

Leech Block, Pomodoro, StayFocusd, and other time management or web blocking tools

Do you find you lose a lot of time online, distracted by Facebook, Twitter, news websites or online quiz sites?

It may be worth investigating whether a time management or web-blocking tool could help. This handout discusses a selection of these, focusing mostly on free apps and programmes, and identifying where these are used with particular web browsers.

To change or add browsers to your machine, you can find links to several from the 'Accessibility' link at the bottom of any University website:

<http://www.nottingham.ac.uk/utilities/accessibility/accessibility.aspx>

Browser support

We have made every effort to ensure this website is cross platform and cross browser compatible. However, older browsers may not be fully supported. We encourage users of this website to upgrade to the latest version of their chosen web browser, this will not only enhance the user experience of this site but websites in general. Common web browsers can be downloaded by clicking on the links below:

- [Internet Explorer](#)
- [Safari](#)
- [Google Chrome](#)
- [Firefox](#)
- [Opera](#)

LeechBlock

This is a free Mozilla Firefox extension that allows you to limit your viewing of up to six sets of websites, blocked by different times and days for each set. It also keeps track of the total amount of time you have spent browsing the sites in each set.

Install the Firefox web browser from <https://www.mozilla.org/en-GB/firefox/new/>

Find the LeechBlock Firefox add-on <https://addons.mozilla.org/en-US/firefox/>



Advice on LeechBlock can be found via <http://www.proginosko.com/leechblock.html>

<http://www.nottingham.ac.uk/StudentServices/StudyResources>

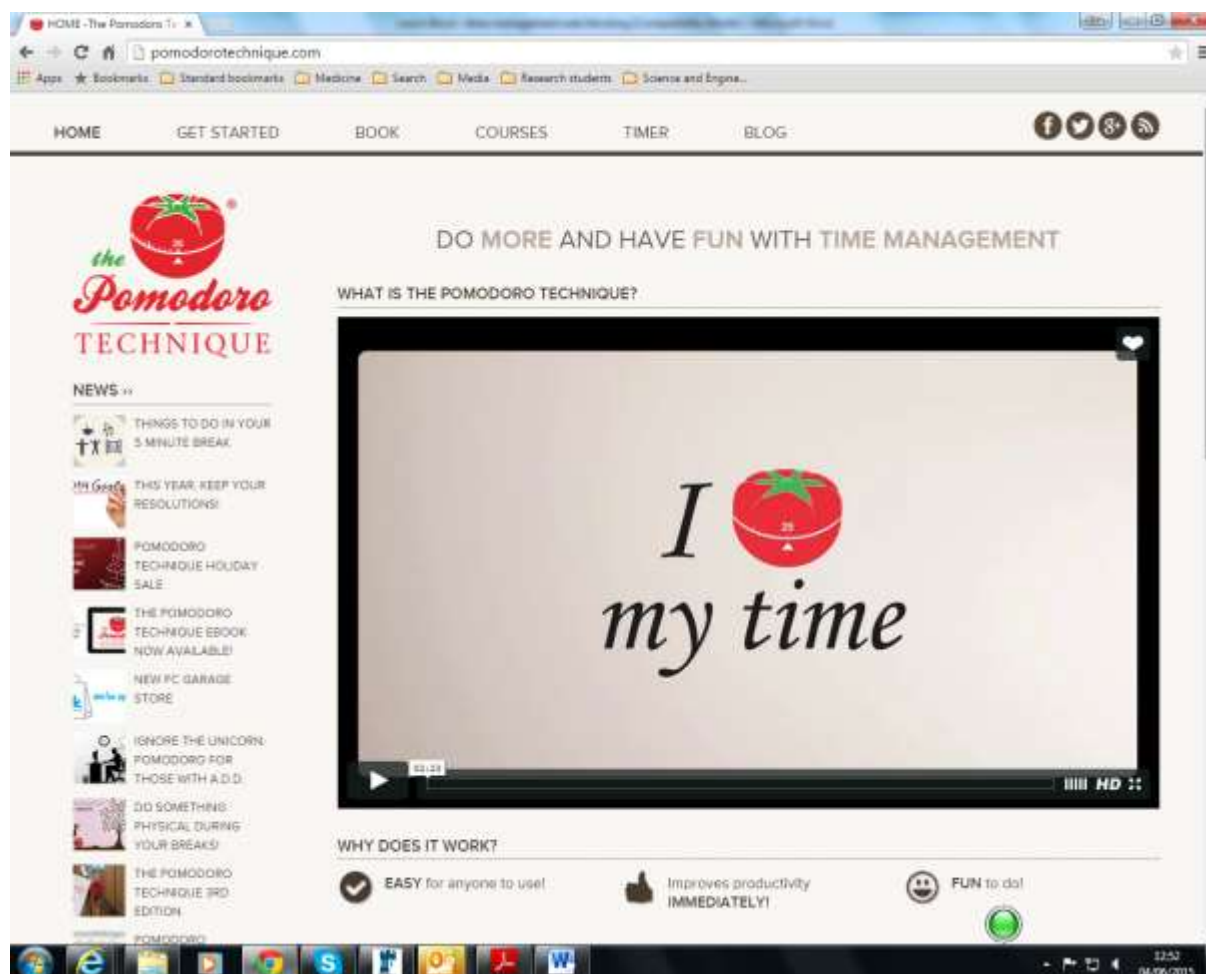
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Pomodoro technique

Pomodoro is a way of managing time in short sessions of focused activity (25 minutes long), with a timer to alert you when that time is up. Five minute breaks are encouraged after each session, with a longer break after four Pomodoro sessions.

Getting started with Pomodoro: you can find out more about the technique via their website <http://pomodorotechnique.com/>

Timers: official timers are available, and other sites also sell physical timers; however free online timers are available e.g. <http://tomato-timer.com/>



Please note: the University of Nottingham Short Courses programme offers postgraduate students and research staff 'Shut up and write' sessions, which are based on the Pomodoro technique. For details on eligibility and booking use your UoN log-in <https://training.nottingham.ac.uk/cbs-notts/Portal/DesktopDefault.aspx>

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Stay Focusd

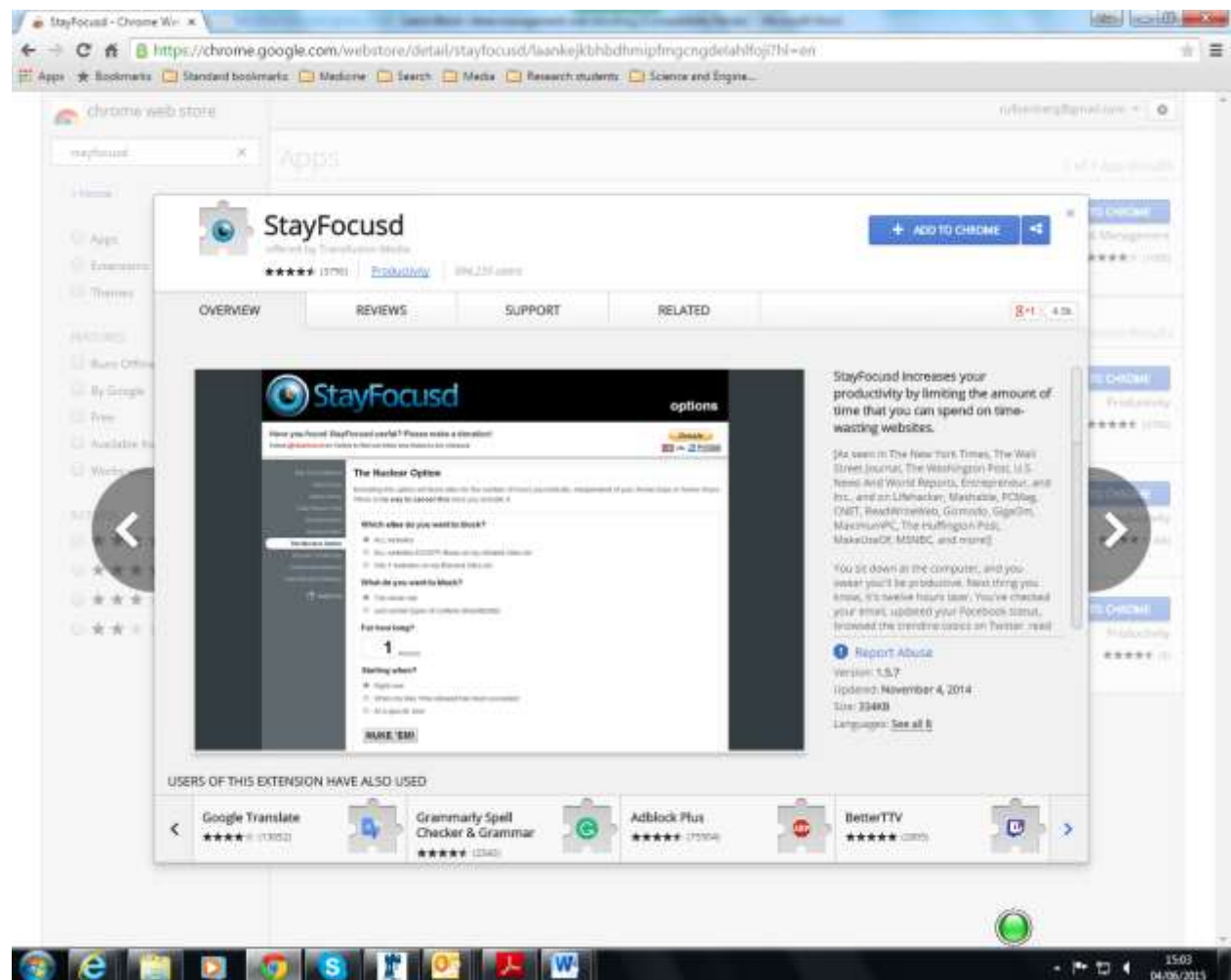
This is a free Chrome browser extension that limits the total amount of time you want to let yourself spend on all your non-productive sites.

Install the Chrome browser from

<https://www.google.co.uk/chrome/browser/desktop/index.html>

You can find out more about Stay Focusd from the reviews and support questions raised on the extension webpage

<https://chrome.google.com/webstore/detail/stayfocusd/laankejkbhbdhmipfmgcngdelahfji?hl=en>



More about online tools

For further information on similar resources for both Macs and PC/android devices, check out links like <http://99u.com/articles/6969/10-online-tools-for-better-attention-focus>.

Paying for Apps

Sometimes, like paying for a diary or wall-planner, a small cost can be worthwhile investing for a means to take control of your time and usage of the web. There are a huge range of apps and software you can access: look for free/refundable trial periods wherever possible.

StopProcrastinatingApp

This app allows you to set the amount of time you'd like to be internet-free, then choose one of three options that works best for you:

- Block the internet, but reboot if you want to get back online.
- Block the internet, but prevent internet access even if you reboot. You'll get back online once your time is up.
- Stay connected, but filter out the most distracting websites, social media sites and email accounts.

This programme works with both Macs and Windows.

You can get started using this tool via <http://www.stopprocrastinatingapp.com/>

