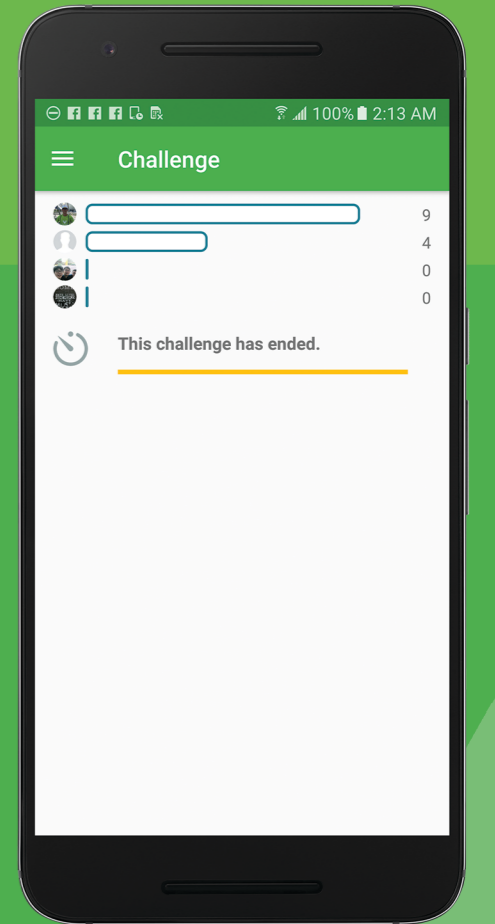
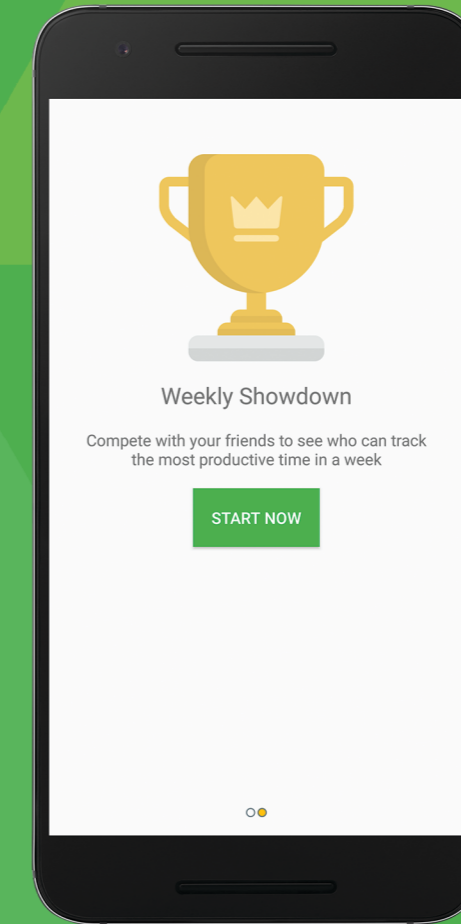
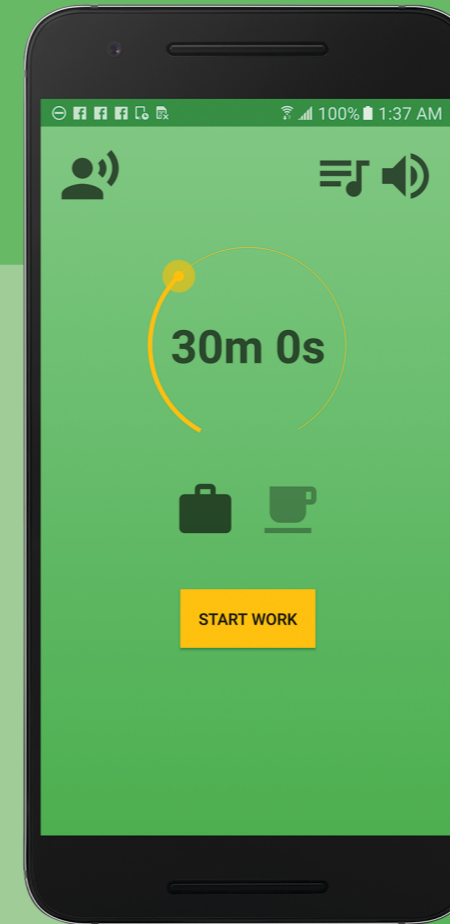
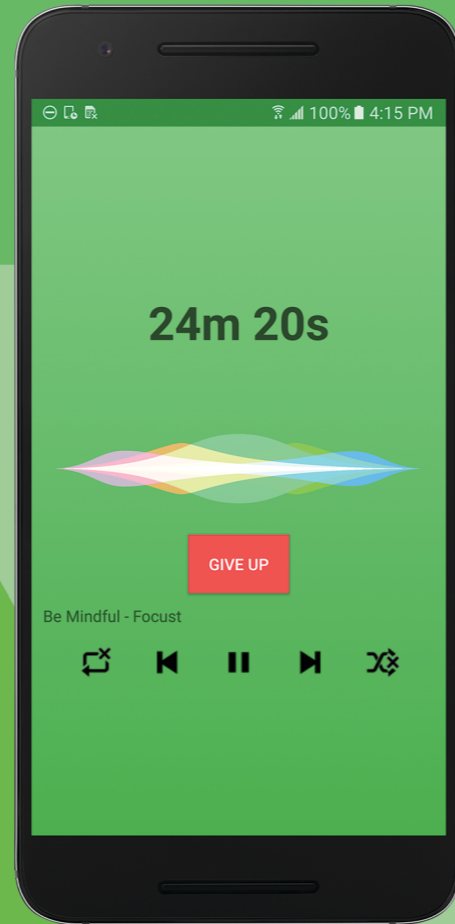
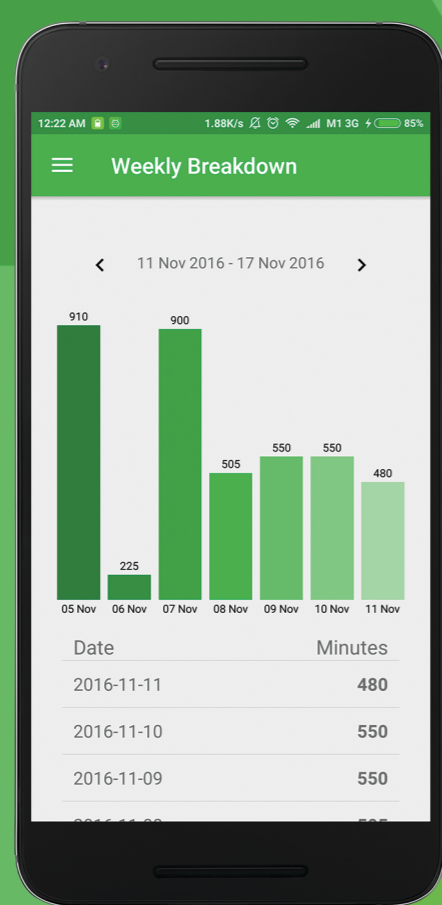
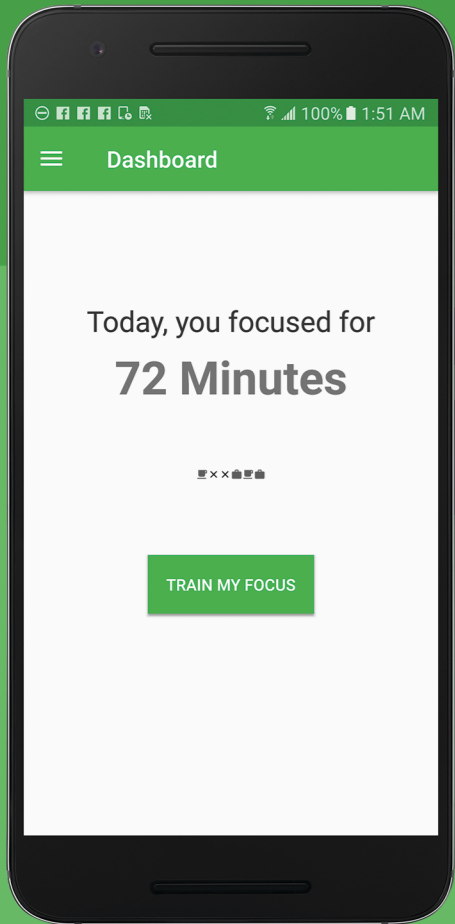


Cellular phone notifications alone significantly disrupted performance on an attention-demanding task
- Stothart, Mitchum, et al.

The average mobile phone user unlocks their phone ~150 times a day. Spread out over 16 waking hours, that's almost 10 times an hour, or once every six minutes
-KPCB



Analyze
your performance and improvement over time

Train
your focus by avoiding notifications

Invite your friends to hourly, daily or weekly
Challenges



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I really like the way this app works, which give out different notification whether the phone is in silent or vibrating mode. The team really cares about the feedback and gives out frequent updates.
- Pham Minh Khang, Year 2, Mechanical Engineering

I now make a conscious effort to leave my phone alone even if I am idling. A simple yet purposeful app
- James Kow, Head of Business, PeopleSearch

Cool app!!!! Forces people to focus on whatever they're supposed to do. It is actually very hard to even start with the lowest difficulty of 5min, I find myself itching after 3min. But the app congratulates you for enduring and it feels rewarding!
- Natasha Koh Sze Sze Sze, Year 3, Computer Science