or WiFi + Ollama  Limited by iOS
Setup Difficulty Medium Easy
Automation Tasker, bedtime triggers Siri Shortcuts, Focus Mode

For more, visit ainightstand.com or email us at ainightstand2@gmail.com