

## Comparison to Similar Products

It is always important to scout similar designs in your project's field to find what is missing and create a product that can capitalize on what the market is lacking. Social Fever is an Android application which enables you to limit the usage of any type of app you have on your phone [1]. It allows you to set daily time limits and see your overall time spent on individual apps that you have set restrictions towards [1]. However, where our app exceeds the capabilities of Social Fever is the added ability to have a user be locked out of the problematic app. There is a way to override your original time limit, but by having the app be unable to access helps to curb smartphone addiction.

Another available app to limit your cellphone usage is called Space and is available for Android and Apple products [2]. In addition to the features introduced by Social Fever, Space also has the capability to kick you off your phone when you exceed your limit and it also tracks how many times you have unlocked your phone [2]. You can also allow your friends to see your usage and use this feature as a type of competition to see who is on their phone the longest [2]. Although friends have access to your usage, they cannot be invited to help you track it like our app provides. The biggest downfall of this app is that it prevents you from setting specific limits for problematic apps and just tracks the usage of your entire phone as a whole. Our app will allow you to set times for particular apps and in turn lets to fix the addiction to certain applications.

Next we have AppDetox which is available as an Android app. AppDetox's main draw is the fact that it is used to set parental controls on kids' devices [3]. This is one of the ways that the Digital Lifestyle Habit Tracker aims to use the accountability partner feature. In the case where parents want to set definite restrictions on their children's usage [3]. There is even an additional feature of AppDetox where you can view all the times that you went overtime on your limits [3]. You can even block certain apps, but it has the same downside as Social Fever where you don't get kicked off the app, meaning that it lacks in making the user accountable.

Lastly, it is important to see what a smartphone's built in features are to see if there are similarities there as well. Apple products have a built-in feature called Screen Time which tracks your daily usage of your phone as well as individual apps. You have the opportunity to set limits for individual apps and you can choose if you want to be kicked off the app when you reach your limit. There is a way that you can just override being shut out, however. You can also set times that you want to be off your phone in general. Android phones have a built-in feature as well called Digital Wellbeing & Parental Controls. In Android's version you have ways to track most apps. Basic apps like the settings, Play Store, and the actual phone cannot be limited. You are also able to simply ignore your preset limits like in Screen Time. Additionally, there is no feature to get kicked off your entire phone which differs from Apple's Screen Time.

In researching, it is obvious that there is currently no single app that is able to achieve all the requirements that the Digital Lifestyle Habit Tracker seeks to incorporate into its features. By designing a smartphone application what has multiple features like setting parental controls, being unable to override preset time limits, and inviting accountability partners will allow people to be more thoughtful of how they are spending their time on their devices.

## IEEE References

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- [3] *AppDetox - App Blocker for Digital Detox*. (2019). AppDocs. Accessed: Apr. 10, 2020. [Online]. Available: <https://play.google.com/store/apps/details?id=de.dfki.appdetox&hl=en>