FOCUS/DISTRACTION FREE & TIME TRACKING:

The following Free or Low Cost Assistive Technology programs, software, websites, and apps focus on different forms of Focus and Distraction Free Support.

Alarmy

Features:

- Advanced alarm clock application designed to help users stick to their alarm clock time
- Variety of ringtones available including custom ringtones
- Has users complete a "wake-up mission" task when their alarm goes off before they can turn it off
- More information: Alarmy Website
- Cost: Free and $59.99 annual Premium plan
- Compatibility: Android, iOS

Cold Turkey

Features:

- Block distracting websites
- Set the websites you want blocked and for how long and go "cold turkey" from them
- If the timer is still going, you won't be able to access your blocked websites
- Pro version provides blocking of Applications, scheduled blocks and Frozen Turkey features
- Cost: Free and Pro
- Compatibility: Chrome Extension; Windows; Mac

Flora

Features:

- Focus and habit tracking app
- Set 25-minute timers to help with focus and a tree will begin to grow during that time

- Create to-do lists and track your progress overtime
- More Information: [Flora Website](#)
- Cost: Free with in-app purchases
- Compatibility: iOS

Flow

Features:

- Pomodoro timer app
- Includes an app blocker to help stay focused, timer durations, and notifications
- Track and view your progress overtime
- More information: [Flow Website](#)
- Cost: Free or Pro version for $1/month or lifetime access for $30
- Compatibility: iPhone, iPad, Mac

Focus Keeper

Features:

- Focus timer with built-in short breaks and long breaks
- The default timer settings are 25 minutes for focus, 5 minutes for short break, and 30 minutes for long break, but this can be customized in the app
- Works as an online resource and as a mobile app
- Sign in to track progress/usage overtime
- More information: [Focus Keeper Website](#)
- Cost: Free
- Compatibility: iOS, Android, Online Resource

Forest

Features:

- Customizable timers that grow trees during the time set
- Create blocklists for distracting websites while using the Chrome Extension
- Track your progress overtime and explore the gamification features in the mobile app
- More Information: Forest Website
- Cost: Free for Chrome Extension and $3.99 for mobile app
- Compatibility: Chrome Extension; iOS; Android

Just Read

Features:

- Chrome extension for distraction free reading
- Customizable platform
- More Information: Just Read Website
- Cost: Free; $2/month Premium
- Compatibility: Chrome Extension

Llama Life

Features:

- Pomodoro type timer and time management app
- Allows users to map out their day in time increments for tasks
- Provides suggestions for how to break a task down into smaller tasks
- Users can different types of alarms to help them transition from task to task
- View timers in a visual or countdown format
- Play soundscapes within the app to help stay more focused
- More Information: Llama Life Website
- Cost: $27.30/yr
- Compatibility: Online resource, Android, iPhone

MuiltiTimer
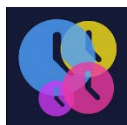
Features:

- Timer app where you can set multiple timers on one screen
- Add icons, change the color of the timer, and adjust the timer style
- Includes a Pomodoro Timer option
- More Information: MultiTimer Website
- Cost: Free
- Compatibility: iOS, Android

MyTomatoes

Features:

- Use MyTomatoes to time and track your progress using the Pomodoro technique
- Start the timer and work for 25 minutes and then take a break
- At the end of each work sitting, write what you did to track your progress
- More Information: MyTomatoes Website
- Cost: Free
- Compatibility: Online Resource

Noisli

Features:

- A focus sound app where you can select various background sounds and set timers
- You can select multiple sounds at once
- Includes a distraction free writing space as well
- More Information: Noisli Website
- Cost for Online: Free for basic version and $10/month for pro
- Cost for Mobile App: Free and $10/month Pro (billed yearly)
- Compatibility: Online Resource, iOS, Android, Chrome Extension

Opal: Screen Time for Focus

Features:

- A focus and distraction blocking application
- Provides users with reports to track their focus progress
- Features include block lists, app limits, focus reminders, and more
- More Information: Opal Website
- Cost: Free version and $99.99/year for Pro version
- Compatibility: iOS, Android, Chrome Extension

Reader Mode

Features:

- Distraction free webpage reader
- Clears webpages of any potentially distracting content so users can focus on the text
- Built-in text to speech and customizable fonts
- More Information: Reader Mode Website
- Cost: Free or $15 one-time payment for Pro
- Compatibility: Chrome Extension

StayFocusd

Features:

- Chrome extension that assists with increasing your productivity by setting website limits and blocking websites when your specified allotted time has been used
- Pre-program distracting and time-wasting websites
- More Information: StayFocusd Website
- Cost: Free
- Compatibility: Chrome or Edge Extension

Tiimo

Features:

- "Tiimo: designed for neurodivergent brains." (Tiimo, 2023)
- Create checklists manually or use Tiimo's AI feature to create one
- Visually outlines the day's to dos
- Focus timer included
- More Information: [Tiimo Website](#)
- Cost: Free version and premium subscriptions: Tiimo Plan and Tiimo Learn
- Compatibility: iOS and Android

Time Timer

Features:

- Visual timer for people of any age
- Visually structure your time or break time up into segments using this timer program
- Easy to use app interface with customizable visual timers
- Time seconds, minutes or hours with this timer
- More Information: [Time Timer Website](#)
- Cost: Free for mobile app; $19.95 for Desktop app
- Compatibility: Mac; Windows; iOS; Android

Tomato Timer

Features:

- Using the Pomodoro method, break up your work or school tasks into manageable worktimes
- Use the 25 minutes of worktime and then take a 5-minute or 10-minute break to maximize workflow
- More Information: [TomatoTimer Website](#)
- Cost: Free
- Compatibility: Online Resource

Windows Clock

Features:

- Built-in clock Windows application

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- Includes options to set alarms, timers, focus sessions, daily goals, and track progress
- More Information: [Windows Clock App](#)
- Cost: Free
- Compatibility: Windows

White Noise

Features:

- Sound app that allows users to browse from a variety of HD Stereo stock sounds and relaxing sounds
- Users can also record their own sounds
- Has the ability to save users favorite sounds, set timers, and customize a playlist
- Advertised as an app that can be used for reduced distractions, relaxation, sleep or focus
- More Information: [White Noise Website](#)
- Cost: Free and Full version for a one-time purchase of $0.99
- Compatibility: Android, iOS, Fire OS, Mac, Windows, Amazon