# **Disable Autowatch in Confluence**

Too many emails from confluence? Sometimes, a user of Confluence does not want to receive an email notification for every article edit. Disable the Autowatch feature in the User Profile to prevent being added automatically as a watcher.



This setting will not prohibit admins or users from manually adding watchers to spaces at a later time.

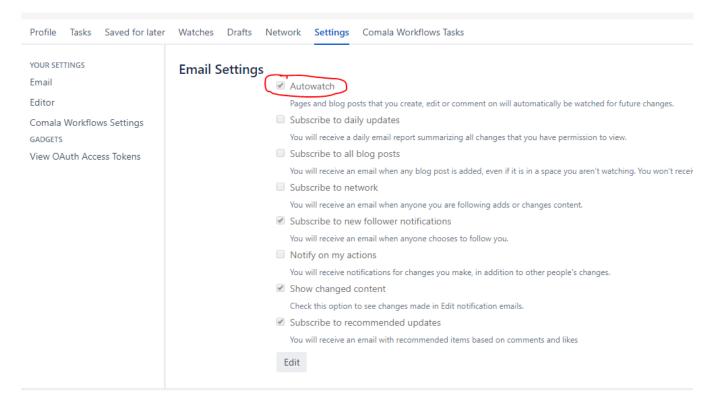
### Step-by-step guide

By default, each member of confluence is added as a "watcher" to all confluence spaces. To disable this feature:

- 1. Login to Confluence https://confluence.appstate.edu
- 2. Click on the Profile icon in the top left corner



- 3. Select Settings
- 4. Choose Email from the column on the left
- 5. Uncheck Autowatch by clicking the Edit button at the bottom of the list.
- 6. Click Submit



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