TIPS, TRICKS, AND HELP

Here you can find our recommendations on how to use OFF to get the most out of the app and help you maintain healthier digital habits.

Which one is the most effective block to reduce my screen time?

This depends very much on your phone usage pattern, but we have evidence that the "Entire device time limit" helps you adapt to a healthy phone usage. By setting up a maximum time limit you learn how to reduce the non-required time wasted on social apps or similar. By doing this you realize that you don't need those apps that much and reduce drastically your phone usage. It is true that there might be an adaptation phase, but as they say, "no pain, no gain".

To stay focused at work, which blocking feature is better?

Using excessively your phone at work can have terrible consequences, from fatal if your work on a physical environment, to reducing your efficiency and productivity (longer hours) or missing timelines or deadlines. To avoid all of them, we recommend setting up an "agenda block". The idea here is to define which apps to block, set up your working hours on the timer and set it up for one week. This way you will be able to verify if the app has worked for you.

What's the intention of the focus sessions?

These sessions are perfect for periods of 4 hours or less where the user must enter a deep concentration stage. Study sessions, relevant work meetings, social gatherings, or medical appointments are examples of situations where you could use this feature. By setting up a focus session you will be able to set a countdown timer and ensure a proper disconnection. You will see how this feature boosts your concentration while active.

How does the limited scrolling feature work?

The limited scrolling feature allows you to select the app or apps, the maximum number of time you want to be able to open it, and the minutes you want to spend

every time you open the scrolling-intensive app (TikTok, Instagram, Twitter, Youtube, etc.). This way you will have a double limitation, the number of times you open it and the time you spend on it each time. This will help you keep your time on these apps brief and healthy, avoiding the scrolling trap of big tech companies.

Why are there different difficulty levels?

We firmly believe that humans have two relevant things that are limited, the first one is time. All of us will die. The second one is money. Even Elon Musk has a limited amount of capital (even though it is almost impossible to run out of it if you have so much money). This is why we have set up different thresholds of "fines" in case you want to skip your own set blockages. Based on how valuable your time is, either compared to your income or the importance of things you do outside your working hours, you can set the value of your time. As an example; for users who are highly addicted to the phone and have good paying jobs, we recommend setting up the upper threshold as it will disincentive the temptation of using the $0.99 block and skip it once reached.

Is it better to have app time limits or entire device time limits?

That depends if you are using multiple apps a day to distract yourself or you tend to use two or three apps and get stuck in one of those for quite some time. If your problem is with a limited number of apps, let's say 2 or 3, it would be better the set-up app-specific limits. If your problem is with multiple apps, setting up an entire device limitation would be recommended.

How do I choose the duration of my block?

The minimum available for the ones beyond the focus session, the minimum is three days. We consider that if you don't try something for at least 3 days, you will not have the time to adapt to it. The first day it disturbs your regular schedule, the second day you start to adapt and the third day you could judge if it worked or not.

Phillippa Lally is a health psychology researcher at University College London. In a study published in the European Journal of Social Psychology, Lally and her research team decided to figure out just how long it actually takes to form a habit.

On average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact. The time to form a new habit varies greatly by behavior, individual, and situation. In Lally's study, it took anywhere from 18 days to 254 days for people to form a new habit.

We recommend you start with a 3-day blockage and if you feel like the app is helping towards your disconnection goal, you increase it to 1 month or 1 year.

What should I do if I have encountered a bug or I want to recommend a new feature or modification?

We are always eager to hear from users! Please go to the profile section and look for the "Ideas for improvement" section. It will redirect you to your email so you can send us your thoughts. We review all messages personally, so we will answer you (not an AI) to give you feedback on your comment. If your recommendation is so good that we want to hear more about it, we might ask you for a videocall 😉 .

Why is OFF a better option than the rest of apps in the market?

OFF is an independently created app that has no interest beyond helping you disconnect from your phone and reconnect with reality. We don't steal your data, we don't have any big-tech investors behind, and we don't have second interests. We are offering the service for free instead of paying an expensive subscription because (i) we think that disconnection is a global right and not just for wealthy individuals, (ii) we have a different monetization structure as our competitors and (iii) we are a small and flexible team.

We have a complete set of blocks that can help different user cases, and none is offering this same mix for free. We will continue working on improving the service so we can help you reach a less phone-addicted society.

Do you recommend having Blocks pre-developed?

Absolutely! By creating your own blocks, you can set up tailor-made limits that help you change your phone usage patterns. If you leave them in the "My blocks" section on the main page, it will be easier for you to activate them when needed.

If I delete the app, will my user profile still be available?

Yes, if you don't press on "Delete my profile" in the settings part, the basic data of your profile will be stored in case you decide to come back at any time with the same device or a new one.

How can I skip the blockage?

The app has been designed to make you accountable and follow your original disconnection desires. As with any addict, if there is a way to continue getting the same pleasure, you will bypass any minor barrier. This is the reason why OFF presents a strict blockage and is therefore only possible to pass the blockage if the user pays a small "fine".

It is normal that I cannot set up more than 20 time limits?

Yes, Apple establishes a limit on the number of blocking options that can be active at once. This is something that is outside the reach of OFF. We are sorry.

If I by-pass the payment, will there be consequences for me as a user?

If you skip the blocking system, you will automatically owe OFF (Kandaro Solutions SL) the corresponding amount. Once you establish the block, you are automatically bound to compensate OFF in case you want to reverse the block. This has been structured this way to make users stick to their desired screentime limits, instead of falling into the time-trap of large tech.

The company will use all resources available to compensate such debt.