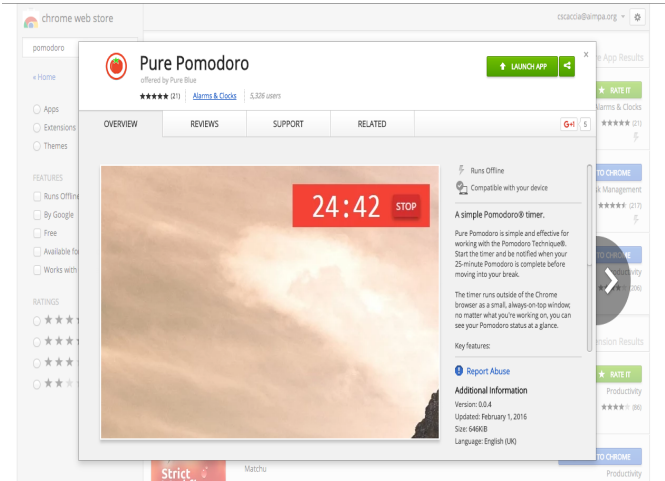


# Timer Apps to Improve Focus and Sustained Attention

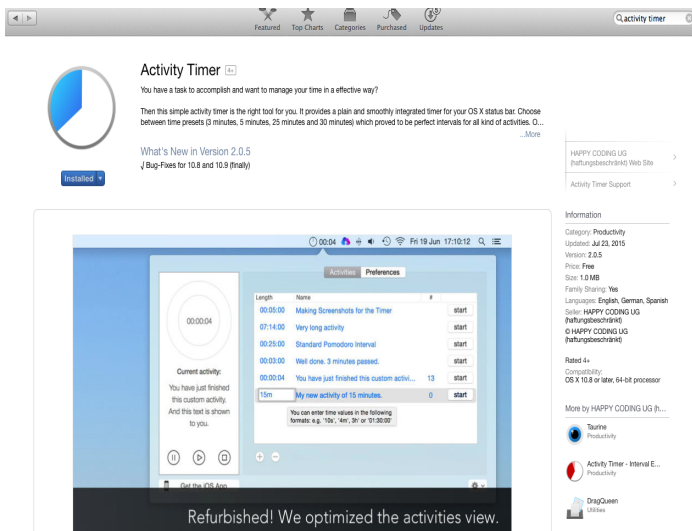
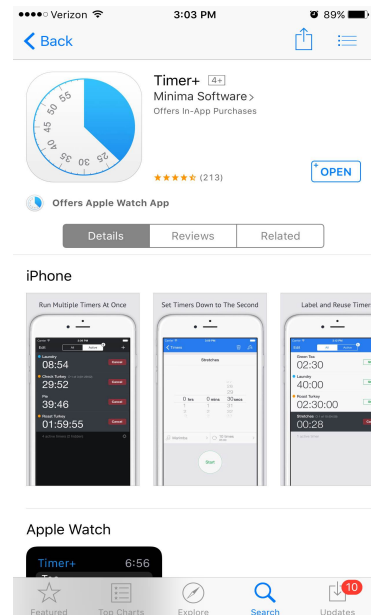


**Pure Pomodoro**- can be downloaded onto your Chrome Homepage for FREE through the Chrome Web Store.

- Based on the Pomodoro technique that states taking breaks improves mental agility.
- Sets a 25 minute timer that is visible on your computer no matter what screen you are working on.
- Automatically starts 5 min break timer after 25 minute work period ends.

**Timer+**- can be downloaded for FREE onto your iPhone or iPad through the iOS App Store.

- This tool allows you to set customizable times to stay on track while completing work.
- Multiple timers can be set at the same time-- perfect for multi-tasking.



**Activity Timer**- can be downloaded for FREE on your computer through the Mac App Store.

- Provides an integrated timer on your computer's status bar so that you can see how much time has passed.
- 3 min, 5 min, 25 min, and 30 min timers, plus customizable options.
- Timer alerts to notify you when time is up.
- Helpful tool to keep you focused for a certain amount of time before taking an earned break.