

A reality check is a prompt that interrupts or pauses your slot play to show how long you have been playing. Depending on the casino, it may also show your net deposits, winnings or losses during the session. You might see it called a **session time reminder**, a time-out prompt or a play reminder.

Its purpose is to help you notice time passing while you are focused on a game. It is not a spending limit, a loss limit or a guarantee that you are playing safely. If you want to control how much you spend, look separately for deposit limits, loss limits or other **responsible play tools**.

Finding the feature should not require a scavenger hunt. On most sites, you can start in your account's safer gambling or responsible gambling area, then check the game screen for an in-session reminder. Labels and menus vary, so the steps below explain where to look and what to check before you start playing.

What a reality check does—and what it does not do

A reality check brings your attention back to the session. A message might say that you have been playing for a certain amount of time and ask whether you want to continue, take a break or leave the game. Some operators let you choose how often the prompt appears; others set the reminder frequency or provide a time display in the game.

Read the prompt before dismissing it. Check whether it shows only elapsed time or also your thegamblest.com financial position. "You have played for 60 minutes" is not the same as "you are £X down." If money is displayed, find out whether it refers to that game, your casino session or a wider period. Those figures can be presented differently across operators.

A reminder also cannot decide for you whether to stop. If you click through automatically, it may not change your behaviour. Consider treating the alert as a cue to step away, check your account history and ask yourself whether you still want to play.

Reality checks compared with other controls

Tool	What it is designed to do	What to check
Reality check or session time reminder	Show how long you have been playing and prompt you to review the session. How often it appears, what information it includes and whether you can pause or exit.	Deposit limit Restrict how much you can deposit over a chosen period. When the limit takes effect and how increases or decreases are handled. Loss limit Limit losses over a defined period, where offered. How the operator calculates losses and which products or balances count. Time-out Block access to gambling for a selected short period. Available durations and whether it applies across the operator's products. Self-exclusion Prevent access to gambling with an operator for a longer period. How to set it up and whether you also need to use a wider exclusion service.

Where to find session time reminders

Menu names differ, and a reminder may be set up in one place but displayed somewhere else. Try these steps before opening a slot:

1. **Sign in and open your account menu.** Look for "Responsible gambling," "Safer gambling," "Player protection," "My limits" or "Account settings."
2. **Check the session or reality-check settings.** See whether you can choose an interval, enable a reminder or view a session timer. If the setting is not there, search the site's help pages for "reality check" or "session time."

3. **Open a game and inspect the play screen.** A timer or reminder may appear in the game interface rather than the account menu. Check the information panel and help or settings icons too.
4. **Read what happens when the reminder appears.** Does it pause play? Can you leave the game? Does dismissing it restart the timer, or does it simply close the message?
5. **Ask customer support if you cannot locate it.** Request the exact menu path and ask whether the feature applies to slots, live casino and other products. A vague answer such as “it’s in your account” is not much help.

If you cannot find a reality check, do not assume that a timer elsewhere on the page is the same thing. Check the operator’s help information and terms, and use a phone timer as a temporary personal prompt if needed. A personal timer is not a substitute for account controls, but it can help you keep track while you seek clarification.

UKGC licensing is a baseline, not a quality score

For a UK-facing casino, checking for a current UK Gambling Commission (UKGC) licence is an important first step. It helps establish that the operator is authorised to offer the relevant gambling services to consumers in Great Britain and is subject to regulatory requirements. Use the Commission’s public register and check that the company and website details match.

But a licence is not a customer-service award or proof that every feature is easy to use. It does not tell you whether the reality-check settings are intuitive, whether support answers clearly, how easy it is to find withdrawal information, or whether the slot catalogue is organised well. Those are practical quality questions to assess separately.

Check the operator’s responsible-play pages before depositing. Look for clear instructions on time reminders, financial limits, time-outs and self-exclusion. Also check how you can contact support if a tool is missing or does not appear to work. If a site makes broad claims about protection but gives no usable instructions, that is a reason to ask questions rather than rely on the claim.

Why the game library and its navigation matter

A reality check can help you pause, but the way a site presents its slots can also affect how easy it is to keep playing. A large library is not automatically a better library. If games are difficult to find, repeatedly promoted or grouped in ways that encourage aimless browsing, the catalogue may feel overwhelming rather than useful.

Clear **category navigation** lets you browse by game type or feature without having to scroll through every title. Categories might include classic slots, jackpots or games from a particular studio. Good navigation should make the options understandable, not imply that a game is safer or more likely to pay because it sits in a particular category.



Provider filters can narrow the list to games from a chosen studio. This is helpful when you want to find a specific title or explore a provider whose games you recognise. Filters are a discoverability tool—not a measure of fairness, safety or value. A familiar logo should not replace checking the game information and rules.

Using filters without mistaking popularity for quality

- Use categories to find a type of game, then read the game's own information before playing.
- Use a provider filter to compare titles from a studio, not to assume that all its games work alike.
- Check whether the site provides search, sorting and clear descriptions, rather than relying only on “featured” or “popular” shelves.
- Remember that a prominent placement is a marketing choice. It is not evidence that a slot has better odds or is recommended for you.

Well-known slot providers can be a useful quality signal in a limited sense: they may indicate a recognisable studio and a consistently presented game catalogue. But the provider's name alone tells you little about the exact rules, return to player (RTP), volatility or suitability of a particular title. Those details can vary from game to game—and sometimes between versions of the same game.

Check RTP at the game level

RTP, or return to player, is a theoretical percentage describing how much a game is designed to return to players over a very large number of spins. It is not a prediction of what one player will win in one session, and it does not promise a particular result. Short-term outcomes can differ substantially from the theoretical figure.

For a useful check, look for the RTP in the individual slot's information or help screen. Do not assume that a casino-wide statement, a provider's headline figure or an old review applies to the version currently available. Some games can be offered with different RTP settings, and the figure listed on one site may not match another site's version.

Check the game-level rules before you play, and compare the displayed RTP with the operator's description if both are provided. If the figure is missing, hard to locate or inconsistent, ask support for the RTP of that exact game version. A provider filter can help you find the title; it cannot confirm which RTP setting the operator has made available.

What to look for in a useful reality check

A helpful session reminder should be visible and understandable. Before playing, ask yourself:

- Can I find the setting before I start a game?
- Is the reminder interval clear, and can I set it to suit my needs?
- Does it show elapsed time, and does it explain any money figure it displays?
- Does the prompt give me a clear way to stop or leave, rather than only a button to continue?
- Can I also find spending limits, time-outs and self-exclusion without searching through unrelated menus?

These questions are about usability as much as availability. A control that exists but is difficult to locate may be less useful in practice. Save the route to your settings or note it down before you play, especially if you use several devices or the mobile app has a different layout from the desktop site.

If a reminder changes how you feel about playing

If a prompt makes you realise you have played longer or spent more than intended, use that moment to stop rather than trying to win back losses. Close the game, take a break and review your account activity. You can set a limit, take a time-out or use self-exclusion if you need stronger protection. If gambling is causing you distress or affecting your finances, seek support from an appropriate gambling-support service in your area.



A **reality check casino** feature is most useful when it is easy to find, clear about what it measures and paired with controls you can act on. Check the operator's licence, but judge its practical quality by how transparently it explains its tools, game information and account processes. Use category navigation and provider filters to find games—not to infer their value—and check RTP on the individual title. Most importantly, decide in advance how long you want to play and what you are willing to spend.