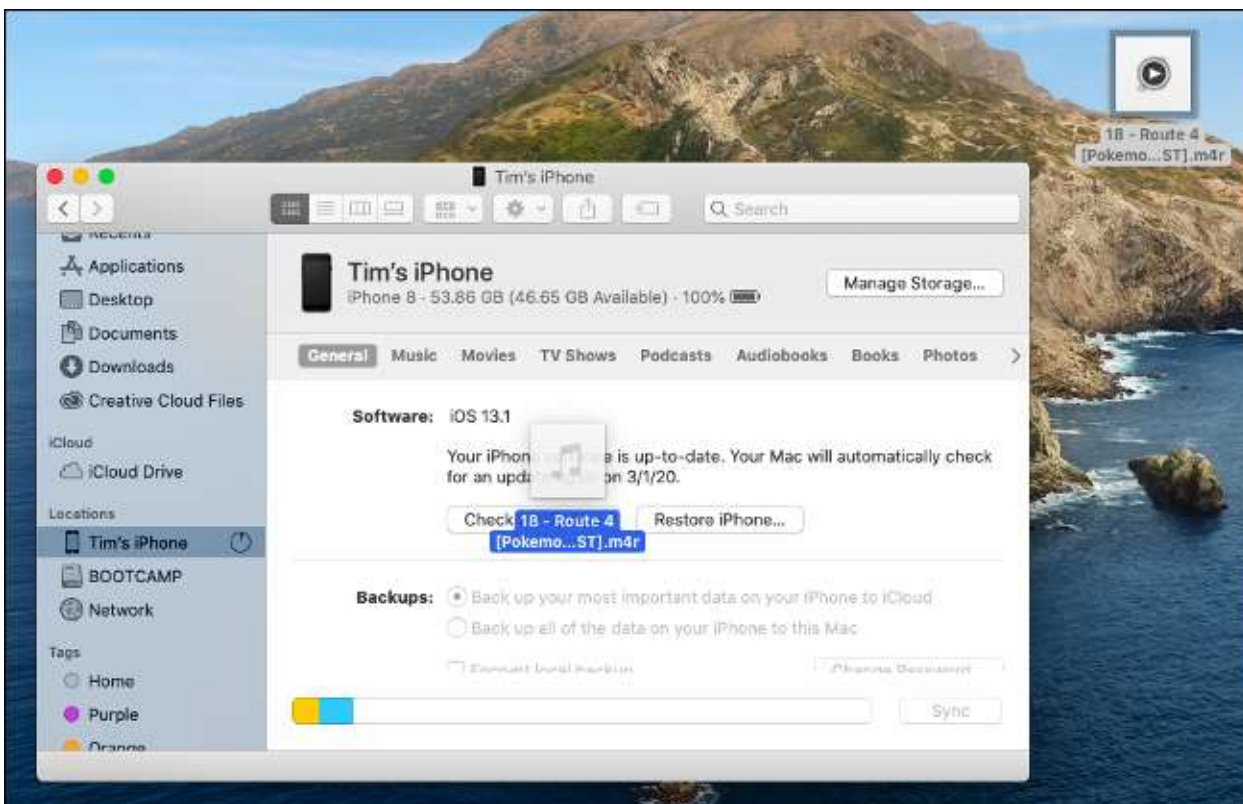**iPhone Ringtone installation instructions for Mac users**
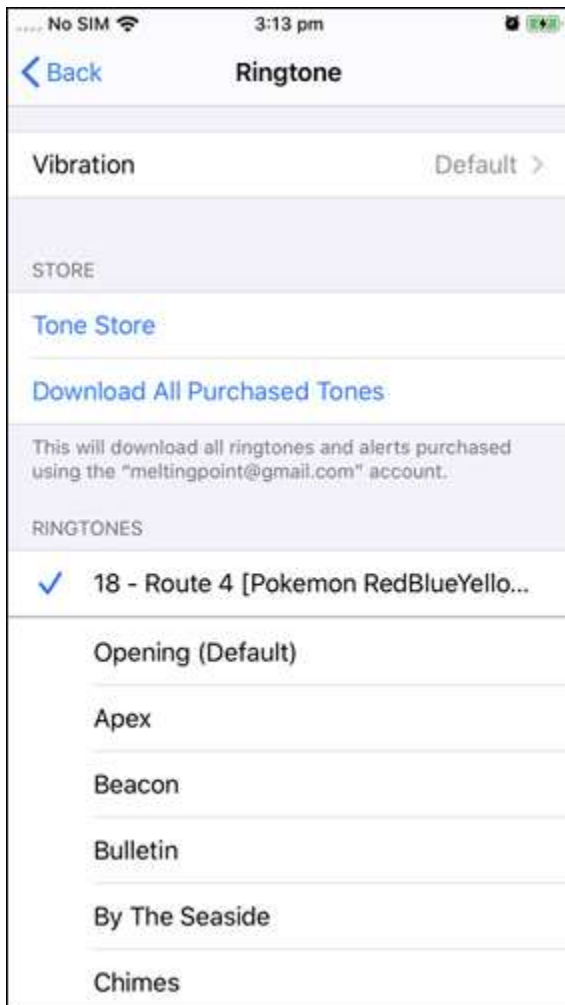
Download the .M4A ringtone file to your computer. Connect your iPhone via the Lightning-to-USB cable, launch Finder, and then look in the sidebar under "Locations" for your iPhone. Click on our iPhone to launch the sync window, and then click "Trust" and enter your iPhone passcode if asked to do so. While you're there, enable the "Manually Manage Music, Movies, and TV Shows" option on the General tab.

Now all you need to do is drag the .M4R file you just downloaded into the sync window. It will sync almost immediately since it is so small.

Your ringtone should now be waiting for you on your device. Head to Settings > Sound & Haptics > Ringtone. Your new custom tone will appear at the top of the list. If it doesn't show up, try the sync process again.

You can also apply a ringtone to a contact of your choice under Phone > Contacts.

From "How to Add Custom Ringtones to an iPhone from macOS" written by Tim Brookes for HowToGeek.com
https://www.howtogeek.com/469085/how-to-add-custom-ringtones-to-an-iphone-from-macos-catalina/