

You know when you're working and all of a sudden you're like, "Nah, screw this time to (doom)scroll on TikTok/Youtube/Vine"? It's bad for you, and this could mean you're getting more and more work and falling further and further behind. When very high BPM music is played, the following happens: a part of your brain fails to load/process the info that you are trying to A. Study or B. Work on something, I like to work with complete silence, and it works for 1-2 hours. And these apps that claim that their app can help you focus is complete bogus. And even when it sometimes works, it's not as long as they claim. For example, Brain.FM claims 4h of complete focus, but after 5 minutes, I could not focus at all. I resorted to doomscrolling instead. Now with the programs that I like, I focus for MORE than 4h and get more and more work done. All the apps that **CLAIM** that their app works but never do. If we take a look at how users are saying that it "Works", but they have features locked by subscriptions that is plastered everywhere. Monthly, the cost is **\$14.99** a month. and **\$99.99** a year. And in my terms, THAT'S EXPENSIVE! Almost becoming YouTube Premium, which has the perks of stuff no one asked for. The way everything is laid out, plus the research from others, some of the programs work, and some don't. I realized that at this time, I need to experiment. I recently tried the "Free Trial" and got to work. It lasted approximately 1h. The company claimed that it could last up to 4h. That was a total lie. Now, if I look at their website ([Click here for the page I'm referring to.](#)), notice how it's only people with a verified tag indicating the person reviewing it is most likely a Content Creator. Why not other people? Why not their audience? For more of a in depth look i looked at their [ads](#). In the [ad](#)

linked, it says that it sustains focus over time. It doesn't. They also **claim** that it takes **5 Minutes** until you're focused. Even tho its backed by science i still think that the audience needs to be shown on the website. Like, who is this for? Who is going to use this day-to-day? I certainly will not because of the sheer misinfo i am finding online. Now this is where I come to the close of my essay. I hope you enjoyed this section, and I hope that this can be one of my best.

Have a great day.