

Problem Statement:

One problem I deal with pretty often is wasting too much time on my phone. I'll pick it up for a quick check, and then suddenly I'm stuck scrolling through random stuff without even thinking about it. It usually happens at the worst times too, like when I should be doing something else. This kind of doom-scrolling ends up eating a lot of time, and I'm trying to be more aware of it so I can break the habit.

Problem Solution:

To try to fix this problem, I've been thinking about making an app that connects to all your social media accounts and lets you lock them for a set amount of time. The only way to unlock them early would be to solve a tough problem, so you really have to think before giving in to the urge to scroll.