



**ABIGAIL WURF**

## High and Low Technology and Apps to Get You Through Your ADHD Days

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### Alarm Clocks

#### **SB Sonic Boom Vibrations Alarm Clock**

<https://sonicalert.com/>

Using sound, light and vibrations, this alarm clock will help even the heaviest sleepers get up.

#### **Peaceful Progression Wakeup Clock**

[https://www.hammacher.com/product/84656?source=PRODSEM&cm\\_cat=ProductSEM&cm\\_pla=AdWords&gclid=CjwKCAjw6djYBRB8EiwAoAF6oZXwJiFiwQJ58mHxi gdLnj9GWA8cLd3KsC0ttYsBt4a6k4VVlJyMqBoCwrgQAvD BwE](https://www.hammacher.com/product/84656?source=PRODSEM&cm_cat=ProductSEM&cm_pla=AdWords&gclid=CjwKCAjw6djYBRB8EiwAoAF6oZXwJiFiwQJ58mHxi gdLnj9GWA8cLd3KsC0ttYsBt4a6k4VVlJyMqBoCwrgQAvD BwE)

Clock gradually increases volume, light and aroma to ease you awake.

#### **Clocky**

(Nanda Home – Amazon)

[https://www.amazon.com/Nanda-Home-Original-Runaway-Sleepers/dp/B004MSMUGI/ref=sr\\_1\\_1\\_sspa?ie=UTF8&qid=1528203355&sr=8-1-spons&keywords=the+flying+alarm+clock&psc=1](https://www.amazon.com/Nanda-Home-Original-Runaway-Sleepers/dp/B004MSMUGI/ref=sr_1_1_sspa?ie=UTF8&qid=1528203355&sr=8-1-spons&keywords=the+flying+alarm+clock&psc=1)

An alarm clock with wheels that rolls off your nightstand and rolls around your room while beeping. Alarm is extra loud to wake up heavy sleepers.

## Alarm Apps

### **FreakyAlarm** – IOS

<http://www.freakyalarm.com/>

Must solve logic game or scan QR code to stop alarm.

### **Wake N Shake** – IOS

<http://wakenshake.co/>

Must shake to stop alarm.

### **Alarm Clock Xtreme** – Android

[https://play.google.com/store/apps/details?id=com.alarmclock.xtreme.free&hl=en\\_US](https://play.google.com/store/apps/details?id=com.alarmclock.xtreme.free&hl=en_US)

Alarm volume gradually increases to wake you up gently. Must solve math problem to stop alarm. Can track your sleep and includes a timer and stopwatch.

### **Alarmy** – IOS and Android

<https://alar.my/>

Alarm is set to picture you have taken in your home. To stop the alarm you must get out of bed and take a photo of the same area.

## Alarm Services

### **WakeUpLand.com**

<https://www.wakeupland.com/>

This is a paid service that calls or texts you to wake you up. The service also does reminder calls and texts.

## Calendar Apps

### **Google Calendar** – Android, IOS

### **My Study Life** – Android, IOS

<https://www.mystudylife.com/>

Use like a digital paper calendar for scheduling, tasks, assignment tracking and reminders. Syncs across all devices and accessible when offline as well.

**Informant** – Android, IOS

<https://www.pocketinformant.com/>

This is a calendar app that also manages tasks, projects, notes and contacts. It works with iPhone, iPad, Mac and android.

**Jorte Calendar** – Android, IOS

<http://www.jorte.com/>

For phone and tablets, this app includes a calendar, dairy entries with pictures and task lists. Highly customizable and synchronizes with other calendars.

**Cozi** – Android, IOS

<http://www.cozi.com/calendar/>

Cozi is a family organizer. Through color coding everyone's schedules and activities are in one place. Also includes shopping lists, to do lists, journal and meal and recipe planner. Works across all devices and computers.

## Paper Calendars

**Planner Pads**

<https://plannerpads.com/>

Three tier calendar task management system, with a week at a glance of all your tasks and appointments. I use this calendar and have for many years. It is published quarterly so that you can start any time of the year.

**The Incredible 8 Day Delta Planner**

<https://www.amazon.com/INCREDIBLE-Day-Delta-Planner-Color/dp/B00GF671S2>

Full size paper calendar with weekly task insert that means you don't have to rewrite your to do lists daily. Lays flat when open for easy access and can be started any time of the year.

## Email

**Unroll.me**

[https://join.unroll.me/?utm\\_campaign=google2018&gclid=CjwKCAjw6djYBRB8EiwAoAF6ob\\_mY2gtFYWkR5TMp\\_NBFh3Sj065YAAAY0NMWcMixhHCnVRCykn38LxoCazYQAvD\\_BwE](https://join.unroll.me/?utm_campaign=google2018&gclid=CjwKCAjw6djYBRB8EiwAoAF6ob_mY2gtFYWkR5TMp_NBFh3Sj065YAAAY0NMWcMixhHCnVRCykn38LxoCazYQAvD_BwE)

Clean out email by seeing all subscribed emails. Choose which ones to unsubscribe from. Gmail, Yahoo, Outlook, Hotmail, Live, AOL

## Controlling Life on Line

### **AdblockerPlus**

<https://adblockplus.org/>

For chrome blocking banners, pop-up, tracking, malware and more. Default non-intrusive ads aren't blocked to support websites. Also has tablet and smart applications.

### **Freedom** – Mac, PC, Android

<https://freedom.to/>

App and website blocker on Mac, windows and IOS. Can create lists of websites and apps to block.

### **Rescue Time** – PC, Mac, Android, Linux

<https://www.rescuetime.com/>

Runs in the background of your computer and devices. Tracks and gives you reports of how much time spent on each application and website.

## Communication

### **Facetime** – Apple

### **Skype**

<https://www.skype.com/en/>

### **VSEE**

<https://vsee.com/>

## Financial

### **Acorns** – Android, IOS

[https://www.acorns.com/?s1=adwords&s2=desktopbrand&s3=acornsexact&gclid=CjwKCAjw6djYBRB8EiwAoAF6oT4xoX7ZwJYW05TilmXnWgnGDILIF0ozfRzVXJR9eB8WMzZYiWCcmxoCfA8QAvD\\_BwE](https://www.acorns.com/?s1=adwords&s2=desktopbrand&s3=acornsexact&gclid=CjwKCAjw6djYBRB8EiwAoAF6oT4xoX7ZwJYW05TilmXnWgnGDILIF0ozfRzVXJR9eB8WMzZYiWCcmxoCfA8QAvD_BwE)

Automatically sets aside spare change or extra cash throughout the day, Investments go into a diversified portfolio created by experts.

**Cash App** – Android, IOS

<https://cash.app/>

Like Venmo, makes it easy to pay friends and family.

**Expensify** – Android, IOS

<https://use.expensify.com/>

Simplifies your receipt and expense management. Includes receipt scanning and automates expense reporting.

**Mint** – Android, IOS

<https://www.mint.com/>

Budgets, bill tracking, bill paying and credit score all in one app. Makes suggestion based on your spending. Alerts upcoming bills.

**Venmo** – Android, IOS

<https://venmo.com/>

Send money and make purchases. Pay friends and family through venmo from money you have in venmo or your debit card quickly. Can split payments.

## **Focus**

**Focus@will** – Android, IOS, web

[https://www.focusatwill.com/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=branded](https://www.focusatwill.com/?utm_source=google&utm_medium=cpc&utm_campaign=branded)

Scientifically optimized music to help you focus based on personality types to optimize your productivity. Over 50 channels available.

**Focus Booster** – Web, Mac, Windows

<https://www.focusboosterapp.com/>

Based on the pomodoro technique with a time tracker. All sessions are recorded for timesheets and to generate invoices.

The pomodoro technique breaks down work into interval usually 25 minutes long with short breaks in between.

**FocusWriter** – Web, Mac, Windows

<https://gottcode.org/focuswriter/>

Focuswriter is a simple distraction free writing environment. Includes timers, alarms, daily goals, customizable themes, auto save option, multi document support, sessions and more.

**Forest** – Chrome, Android, IOS

<https://www.forestapp.cc/en/>

This app helps you put down your phone. Plant a tree in the app and while you are not using your phone it will grow. If you leave the app to use your phone the tree will be killed. The goal is to try and build a forest.

### Mental Exercises

**Brain Yoga** – Android, IOS

<https://itunes.apple.com/us/app/brain-yoga-brain-training-game/id660526568?mt=8>

[https://play.google.com/store/apps/details?id=com.megafaunasoft.brainyoga&hl=en\\_US](https://play.google.com/store/apps/details?id=com.megafaunasoft.brainyoga&hl=en_US)

Puzzle games to train memory, vocabulary, numeracy, spatial ability and pattern matching.

**Eidetic Memory** – Android, IOS

<https://itunes.apple.com/us/app/eidetic-spaced-repetition/id536240413?mt=8>

[https://play.google.com/store/apps/details?id=com.yourelink.Eidetic&hl=en\\_US](https://play.google.com/store/apps/details?id=com.yourelink.Eidetic&hl=en_US)

Apps work on long term memory.

**Luminosity Brain Training Programs** – Android, IOS

[https://www.lumosity.com/landing\\_pages/970?gclid=CjwKCAjw6djYBRB8EiwAoAF6oVI26kiuJcnXJ-MHts1\\_HrW9o-jHwlgok-tQgMYmTROE9u0aZE0cBoC0UQQAvD\\_BwE](https://www.lumosity.com/landing_pages/970?gclid=CjwKCAjw6djYBRB8EiwAoAF6oVI26kiuJcnXJ-MHts1_HrW9o-jHwlgok-tQgMYmTROE9u0aZE0cBoC0UQQAvD_BwE)

Brain training games.

**Elevate Training App** – Android, IOS

<https://www.elevateapp.com/>

35 plus games to elevate productivity, earning power and self-confidence in skills like math, reading, writing, speaking and listening.

## General Assistance

### **Fin**

<https://www.fin.com/>

On demand assistant human and machine intelligence. Service learns your preferences, tracks recurring tasks, pay for only what you use and get support for tasks such as scheduling, online purchases and booking travel.

### **Fiverr**

<https://www.fiverr.com/>

Freelance services marketplace. Offers services including graphic design, digital marketing, writing, translation, video, animation, music, audio, programming, tech, business services and many others. Fiverr is extremely affordable with gigs starting at \$5.

### **Task Rabbit**

[https://www.taskrabbit.com/?utm\\_source=pd\\_search&utm\\_medium=ggl&utm\\_campaign=Google\\_Search\\_DC\\_Brand&utm\\_content=8919272136&utm](https://www.taskrabbit.com/?utm_source=pd_search&utm_medium=ggl&utm_campaign=Google_Search_DC_Brand&utm_content=8919272136&utm)

Freelance marketplace to get things done around your home. Hire people to assemble furniture, home improvement, errands, packing, grocery shopping, delivery, yard work and more.

## Winding Down

### **Anti Blue Light Screen Protectors**

Science has found the blue light in screens can cause you to stay awake longer. These screens filter out the blue light . Great for reading in bed at night on a screen.

### **SleepwithMe- Podcast**

<https://www.sleepwithmepodcast.com/>

This is a podcast with over 600 episodes available. The host's goal is to bore and lull you to sleep. I go to sleep with this almost every night.

### **“White” Noise Machines**

There are machines and apps that provide background sound to help lull you to sleep. Peaceful Progression Wake Up Clock mentioned in the first section has a white noise generator.

**Abigail Wurf**, M.Ed, PCC is a coach, author and speaker based in Washington DC. As a coach she is focused on performance and productivity for entrepreneurs and professionals affected by ADHD. Abigail also helps college and graduate students to complete their degrees in a timely fashion. A Professional Certified Coach, she was diagnosed with ADHD in 1999. She became a coach 2007, specializing in ADHD coaching in 2010. She works with people in greater Washington DC Area and nationally.

She is author of “Forget Perfect: How to Succeed in Your Profession and Personal Life Even if You Have ADHD” available at <http://abigailwurf.com/writing/>. She is the host of a weekly podcast that can be found at <http://abigailwurf.com/podcast-episodes/>.

To find out more about ADHD, free resources and Abigail’s services go to [www.abigailwurf.com](http://www.abigailwurf.com). To contact Abigail email her at [abigail@abigailwurf.com](mailto:abigail@abigailwurf.com) or call her at 202-674-1025.