



App Blocking Apps

1. Cold Turkey.

- **Features:** Blocks websites, apps, and games. You can schedule block times and set up recurring sessions.
- **Free Version:** Offers basic blocking features for websites and applications.
- **Platform:** Windows, macOS
- **Website:** [Cold Turkey](#)

2. FocusMe.

- **Features:** Customizable blocking for websites and apps, scheduling, Pomodoro timer, and statistics.
- **Free Version:** Limited free version available with core features.
- **Platform:** Windows, macOS, Android
- **Website:** [FocusMe](#)

3. StayFocusd.

- **Features:** Chrome extension that limits the amount of time you can spend on distracting websites.
- **Free Version:** Completely free with all features.
- **Platform:** Chrome (browser extension).
- **Website:** [StayFocusd](#)

4. LeechBlock NG

- **Features:** Blocks websites based on your specified criteria, such as time and duration.
- **Free Version:** Completely free with all features.
- **Platform:** Firefox, Chrome (browser extension)
- **Website:** [LeechBlock NG](#)

5. RescueTime

- **Features:** Tracks time spent on websites and applications, provides productivity reports, and allows blocking distracting sites.
- **Free Version:** Offers time tracking and basic reports; the paid version includes website blocking.
- **Platform:** Windows, macOS, Linux, Android, iOS
- **Website:** [RescueTime](#)

6. Freedom

- Features: Blocks websites and apps across all your devices, scheduling and session-based blocking.
- Free Version: Offers a limited free trial; full features available in the paid version.
- Platform: Windows, macOS, Android, iOS, Chrome
- Website: [Freedom](#)

7. SelfControl

- Features: Blocks access to distracting websites for a set period. Once started, the block cannot be undone by quitting the app or restarting the computer.
- Free Version: Completely free with all features.
- Platform: macOS
- Website: [SelfControl](#)

8. BlockSite

- Features: Blocks websites and apps, schedules blocking sessions, and provides adult content filtering.
- Free Version: Free version available with core features.
- Platform: Windows, macOS, Android, Chrome, Firefox
- Website: [BlockSite](#)

9. AppBlock

- Features: Blocks apps and notifications, schedules blocks, and can restrict access based on location.
- Free Version: Limited free version available with essential features.
- Platform: Android, iOS
- Website: [AppBlock](#)

10. Focus@Will

- Features: While primarily a productivity music service, it also offers a website blocker as part of its tools.
- Free Version: Limited free trial available.
- Platform: Windows, macOS, iOS, Android
- Website: [Focus@Will](#)