

```
1 websites_to_block = [  
2     "www.example.com",  
3     "www.distracting-site1.com",  
4     "www.distracting-site2.com"  
5  
6 import platform  
7  
8 system = platform.system()  
9  
10 if system == "Windows":  
11     hosts_path = r"C:\Windows\System32\drivers\etc\  
    hosts"  
12 elif system == "Linux" or system == "Darwin":  
13     hosts_path = "/etc/hosts"  
14 else:  
15     print("Unsupported operating system.")  
16     exit()  
17  
18 start_time = 9  
19 end_time = 17  
20  
21 def block_websites():  
22     while True:  
23         current_time = datetime.datetime.now().time  
24         ()  
25         if start_time <= current_time.hour <  
26         end_time:  
27             with open(hosts_path, "r+") as file:  
28                 content = file.read()  
29                 for website in websites_to_block:  
30                     if website in content:  
31                         pass  
32                     else:  
33                         file.write("127.0.0.1 " +  
34                         website + "\n")  
35                 else:  
36                     with open(hosts_path, "r+") as file:  
37                         content = file.readlines()  
38                         file.seek(0)  
39                         for line in content:  
40                             if not any(website in line for
```

```
37 website in websites_to_block):
38             file.write(line)
39             file.truncate()
40             time.sleep(3600)  # Check the time every
    hour
41
42 block_websites()
43
44
45
46 ]
47
```