Focus Keeper:

Overview: Focus keeper is an app which acts as a pomodoro timer. The app sets a timer of 25 minutes and after that timer goes off, you get a five minute break from whatever work you're working on. After four 25 minute timer, you get a longer break of about one hour.
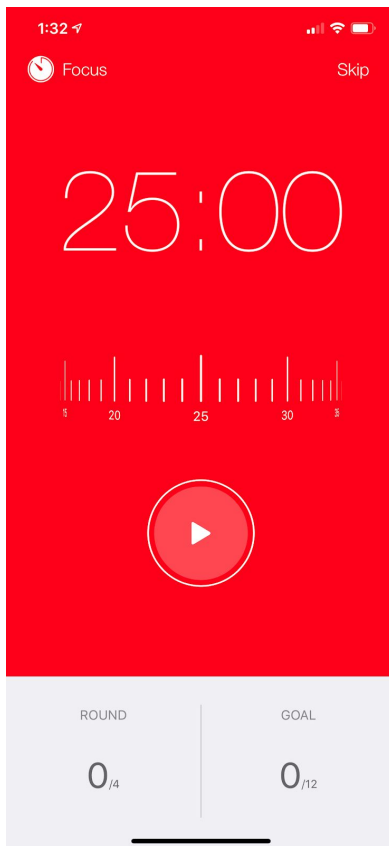
Pros:

- Overall, this app is most likely the one I will get the most use out of, the set schedule makes it much easier to focus on work
- Allows you to use your phone for scanning/other work purposes

- Allows you to work for multiple hours

- Free

Cons:

- Only works with apple products

- The app makes a fairly annoying ticking noise with the timer, I have yet to find a way to turn this feature off.

Flora:

Overview: Flora is an app which has a single 25, 50, 85, or 110 minute timer. These timers do not repeat. Essentially, this app just blocks you from using your phone for a set amount of time. The timer is represented through the growing of a tree. Using your phone will kill this tree, but if you allow the timer to completely run through, you will have a full grown tree.
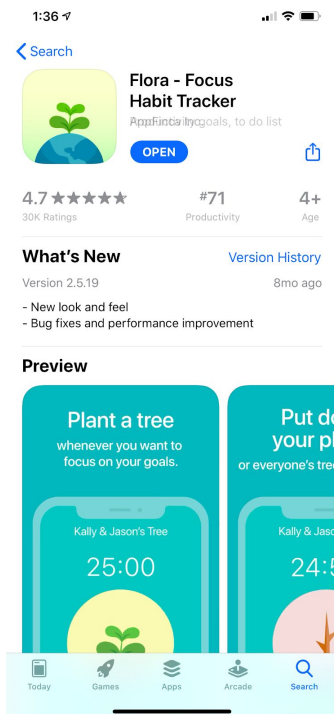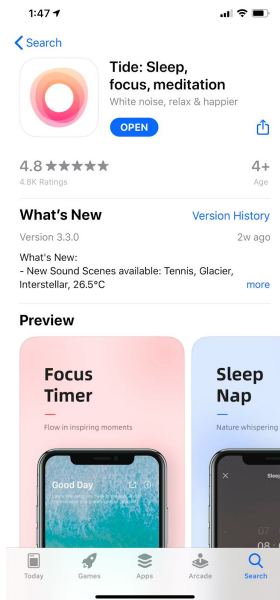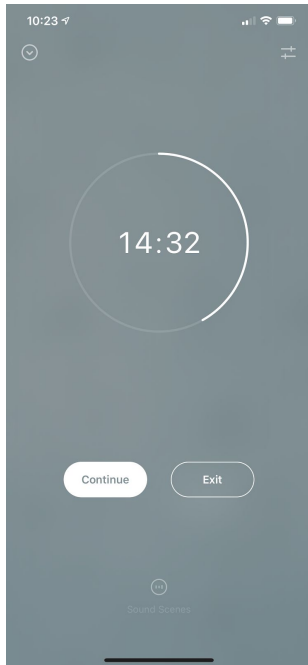
Pros:

- Doesn't allow you to use your phone at all during the timer. (This can be good or bad depending on the user)

- Easy to sign up, the app just connects to your Facebook.

- Free

- You can choose to donate to planting trees when you complete your timer

Cons:

- Doesn't allow for breaks. You can pause the timer whenever you want but it is somewhat less structured than Focus Keeper.

- Only works with apple products

Tide:

Overview: Tide is a productivity app that can be used for work, sleeping, and relaxing. The focus setting allows you to set a timer and plays a nature sound for the duration of the timer. You can choose from ocean, rain, and storm sounds.

Pros:

- Definitely the most aesthetically pleasing of these three apps.

- Free

- Allows you to use your phone

- The sounds are very relaxing and overall helped me focus

Cons:

- No structured breaks

- Only available on apple products