

BreakTime

With the exponential growth of social media over the past few years, people are spending more and more time on their phones. Social media platforms like Twitter, Instagram, YouTube, and Tik-Tok are designed to grab your attention and hold onto it for as long as possible, supplying you with more and more content to consume. In fact, they have been so well optimized that loosing track of time just from scrolling through your phone has become commonplace. That's where BreakTime comes in.

Think of your own experiences. Have you ever seen a tweet that you disagreed with so strongly that you had to check out the account to see what else they could have possibly posted, only to loose half an hour to just scrolling through political discourse? Have you ever laid down in bed and opened YouTube for just 1 video before you sleep, only to realize that it is now 3 AM and you have ruined your sleep schedule for the sake of watching power washing compilations and cheesecake recipies that you will never even try? Have you ever opened Tik-Tok while getting ready to leave for work and swiped through video after video, only to glance at the time and realize that you now have only 10 minutes before you need to start your shift? It is scarily easy to fall down a rabbit hole and loose track of time, and BreakTime is here to put you back on track.

How It Works

By analyzing your usage data, BreakTime determines how long you spend in certain social media apps and blocks your access to it once you have exceeded a daily limit. This limit is automatically calculated from your usage data, but it can also be manually set by you in the settings. Once you meet this limit, you cannot access the app for another 18 hours. This is to prevent you from getting sucked in the same day, as well as to encourage you to be more mindful of the time you do have.

