Type Preferences/Workspace:

Workspace:
There is a predefined typography workspace.
(It's at the top right, near the search field. It's a drop down menu).

Preferences:
Most default preferences for type are good. There are a few I would like to change to give me more control as a designer.

Close any open documents before changing preferences.
(If document is open preference changes will only effect current document not application)

Go to preferences > Type > click delete empty pages

Go to preferences > Units and Increments
> You can change ruler units to points/picas/inches
> Leading > change to 1 = smaller, more controlled increments.
> Baseline shift > change to 1 as well.
> Kerning/Tracking > the default is too large so change that to 1.