

In the era of smartphones, use of technology is a great way to further build upon academic skills, manage time, enhance organization, and compensate for areas of great challenge. Healthy Minds has compiled a list of useful technology apps.

Apps for Attention and Executive Functioning



[MindNode](#)

MindNode makes mind mapping easy. Mind maps are a visual representation of your ideas, starting with a central thought and growing from there. This allows you to brainstorm & organize your thoughts in an intuitive way, so you can focus on the idea behind it.



[Lumosity](#) Challenge your brain with scientifically designed training



[The Stroop Effect](#)

Check your ability to focus your mind despite interference! We invite you to test yourself with the so-called Stroop Test adopted for iPad.



[Mindjet Mapping](#)

Mindjet Maps for iPad® lets you easily enter ideas, tasks, and meeting notes into intuitive visual maps that help you quickly organize concepts and prioritize action items. Instantly create new maps or import them from Mindjet Connect®.



[Evernote](#)

Evernote is an easy-to-use, free app that helps you remember everything across all of the devices you use. Stay organized, save your ideas and improve your productivity. Evernote lets you take notes, snap photos, create to-do lists, scan business cards, record voice reminders--and it makes everything searchable, whether you are at home, at work, or on the go.



[Evernote Peek](#)

Evernote Peek is a learning app designed for the iPad 2 Smart Cover. No Smart Cover? No problem! The new Virtual Cover lets any iPad get in on the fun. Studying with an iPad has never been more natural. Simply peek under the cover to prepare for a quiz, practice a language or strengthen your memory.



[Aces Traffic Pack](#)

Aces Traffic Pack contains 230 puzzles! Test your strategic thinking with varying traffic puzzle difficulties, maneuver your car and others around parking lots and traffic jams to set your car free! Make sure to watch out for objects such as potholes and rocks that we've placed in areas to increase your problem-solving skills!



[WritePad](#)

This app allows you to take notes in your own handwriting, which is then converted to digital text. The Shorthand Editor lets you enter frequently used words or phrases that then auto fill into the text.



[Towers of Hanoi](#)

All this list making and organization is great, but let's have some fun! The app is based on the classic Towers of Hanoi game. Remember that game with the 3 wooden rods and different sized discs? You could only move one at a time and you couldn't put a larger one on top of a smaller one. This is that game in app form using different sized animals instead of discs.



[Idea Sketch](#)

This is another app for older students. It allows you to create concept maps, flow charts and then converts it to a text outline. It a fabulous resource for planning projects, making lists, developing outlines or creating charts. You can import content from other apps, documents or emails and share "sketches" with others through email, or the cloud.

[Organization and Planning](#)



[iPrompts](#)

iPrompts®, the original app for visual support, is used by special educators, therapists and parents of those benefiting from visual structure, including individuals with Autism.



[VoCal](#)

The original, best and most trusted personal reminder app available. Your reminders, in your voice, in your words, delivered on time, every time. Speak, don't type!



[Time Timer](#)

The Time Timer is a remarkably easy timer app for iPhone and iPod Touch. The Time Timer app displays time as a red disk that quietly gets smaller as time elapses. Children as young as three understand that when the red is gone, time is up!



Due

This app lets you quickly set auditory reminders and will continue to notify you of the task until you complete it.



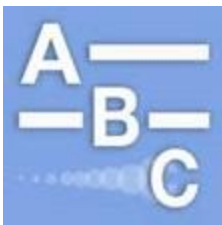
Epic Win

EpicWin is a streamlined to-do list, to quickly note down all your everyday tasks, but with a role-playing spin. So rather than just ticking off your chores and reminders, completing each one earns you XP to improve and develop your character in an ongoing quest to improve stats, gain riches, and level-up.



Good Notes
4

GoodNotes lets you take notes and annotate PDF documents. They will be synced to all your iOS devices automatically, thanks to iCloud. Mac client is coming soon.



Brevity

How can you write "magnificent" with 3 letters? Brevity. Brevity helps you write text several times faster. It works on the principle that most words can be uniquely identified using less letters than they actually contain and it lets you write them that way.



Good Reader

GoodReader® is the super-robust PDF reader app. Mashable describes it as "a Swiss Army knife of awesome!" Reviews worldwide hail it as "essential," "the best," "magnificent" and "the killer app".



Clear

Clear is the revolutionary to-do and reminders app that makes you more productive. It's as easy to use as pen and paper, and once you start organising your life with Clear you'll wonder how you ever managed without it.



Dragon Dictation

Dragon Dictation is an easy-to-use voice recognition application powered by Dragon NaturallySpeaking that allows you to easily speak and instantly see your text or email messages. In fact, it's up to five times faster than typing on the keyboard.



[Remember the Milk](#)

Take your to-do list anywhere with this feature-packed app; never forget the milk (or anything else) again. Remember The Milk (RTM) for iPhone, iPod touch and iPad connects with the popular online service of the same name.



[Momento](#)

Keeping a private diary / journal has never been so easy. Momento helps you privately capture your daily activities, thoughts, ideas and photos, and combines them with your activity from social networks to create a complete and unified timeline of your life.



[Dropbox](#)

Dropbox lets you bring all your photos, docs, and videos anywhere and share them easily. Access any file you save to your Dropbox from all your computers, iPhone, iPad, and the web.

Dropbox



[30/30](#)

Simple. Attractive. Useful. 30/30 helps you get stuff done! You set up a list of tasks, and a length of time for each of them. When you start the timer, it will tell you when to move on to the next task. That's it!



[Mint](#)

Billed as "The best free way to manage your money," Mint.com allows you to track, budget and manage your money all in one place, so you can see where you're spending and where you can save.

4 Miraculously Motivating Productivity Apps

Tackle your to-do list (digital-style!) with these smart productivity apps — like EpicWin and Task Timer — that inspire kids and adults with ADHD to get things done.

by [ADDitude Editors](#)



1. EpicWin

Problem: You find it difficult to meet goals.

How you use the app: [EpicWin](#) is a cross between a digital organizer and a role-playing video game. You choose an avatar character that appeals to you, and then select a task that you want to accomplish. As tasks are completed, players pick up points, "treasures," and loot.

Benefits: Video-game elements appeal to the [attention deficit hyperactivity disorder](#) (ADHD) brain and motivate you to keep going.

2. Task Timer

Problem: You get [distracted](#) when doing a task.

How you use the app: Pick a task, choose the completion time, and the app keeps you on track by showing time elapsed and time remaining. Include breaks and use the intermittent vibration reminder to help you stay on task.

Benefits: You can customize [Task Timer](#) to your work preference -- as a quick burst of activity or at a more leisurely pace.

3. iRewardChart

Problem: Your child needs extra motivation to accomplish routine tasks.

How to use the app: Input chores or behavior goals and track your child's progress into [iRewardChart](#) over the course of the week. When he completes an action, he earns a star toward a reward.

Benefits: It offers children visual reinforcement of progress made — and rewards earned.

4. Evernote

Problem: You can't keep track of [paper clutter](#).

How to use the app: [Evernote](#) allows you to store text, photos, and audio notes on your device of choice. Create "notebooks" and categorize notes for recipes, an upcoming vacation, product research, to-do lists, and so on. Notes are tagged with geo-location for mapping or search.

Benefits: Information is in one location, [organized](#), and available through a simple search. Type in what you need and Evernote will find it for you.

To-Dos You Can Use: Great Task Manager Apps

Get more done with the help of your smartphone and these three smart apps.

by [Dana Rayburn](#)



2DO

([iOS](#); \$49.99; [Android](#); \$2.99)

There are lots of things to like about [2Do](#). You can use it to manage simple reminders and checklists, as well as larger projects. 2Do also lets you organize tasks by color -- an important feature for visually oriented ADHDers.

The 2Do app is easy to use. It features a clear tab system along the left-hand side that allows you to create and color-code lists to organize your tasks by context -- home, office, errands -- or by project. Each task in your 2Do list is sortable by priorities, due dates, notes, an embedded audio note, and/or photo.

You can also add actions to your tasks that link to your contacts, allowing you to call, e-mail, or text directly from the app. One practical feature for ADHDers is [being able to defer tasks you didn't get done](#) to a future date -- something, I admit, I have used a lot.

[30/30](#)

([iOS](#))

A client of mine told me that [30/30](#) is one of his favorite ADHD apps, so I put it through its paces. I love it, too. The app allows you to set sequential countdown timers to walk you through your day's tasks. I've been using 30/30 for a few weeks now, and I find it very helpful. Taking a few minutes each morning to set up my day in 30/30 takes the guesswork out of what I need to do next. The app has also made me keenly aware of how I -- probably like you -- [underestimate how long it will take to do things](#). 30/30's gesture-based controls make it a snap to use.

[TeuxDeux](#)

(free app, free 30-day trial; account is \$24/year)

This may be my favorite time-management app. [TeuxDeux](#) is a clear and simple task manager that reminds me of my old week-at-a-glance calendar that I left behind years ago. The app gives you a view of five days at a time, where you can assign tasks a completion date. There's room at the bottom of the screen to list tasks by project. What I like best about TeuxDeux is that you can access your account through your Web browser, and it syncs to your iPhone app. If you have an Android phone or device, you can access TeuxDeux on your browser. As much as I love my iPhone, I find the [daily managing of my to-do list](#) on it a bit tedious. I prefer the big screen of my laptop. Yet the updated tasks are on my phone for those many times when I break away from my desk and my computer.

Smart Gadgets: ADHD Tools for Work and Home

7 high-tech ADHD tools and gadgets to help you get organized at work and at home.

by [Sandy Maynard](#)

Ever wake up in the morning only to realize that you left the garage door open all night?

High-tech gadgets won't solve all your [attention deficit hyperactivity](#) (ADD/ADHD) [organizational problems](#). Many gadgets are pricey, and read every word of the owner's manual and still not know how the things

But the *right* [ADHD tools](#) can make you a bit less frazzled--especially the kind of person with ADD/ADHD who can spend 30 minutes [looking for keys](#)... only to find them in your pocket or purse.

Odds are, you already know how to use a kitchen timer to help you keep track of time outside the kitchen. Here are seven more nifty, high-tech helpers, selected for people with ADD/ADHD:

1. Graphical clock

If you have trouble keeping track of the time, you'll want one of these: a [clock](#) that uses a diminishing red disc to graphically indicate time's passing. As minutes tick by, the red pie slice gradually disappears. The clocks come in various sizes and can be purchased from [TimeTimer.com](#). A software version can be installed on your computer's desktop.

2. Keyless lock

Are you the kind of person who loses your keys and your key finder? You may want to outfit your home with a door lock that substitutes numerical codes or fingerprints for keys. These devices offer enhanced security as well as convenience, as you can quickly change the code or fingerprint profiles. (It's great for housekeepers, guests, and others you'd rather not have a permanent key.) There's a good selection of keyless locks at [SmartHome.com](#).

3. Fail-safe alarm watch

Many people with ADD/ADHD keep their [alarm clock](#) on the other side of the bedroom -- to make sure they get up. Here's a better idea: The Sleeptracker watch monitors your sleep cycles. You set it to wake you during a specified window of time, and it sounds the alarm when you're in a period of light sleep--and less likely to fall back to sleep once you've been roused. For more information, go to [Sleeptracker.com](#).

4. Goof-proof garage door closer

Ever wake up in the morning only to realize that you left the garage door open all night? [SmartHome.com](#) offers an automatic garage door closer that uses a timer to close the door automatically in case you get distracted and forget. (Make sure the closer works with your particular type of garage door.)

5. Business card scanner

Are you drowning in a sea of business cards? Cut the [clutter](#) by scanning cards into your computer, then throw them away. Try [TigerDirect.com](#) to find a basic model.

6. Key finder

These aren't just for keys. You can use them to find any object that you tend to misplace - TV remote, eyeglasses, or telephone handset. Afraid you'll set aside that library book and never find it again? Just attach one of the electronic fobs to the bookmark. Press a button on the base unit, and follow the beeps to the book. A basic key finder can be purchased from online gadget stores such as [Brookstone.com](#). If you need lots of fobs, take a look at the finders at [FindOneFindAll.com](#). These can be configured to keep track of up to 36 items.



work

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7. Intelligent watch

Muti-function, water-resistant sport watches aren't just for athletes. People with ADD/ADHD often find them useful. Because you can wear one in the shower, you don't have to take it off so often--which means you're less likely to lose it. And many models feature multiple alarms. You can set alarms for 15- to 30-minute intervals to keep you on track and sharpen your sense of timing. Some programmable models, including those made by Timex, can store hundreds of phone numbers and appointments. If you can't remember to take your meds, go to bed on time, or keep multiple appointments, a vibrating alarm watch may be the solution. At WatchMinder.com, you'll find a programmable watch that can be set to go vibrate multiple times a day and remind you to do tasks.

NOTE: This article was last updated in June of 2013.

Academic Apps: Late Elementary



[Word Creativity Kit](#)

Ideal for use in literacy and creativity education both for native English speakers as well as those learning English as a foreign language. Word Creativity Kit is designed by a middle school teacher to encourage and help children aged 8 and up to create micro stories and poems.



[7 little words for kids](#)

Well done. You've found the version of 7 Little Words that's made just for kids! Discover 7 colorful worlds as you solve the mini word puzzles. But don't worry if you get stuck. You can always get a hint if you need it. It's made just for kids, but many parents will love it too.



[5th Grade Reading Comprehension](#)

5th Grade Reading Comprehension Prep was designed for the classroom, as well as the student and family looking for an advantage in solidifying their reading and understanding skills:

Middle School



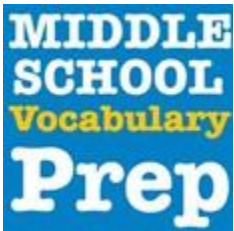
[iTooch 6th Grade Language Arts](#)

With more than 1,590 exercises, iTooch 6th Grade Language Arts is a new and fun way of practicing and learning Language Arts for 6th Graders. It is, by far, the largest collection of educational activities based on the US National Common Core Standards on the App Store.



[World's Worst Pet Vocabulary](#)

Help your students build a rich vocabulary of essential words! World's Worst Pet exposes students to over 1000 Tier Two words at 6 different levels through four engaging games. Aligned to the Common Core, this app provides student-friendly definitions, a playful narrative, a fun reward system and thought-provoking writing prompts!



[Middle School Vocabulary Prep](#)

- Study anywhere and learn over 300 vocabulary words at your own pace
- Look through the definitions and practice with both word and definition quizzes to get ready for the big final test
- Email your test results to share your score
- Increase your vocabulary knowledge and your scores!

Apps for Math: Late Elementary



[Splash Math](#)
[4th Grade](#)

Splash Math is a fun and innovative way to practice math. With 12 chapters covering over 140+ math worksheets and an endless supply of problems, it is by far the most comprehensive math workbook in the app store. In-app purchase required for full access.



[Splash Math](#)
[5th Grade](#)

Splash Math is a fun and innovative way to practice math. With 9 chapters covering an endless supply of problems, it is by far the most comprehensive math workbook in the app store.



[Math Blaster](#)
[Hyperblast 2](#)

Hop on your HyperCycle and discover math facts like you've never seen them before! Race through levels shooting and dodging fast-flying obstacles to reach the Alien Boss! Use your math skills and smarts to battle and defeat the Alien Boss and unlock new weapons, ammo and more levels!

Apps for Writing

LetterSchool (iOS, itunes.apple.com, \$4.99; Android, play.google.com, \$3.64)

This is a great app for children who are just learning to write. It has a cheerful design, colorful animations, and easy-to-follow lessons to keep younger kids focused and engaged. Before forming a letter themselves, kids tap dots that show the formation of the letter. The next level of the game requires that they trace the letter on the screen. Each completed letter becomes animated. Children are then encouraged to make the letter without any guides or dots, and they are awarded stars for each letter they master. This reward system, paired with the fun visuals and sound, really motivates young children.

Writing Wizard (iOS, itunes.apple.com, \$4.99; Android, play.google.com, \$2.99)

Writing Wizard has functions like those of LetterSchool — animated letter demonstrations, outline tracing, and freehand writing exercises — but it also has some bells and whistles of its own. Parents are able to customize lessons for their kids, allowing them to create word lists and record their voice to help children sound out letters as they write. Once a writing activity is complete, children are awarded one of four different mini-games, motivating them to complete each exercise. When children learn the basics, parents can tweak the settings to make the app more challenging. New settings will require clearer handwriting, and will offer less demonstration.

Storybird (storybird.com; Web; free)

Writing is one of the toughest tasks for students, and the beautifully crafted Storybird provides young authors with engaging, meaningful ways to express themselves. A multitude of artist-created images are available for inspiration or as supplements to stories, making Storybird valuable to students with strong spatial skills. Images are also useful for helping to sequence events in a story. There are a variety of genres to choose from, and Storybird allows writers to share their stories and to comment on others' work, too.

SpellBetter (spellbetterapp.com; iOS; free)

Students with learning difficulties often find writing frustrating, so poor spellers are bound to love SpellBetter as a word processor. Word prediction and auto-completion features allow writers to focus on recording their ideas instead of on spelling. SpellBetter can untangle the most mangled spelling, and its text-to-speech function makes it easy to listen to the suggested words in the word bank or proofread one's writing. SpellBetter's spell checker considers both phonetics and context, and it exports finished pieces to other formats (PDF, e-mail) for sharing.

26 Great Apps for ADHD Minds

Forgetful? Disorganized? Time-blind? These apps won't cure your ADHD, but they can help level the playing field — if used consistently. (And that's really the hard part, isn't it?)

by [Eric Tivers](#)

Forgetful? Disorganized? Time-blind? These apps won't cure your ADHD, but they can help level the playing field —

I have always been a tech geek. I have also always been forgetful, disorganized, and time-blind. Being diagnosed with ADHD in college, and being prescribed Adderall, was a game changer for me. However, the best things for my ADHD treatment plan have been the smartphone and the apps that run on it.

Tapping into apps didn't cure my ADHD, just like taking that salmon-colored pill didn't make my symptoms disappear. But using a range of apps has allowed me to evolve from tech geek to productivity geek. When you go through life being clueless about managing any of the details of life, and then you crack the code, it's hard not to geek out.

Technology is a great equalizer that can level the playing field for those of us with ADHD. But with all the gadgets, gizmos, alarms, bells, and whistles that technology provides, understanding its limitations will help you maximize what you get from it. Setting a reminder to "reply to boss's e-mail" is not the same as responding with a well-crafted message to explain why the \$250 you spent on Super Sticky Post-it notes was a good investment. Writing down "do taxes" will not get your taxes done.

Still, the apps and tools listed here have helped me a lot. I have organized the list to address areas that challenge ADHDers the most: managing distractions; managing information; managing time; enhancing creativity; getting more sleep and being more productive. Use these apps and prosper.

More Focus, Less Distraction

1. RescueTime

([rescuetime.com](#); PC, Mac, Android, Linux; free to \$9 per month, depending on the version)

I've used RescueTime for several months. I use the free version, which allows me to see how I spend my time on my computer. If you're looking for ways to save time, you have to know how you're spending it.

I have ADHD and I work with people with ADHD. We all need to improve our awareness of time. There is a difference in how long you think you spent doing something and how long you actually spent. While it runs in the background, the Rescue Time app quietly tracks all of your activities. You might be surprised, as I was, to realize that you looked at cat videos for two hours. It allows you to rate each activity from "Very Distracting" to "Very Productive." You set goals and track your progress.

In the Premium version, which I have used for a month, I have limited my time on certain websites based on my day's goals. If I want to be on Facebook for only 30 minutes a day, it will block Facebook after half an hour.

2. Focus@Will

([focusatwill.com](#); iOS, Android, Web; free 15-day trial, then \$8.33/month)

Designed to increase your focus and attention, Focus@Will uses specially engineered audio in which frequencies similar to the human voice are removed. Why? We are wired to pay attention to them, and they distract us. I've been using Focus@Will while writing this. I'm two weeks into my free trial, and I might spring for the paid membership after it is up. Focus@Will even has a channel called "ADHD Type 1." I can't listen to it, but I do like the channel "Alpha Chill," set to medium energy level.

3. Freedom

([freedom.to](#); Mac, PC, Android; free trial, then \$2.42/month)

I first heard about this Internet-blocking program about a year ago. Then I spent 10 months thinking that I should download it. Like many people with ADHD, I have "one-more-thingitis," especially in the evening. I start my day saying, "Today is the day that I will leave work at 7 p.m." The next thing I know, it's midnight. There were many weeks when I didn't see my wife or three-year-old son in the evening. I finally downloaded Freedom, and I love it.

It's easy to set up a weekly schedule. Just highlight the times and days you want it to work, and Freedom will block you from the Internet during those times. The only way to sidestep Freedom is by resetting my computer. I have done it, but the task is enough of a chore that I usually stick to the schedule. Android users are especially lucky. They can use Freedom on their phones.

NEXT: Apps for Managing Information

Manage Information

4. Evernote

(evernote.com; iOS, Android; free for basic version or \$24.99/year for premium)

How often do you ask yourself, "Where should I save this file so I can be sure to find it later?" only to not be able to find it later? Evernote, a cloud-based platform, can fix that. I didn't start out liking this app. I didn't like it because I didn't understand it. But I kept hearing productivity experts say that they initially didn't like the app, but came back to it. So I did what they suggested. I searched YouTube for Evernote tutorials. I now use the app all the time. Evernote allows you to capture information, categorize it with tags, and store it in "notebooks."

If you don't get tagging, you're not alone. I didn't until recently, but here is how I think about it now. Say you have an e-mail confirmation for a hotel reservation that you want to keep track of and find quickly. Maybe you could print it out. But then what? Should it be filed under Travel? Reservations? Hotel? Palm Springs? Hyatt? With paper filing, you have to pick one, unless you print several copies and file all of them. Nobody reading this article is going to do that. When you put it in Evernote, tag it with the top three or four labels that you can think of. When you need it, you can easily find it.

Evernote gives you an e-mail account, to which you can forward items. This feature helped me go from 29,000 e-mails in my inbox to zero, with all the important ones saved and filed. If you decide to try Evernote, here are two "ninja moves": In the subject line, after the subject, use the @ symbol, and it will go directly into that folder in Evernote. Use the # symbol in the subject line to tag it.

5. Mint

(mint.com; iOS, Android; free)

With Mint, you can manage everything about your money in one place: checking and savings accounts balances, investments, and debts. It is surprisingly intuitive, but I highly recommend setting it up on the Web instead of on your mobile device. On mint.com, you can create financial goals, budgets, alerts, and more.

Its graphic layout is made for ADHDers. I love the bar and pie graphs that help me make sense of my finances. On the website, you can add your own photos or graphics to your savings goals, so you can see what you're saving for. If your eyes glaze over at spreadsheets, mint.com presents that material in an ADD-friendly way. The app also alerts you to unusual activity on your accounts, and lets you know if you are paying more for things, such as car insurance, than other people in your geographical area.

6. Google Voice

(google.com/voice; iOS, Android, Web; free)

Google Voice gives you a number that can be forwarded to any phone you use. It will ask the caller to state his name, and you decide whether you want to take the call or send it to voicemail. Google Voice also allows you to receive e-mail or text transcriptions of voicemail messages. The transcripts aren't perfect — what is, really? — but being able to read a transcript of a voicemail message is easier for us ADHDers.

7. Boomerang for Gmail

(boomeranggmail.com; Android; 10 messages free per month, plus a 30-day free trial of any premium plan; plans start at \$4.99 per month)

You write an e-mail to your boss, but it's 3 a.m. Just click "Send It Later." Or you write an important e-mail, and you want to know whether the recipient has received or answered it. Tell Boomerang to let you know if the recipient hasn't responded, or hasn't opened it. You decide when you want to know. This is great for managing the dreaded "waiting on" list.

8. Dropbox

(dropbox.com; iOS, Mac, Android, PC; 2 GB free; 1 TB, \$8.25/month)

After losing college term papers and important files more than once due to disk errors, I believe that having your head in the clouds, or at least your files, is a good thing. I store most of my documents and files in Dropbox. You can access them from anywhere. The best part is how easy it is to share big files in e-mail. Forget about uploading the file, just send a link. You can also have Dropbox automatically save your pictures.

9. IFTTT (If This Then That)

(ifttt.com; iOS, Android; free)

As IFTTT's tagline says, "Put the Internet to work for you." IFTTT uses "channels" to create action recipes. A few examples of the 160 current channels are: Android Call/Location, Dropbox, e-mail, Evernote, FFFFFound!, Fitbit, iOS Reminders, SmartThings, Todoist, WeMo Motion. Click on your desired channel, then create a recipe. For instance: "If I star an e-mail in Gmail, add it to my to-do list." "If I get a voicemail, then upload it to Dropbox." "If I miss a call, add it to Todoist." Or, my favorite, "If it is 9 p.m., turn the lights off using WeMo Switch."

10. Unroll.me

(unroll.me; Gmail, Google Apps, Yahoo! Mail, Outlook.com, AOL Mail, iCloud; free)

Unroll.me is a free service that will clean up your e-mail inbox, unsubscribe you from everything you don't want to receive, and get all the newsletters, listservs, and e-mails you want rolled into one daily digest. A hundred e-mails are turned into one e-mail. Your inbox has never been happier.

NEXT: Apps to Help You Manage Time

Manage Time

11. ScheduleOnce

(scheduleonce.com; Web; after free trial, \$5-\$49/month)

As a therapist, coach, and podcaster, I would be lost without my calendar. I used to spend a lot of time going back and forth with clients and other people I needed to meet with or call. There was also the human error factor. Since I have ADHD, and so do most of my clients, it is hard to know who made the mistake when a scheduling snafu occurred. After I noticed I surpassed my personal "oops quota" (1 oops per 3 months) of double booking, I decided to move to online scheduling.

I started with vCita, but I found it did not have the flexibility I wanted, such as the ability to add buffer time between appointments. I moved to ScheduleOnce in September, and I love it. It gives you control of your day. And it will send the person you're scheduled to meet up to three reminder emails. ScheduleOnce integrates easily with Google Calendar.

12. 30/30

(3030.binaryhammer.com; iOS; free)

Is it a timer? Yes. Is it a to-do list? Yes. Can you save lists and does it sync across your iOS devices? Yes and yes.

30/30 is a great little app, with an appealing gesture-based interface. During a task, a circular visual timer is displayed at the top of the screen. 30/30 will tell you what time it will be at the end of each task as well as when you complete the list. 30/30 is great if you have a routine task list, and you're not sure if you have time to squeeze it all in. Just pull your saved list and let the app do the heavy lifting, as in time calculation, for you.

13. Priority Matrix

(appfluence.com; iOS, Android, Mac, PC; free trial, then \$8.25/month)

This app is great for managing multiple projects and responsibilities and, most important, for prioritizing your actions. You can categorize tasks by "urgency" or "importance," or come up with your own labels. I've been using this app to help me break down my big-picture goals into smaller, measurable benchmarks. I've also used it to organize specific projects, including overhauling my website and planning my podcast.

I'm a visual person, so I like that fact that Priority Matrix allows me to look at just one project, or all of them, based on due dates. Don't underestimate the power of an eye-catching icon next to each task, either. You can integrate your calendar and import e-mails into the app, if you purchase a license.

14. AutoSilent

(novniv.com; iOS, Android; \$2.99)

Do you ever forget to silence your phone or to turn it back on? AutoSilent helps in a number of ways, including silencing your phone based on specified calendars, geo-fences, or a timer. With this app, you don't have to remember to turn your ringer on or off. The timer function is great for that quick power nap in the middle of the day. This feature should be standard on all smartphones.

15. FreakyAlarm

(freakyalarm.com; iOS; \$1.99)

FreakyAlarm is as bad as it sounds. If you tend to ignore, snooze through, or shut off an alarm, this app is for you. First, you have to solve math problems to disable it. If your math skills are anything like mine, choose the "easy" category and have a calculator handy, because the annoying sound will make it hard to think.

It will go off every minute. But the best feature of this app is the "Get Out of Bed" option. The app requires you to scan a UPC or QR code to turn off the alarm. This means you have to get up and go to the QR or UPC code that you originally scanned. You can use it for more than just getting out of bed. Do you ever forget to take your medicine? Scan the barcode on your pill bottle, and now the only way to turn off the alarm is by scanning that barcode. While you're there, take your medicine. Having to scan an item to deactivate an alarm is a great way to use point of performance reminders.

16. Wake N Shake

(wakenshakeapp.com; iOS; \$0.99)

Just like the name says, you have to shake your phone vigorously to shut off the alarm. Getting blood flowing to the brain is a great way to awaken the prefrontal cortex. Wake N Shake is one of the hardest alarms to ignore.

17. Todoist

(en.todoist.com; iOS, Android, Mac, PC, Web; free, or \$29/year for Todoist premium)

If you are looking for an app that will allow you to add sub-tasks to your tasks, and sub-projects to your projects, try this. It has many e-mail and Web plugins to make it work with your current systems. The premium version of Todoist includes location-based reminders, calendar sync, productivity tracking, task additions via e-mail, and more.

NEXT: Apps to Enhance Creativity

Enhance Creativity

18. SimpleMind

(simpleapps.eu/simplemind; iOS, Android, Mac, PC; free, or \$5.99 for full version)

I am not a linear thinker, but I love mind mapping. Simple Mind is my go-to app to create the maps. My preference is to use it on my iPad, but I've also created some great mind maps on my smartphone and Mac.

19. Dragon Naturally Speaking

(nuance.com/dragon/index.htm; PC, \$100–\$300, depending on the version; Mac, \$200)

If your brain moves faster than you can write, voice dictation can be a great tool. I use it any time I have to write. Dragon Naturally Speaking is considered the best software for voice dictation. In my research, it appears to perform best on PCs. The software package for PC and Mac comes with its own headset and microphone. Instead of typing, just start talking, and Dragon will type what you say.

20. Voice Dictation for Mac

If you have a Mac with the Lion, Maverick, or Yosemite operating system, this feature is already on your computer. It is similar to Dragon Naturally Speaking — it types what you say. You may need to enable Voice Dictation in your System Preferences. By default, press fn twice, and your computer will be ready for you to dictate. It is not perfect, but it's pretty good. I use it often.

21. WriteRoom

(hogbaysoftware.com; Mac; \$9.99)

WriteRoom is my go-to text editor. To help those of you who can remember when computers ran off DOS, when WriteRoom is in full-screen mode, there is nothing but a blinking cursor. There are a few color themes. I like the dark gray background with the light gray blinking cursor. It's as close to distraction-free word processing as you can get. It doesn't even underline misspelled words. The goal is: write first, then edit.

NEXT: [Apps for Better Sleep and More Productivity](#)

Better Sleep, More Productivity

22. Unstuck

(unstuck.com; iOS, Android, Web; free)

This well-created app, in both function and design, helps free up your ADHD brain when it gets knotted. We've all been there. Unstuck uses cognitive behavioral therapy principles and has an engaging interface. You start by selecting and rating cards that best describe your feelings (for example, you are indecisive, lost, overwhelmed, unmotivated, etc.), then you sort feelings (for example, "I don't know why this isn't working") into two piles: "So me" and "Not me." Then choose from a list of behaviors, add some additional information about exactly how you are stuck, and it will give you tips to free you up.

23. Sleep as Android

(sleep.urbandroid.org/; Android; free, full version \$2.99)

Sleep as Android tracks your sleeping patterns and shows you graphs based on how well or poorly you slept that night. It'll warn you if you're running on a sleep deficit, and will tell you that you need to get back to consistent sleep habits.

The app can also record sound in the room while you're sleeping, to catch your snoring or your talking in your sleep, which can be fun to listen to the next morning. Sleep as Android wakes you up at the best possible time, according to your REM cycle. The app integrates with Android Gear, including the Pebble Smartwatch and Philips Hue Smart Light.

24. Sleep Cycle

(sleepcycle.com; iOS, Android; free)

There aren't many apps that can change the quality of your life, but this one can. Sleep Cycle uses your phone's motion sensors to pick up on movement while you're asleep. The intelligent alarm feature will wake you as early as 30 minutes before your alarm, based on your lightest phase of sleep. The app also allows you to see how daily activities affect your sleep quality.

25. Chronos

(getchronos.com; iOS, Android; free)

Chronos is a data collector that gives you valuable insights about how and where you spend your time. You set goals, and the app tracks your progress automatically. This can be a great tool if you're working with a coach and you need to track your time.

Once a week, Chronos will e-mail you an infographic showing you how much time you spend at work, in the car, sleeping, at the gym, with friends, and more. Best of all, the app learns about you from your behaviors. The longer you use it, the smarter it gets.

26. Podcast Players

(iOS: Downcast, \$2.99 / Podcast, free; Android: Pocket Casts, \$3.99 / Stitcher, free)

If you've never listened to a podcast, or you are not sure what a podcast is, it's somewhere between an audio blog and a downloadable, ondemand independent radio. What do podcasts have to do with productivity and ADHD? Go to iTunes and search for podcasts using the keywords "ADHD," "LD," "self-help," "productivity," "parenting," or whatever your interest is. You will be amazed at how much free and valuable content is out there.

There are also many podcasts that are entertaining. I use and recommend podcasts to help me fall asleep. My brain's internal chatter quiets down only when I can listen to someone talk. Not all podcasts are good to fall asleep to. You will have to experiment to see what works for you. Make sure to set a sleep alarm, so it doesn't wake you later in the night.

Finally, Apps That Build Productive Habits

Some apps (Instagram, Facebook) suck your time into a black hole. Others (Listastic, 30/30, Evernote) can actually increase your productivity — a lot. Get busy downloading these time-management tools.

by the editors of ADDitude

Manage Your Time with Productivity Apps

Time is a precious commodity, especially if you're an ADHDer who is prone to disorganization and procrastination. So don't delay! Download these ADHD-friendly apps to get yourself on task, on time, and on top of your productivity game. You'll be completing that to-do list in no time.

Listastic

A good checklist is an ADHD adult's best friend—and Listastic is an app no ADHD adult should be without. From a grocery list to the day's tasks at work, Listastic organizes your information into one of three sections: active, later, and completed. You can color-code your lists, hide them, or call them up at a designated date. If you need to share your list with others, just tap the "share button" from within any list and select the contact you'd like to send it to.

Coach.me

Like a sticker chart for adults, Coach.me (formerly Lift) helps you build habits. The app combines social networking and a daily chart to help you track when and how often you're doing an action. The ability to tap into a supportive community to give or receive "props" (similar to a Facebook "like") increases the chance that you will take action. Available habits range from "Floss Teeth" or "Clear Clutter" to the more difficult "Wake Up on Time." You also get daily tips and pats on the back for completing tasks.

Finish

When adding a task to Finish, you select a due date: "Short Term," "Mid Term," or "Long Term." You decide how many days each of those phrases means. Instead of telling you the day something is due, Finish tells you how long you have to complete it. The app will alert you whenever something gets closer to its due date and move it from one time category to another. Focus Mode, ideal for ADHDers, shows only the most important tasks in your list and hides the rest.

2Do

The 2Do app can be used to manage simple reminders and checklists, as well as larger projects. It lets you organize tasks by color -- an important feature for visually oriented ADHDers. It features a clear tab system that allows you to not only create lists, but to color-code them by context or project—an important feature for visually oriented ADHDers. Each task is sortable by priority, due date, note, an embedded audio note, and/or photo. The app also lets you defer tasks to a later date, a handy feature for ADHD adults.

30/30

30/30 allows you to set sequential countdown timers to walk you through your day's tasks. The app's gesture-based controls make it a snap to use, so just a few minutes each morning setting up your schedule will take the guesswork out of what you need to do next, all day long. 30/30 will make you keenly aware of how you underestimate how long it will take to do things.

TeuxDeux

TeuxDeux is a clear and simple task manager. The app gives you a view of five days at a time, where you can assign tasks completion dates. There's room at the bottom of the screen to list tasks by project. You can sync your TeuxDeux account on your phone and Web browser, so you'll always have your updated tasks whether at your desk or on the go.

Epic Win

EpicWin is a cross between a digital organizer and a role-playing video game. You choose an avatar that appeals to you, then select a task that you want to accomplish. As tasks are completed, players pick up points, "treasures," and loot. The video-game elements appeal to the ADHD brain and motivate you to keep going.

Evernote

Evernote allows you to store text, photos, and audio notes on your device of choice, eliminating the need for paper clutter. Create "notebooks" and categorize notes for recipes, an upcoming vacation, product research, to-do lists, and so on. Notes are tagged with geo-location for mapping or search. All your information is in one location, organized, and available through a simple search.

MIN TO GO

MIN TO GO is a timer and alarm app featuring three pre-alarm notifications. While most timers and alarms play lots of sounds, MIN TO GO will announce, "60 minutes to go," "15 minutes to go," and "5 minutes to go." Each announcement begins with a few pleasant tones, followed by a calming female voice. No need to open the app to see how long you have left—the remaining minutes are displayed right on the app's icon.

Priority Matrix

Priority Matrix is a powerful, yet easy-to-use task-management tool that's ideal for ADHDers who need to see their tasks. Sort tasks into one of four quadrants: Critical and Immediate, Critical but not Immediate, Not Critical but Immediate, and Uncategorized. Manipulate the size/colors of each section, add icons, and select the percentage completed. You can indicate due dates, start dates, and repeat dates with push notifications.