

Occupation				
Works in AR/VR/3D designing	Works in digital marketing for a startup	Works as a data analyst		
Preparing for PG Medical Entrance exam	IAS exam preparation	PG Student		
Preparing for PG entrance exam				

Place of work				
WFH, Remote work	Hybrid working model	West stemants a lot of exceptions as it instructs tablety light with weight to based on the second second based on the second second based on the second second based on the second		
Preparing from home. Requires lot of focus and hand work.	Giving his third attempt. Prepares both from home and class.	Hybrid class		
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Natar up by 41 AM Pancho standy for many and such as paravoral project Pancho da anome forware network anticides Simophy 12 or 1 AM				

	Solutions adopted					
Used forrest app to manage time	Have seed apps to motion avance that and the service is Parts where is no particularly the service app.	Uses Zen mode in 1+ phone to manage screen time	Has wand app lookae. Bud dalafi'n work sompleting benauw uhen line saar geis fassissiel site writestalle it.			
Lised Freedom app. It works great on PC but in mobile we can easily delete it.	Note a cost of the	Used an app which blocks apps at scheduled times	Zen mode tacks the endire mode. Can only attend calls. Other than that no app can be accessed.			
Have used screen time limit feature in Apple devices.	Uses blue ray blocking glass	Since Zen mode is very restrictive, the user sometimes avoids using it.	Current snage: Uses Immus mode had still the user has the service. If he wants is null the finance mode, he can.			
In the Franchist app, we set match technique and strates from the systems to a size the strates to be also the strates to be also the str	Пак излага лача нам Пак излага дита пак изака излага дита Пак излага излага Пак излага излага Пак излага излага Пак излага излага	The user has used the forest app to manage time, but doesn't care if the live dec.				



Main distractions				
Social media, Movies, News	Notational Martineas Martineas Martineas Martineas Martineas Martineas Martineas	Main statements National advantages In Septem 2 Notifications from the Constant of Sectors Constant of National Foundation Constant of National Foundation Constant of National Foundation		
Main distractions: Social Media Notifications	Main distractions: Insta, YouTube	Main distractions: 1. Social media 2. PlayStation		
Main distractions: 1. Notifications 2. News 2. Social Media	WhatsApp is the main trigger point to get distracted for the user			

User usage & emotions			
The user feels links specialized a link of terce in hits phone. Free with Laplop Hemason if's resulty work related.	Feels like using a lot but also realizes there's no way out it	Feels like he is using a lot in mobile and has tried to control it	
Feels like she is using it a lot. Feels addicted. Wants to reduce it.	Tale and lephop are fore since the same uses only for sharping. In model, the same samelines passes time kity.	Pedra lite saing a lat Back han search companying han search saing han search and the same hand a star part time work.	
Definitely feel like using a lot.	Ngana ka paké adam. Ngana sana darata ka Ingana darata sana anganaka sana anganakanan	After seaturing for 1 mm 13 mm 1 - Seaturing for 1 mm 13 mm 1 - Seaturing seaturing methods and the seaturing methods and	

Health issues			
Has had eye strain	formations for user print formations. For another back, for another uses we also to keep the photo- structures of the scheme and the anything.	Feels his sleep cycle gets disrupted due to social media	
Sleep cycle got disrupted. Got dry eyes.	Cost dry eyes. Physical activity has reduced due to over usage of tech devices.	Sometimes I get back pain and eye strain due to lot	
Barth House	Carl Cont	Sector Sector	

Tech Devices: 1 Laptop 1 Phone 1 ARV/R device	Tech Devices: Mobile - 1 Laptop - 1	Tech Devices: Mobile - 1 Laptop - 1	
Tech Devices: Mobile - 1 Tab - 1	Tech devices: Mobile, Tab, 2 Laptop, PlayStation	Tech devices: 1. Phone 2. iPad 3. Laptop	
1 Laptop 1 Mobile			

User needs				
ince Zen mode is very restrictive, the user sometimes socids using it.	Fran Rengh the almost Backer was scatch; sampling almost sea to gang the app it same almost almost	When the user large the Can make time for 45 mins, the is also as were allowing. But when the user large time, times the user large time, times the user large time, again.	When I set the passoole by myself, I easily override it.	
Wishes something is done something about the infinity scroll	Heijes, avuid content Dadi and ummussamp, help sagraphic sortent, Eller mut cleintastive ummind	No. 2012 I November November Strand Andre Mark Strand Andre Mark Strand Andre Mark Strand Andre Mark Strand Andre Mark Strand Andre Mark	Motivate the user to use the screen time app	
Simulari karata ta menisik kayata a nit. Bat dasar akasis karatapita antan mengeny senuaraationi, is tithatulapi	Time limits on applications	The freedom mobile app is not that grant 8 requires VPN and the app same analy unimitation.	Would be great if there are stats on how the user spends the time.	

User emotions				Time of o	listraction
Sometimes Turns might be a series numming on iPad, but the user just econs through the phone.	Rightens in a point when, the access defaust when the access defaust when the defaust when the defaust the defaust the defaust the defaust the defaust the defaust the defaust the defaust the defaust the defaust the defaust the defaust	Aller wednig to 118 to 18 to 18 to 19 to 18 to 18 to 19 to 19 to 18 to 19 to 1	Does/11 feel regret/u when the user has lost some time-due to distractions. Reeps moving on.	Gets distracted between work	Uses most of the time before going to skeep and after walking up.
Feels social media provides a break from work but gets hooked to it	Feels attention span has reduced a lot.	Most of the time, I feel terrible when I wate hours on my mobile.	Feels guit trip after spending hours on distractions		ot going for
Paulo happy when I play for a time I standard to be when I manytage I had and our I maked whitig things that I had objected.	Even Desigh Lengsy salahing dag videos in balagean wels, shari E assents lengsani a lime, il feris yound a lime, il	Sematime, 3 loss anneying that 1 amh annes from establish had than 1 malan why 1 material tha kineticar in the from taken.	Consumplification of the second secon	The user doesn't find the modelation to schedule Score even though it	Vier is assess of other and final consequences and the consequences and with several to the constant of all the constant of the second second second second second and the second second second second second second second second second second second second second second second second