



StudyTimerPRO

FOCUS. PROGRESS. ACHIEVE.

User Guide

The premium guide to focused, calm, consistent work.

Table of Contents

A complete walkthrough of every feature, screen, and best practice inside StudyTimerPRO.

01	Welcome to StudyTimerPRO	4
02	Quick Start Guide	5
03	The Timer System	6
04	Ambient Sounds	7
05	Daily Goals	8
06	Achievements & Streaks	9
07	Sticky Mini Timer	10
08	Breathing Breaks	11
09	Productivity Insights	12
10	Resource Guides	13
11	Accessibility Features	14
12	Best Practices	15
13	Frequently Asked Questions	16
14	Troubleshooting	18
15	Contact & Support	19
16	Final Productivity Message	20

01

Welcome to StudyTimerPRO

What it is, who it's for, and what it helps you do.

StudyTimerPRO is a free, premium-feeling focus timer designed around one idea: that calm, structured attention is the most underrated productivity tool in the world. It pairs five science-aligned timing modes with ambient sounds, gentle progress tracking, and a clean, modern interface that respects your time and your eyes.

Who it's for

- **Students** preparing for exams, working through coursework, or trying to build a consistent daily study habit.
- **Professionals** who need protected blocks of deep work between meetings, messages, and shifting priorities.
- **Creators** — writers, designers, developers, researchers — who do their best work in long, uninterrupted focus sessions.
- **Lifelong learners** studying languages, instruments, or new skills who want a calm structure to return to every day.

Problems it helps solve

- Difficulty starting work when motivation is low.
- Losing time to context-switching and shallow multitasking.
- Inconsistent study or work habits week to week.
- Burnout from long, unstructured sessions without real breaks.

PHILOSOPHY

Focus is not willpower. It's a system. StudyTimerPRO gives you the smallest possible system that actually works — a timer, a goal, a break, repeated until the day is done.

02

Quick Start Guide

From the home page to your first finished session in under a minute.

Step 1. Open StudyTimerPRO

Visit StudyTimerPRO.com in any modern browser. There is no sign-up, no install, and no account required.

Step 2. Select a focus mode

Choose Pomodoro, Deep Work, Exam Prep, ADHD Mode, or Study With Me from the preset row beneath the timer.

Step 3. Configure timer settings

The selected preset automatically loads its recommended focus and break lengths. You can mute sound or change presets at any time.

Step 4. Start a focus session

Press **Start session**. The timer counts down silently while you work. A subtle chime signals when the focus phase ends.

Step 5. Take a break

When the break phase begins, step away from the screen. Stretch, drink water, rest your eyes. The next focus phase will not begin until you start it.

Step 6. Track progress

Completed sessions are counted toward your daily goal ring and your running streak — all stored locally in your browser.

Step 7. Review insights

Open the dashboard strip below the timer to see today's sessions, your current streak, achievements, and recent activity.

TIP

Use the keyboard: just press Space to start or pause once the timer has focus. The fewer clicks between you and the work, the better.

03

The Timer System

Five modes, each tuned for a different kind of focus.

Pomodoro Mode · 25 min focus · 5 min break

Purpose. The classic interval. Best for general study, email triage, code review, and any work that benefits from a quick, predictable rhythm.

Ideal use cases. Daily study sessions, building a habit, light to medium cognitive tasks.

Deep Work Mode · 50 min focus · 10 min break

Purpose. Long focus blocks for hard problems that need real momentum. Use when you need to load a complex problem fully into your head.

Ideal use cases. Writing, programming, research, analysis, design, learning new material.

Exam Prep Mode · 45 min focus · 15 min break

Purpose. A university-style interval modeled on lecture and revision blocks. The longer break supports memory consolidation between topics.

Ideal use cases. Active recall practice, past papers, problem sets, language drills.

ADHD Focus Mode · 15 min focus · 3 min break

Purpose. Short sprints designed to lower the activation energy required to begin and to provide frequent, predictable resets.

Ideal use cases. Starting on hard days, low-energy afternoons, tasks you have been avoiding.

Study With Me Mode · 90 min focus · 15 min break

Purpose. An ambient deep session for when you want one long, immersive block. Pair with ambient sounds for a co-working feel.

Ideal use cases. Thesis writing, exam crunch, creative flow states, weekend deep dives.

04

Ambient Sounds

A subtle soundscape designed to mask distraction without becoming one.

Ambient sounds inside StudyTimerPRO are gentle, looping environments selected to reduce the cognitive cost of background noise. They mask conversation, traffic, and household sound without demanding your attention.

Available sound environments

- **Rain** — steady, soft rainfall for general focus.
- **Forest** — light wind, distant birds, leaves; calming and grounding.
- **Cafe** — quiet conversation hum to recreate co-working atmosphere.
- **White noise** — broadband neutral sound for masking interruption.
- **Brown noise** — deeper, lower-frequency variant favored by many ADHD learners.

How to activate

- Open the ambient sound panel from the timer screen.
- Tap a sound to start it; tap again to stop.
- Adjust volume independently of system audio.

WHY IT WORKS

Predictable, low-information sound reduces the brain's tendency to orient toward novel stimuli — which is what makes silence so easy to break.

05

Daily Goals

A quiet ring that nudges, never nags.

Your daily goal is the number of completed focus sessions you'd like to finish in a day. The ring fills as you complete sessions and resets at midnight, giving you a fresh canvas every morning.

Setting your goal

- Default goal is four sessions — a sensible starting point for most days.
- Increase the goal on heavy study or work days; decrease it on travel or recovery days.
- The ring is informational. There is no penalty for missing it.

Progress tracking

- **Session tracking** — each completed focus phase is logged with timestamp, mode, and duration.
- **Daily ring** — visual progress toward the day's goal at a glance.
- **Productivity insights** — trend lines and totals over recent days and weeks.

06

Achievements & Streaks

Quiet milestones that celebrate consistency, not noise.

Achievements unlock as you build the habit. They are designed to reward the behaviors that actually compound — showing up, finishing what you start, and stringing days together — rather than vanity metrics.

The streak system

- A streak is a run of consecutive days with at least one completed focus session.
- Streaks update automatically as you complete sessions.
- Miss a day and the streak resets — no guilt, just a fresh start tomorrow.

The achievement system

- **First Focus** — finish your very first session.
- **Triple Down** — three sessions in a single day.
- **Week Warmup / Steady Mind** — 5- and 10-day streaks.
- **Getting Real / Quietly Consistent / Deep Practitioner** — 10, 50, and 100 lifetime sessions.
- **First Hour / Five Hours Deep / Twenty-Five Strong** — total focused-time milestones.
- **Early Bird / Night Owl** — finish a session before 8am or after 10pm.

MILESTONE CELEBRATIONS

When you unlock an achievement, a quiet card appears with the milestone name. Acknowledge it and keep going. The reward for good work is more good work.

07

Sticky Mini Timer

Your focus, always one glance away.

As you scroll the home page to read guides, browse resources, or review tips, a compact mini timer follows you in the corner of the screen.

- Shows the current phase (focus or break) and time remaining.
- Stays visible while you scroll long pages so you never lose context.
- Click to jump back to the main timer instantly.
- Especially useful during long Deep Work or Study With Me sessions where you may be reading reference material.

08

Breathing Breaks

Recovery is part of the work.

When a focus phase ends, a gentle breathing hint can appear during the break — a quiet affirmation paired with the suggestion to look away from the screen, stretch, and breathe.

- Short, calm affirmations rotate at each break.
- Designed to encourage real recovery, not another scroll.
- Helps prevent eye strain and decision fatigue during long sessions.

BEST PRACTICE

Treat the break like the focus block — protected time. Stand up, look at something at least 20 feet away for 20 seconds, drink water, and let your mind wander before the next phase begins.

09

Productivity Insights

Data that earns its place on the page.

Insights surface the patterns in your work without overwhelming you with charts. Everything is stored locally on your device.

- **Session tracking** — a log of completed focus phases by date, mode, and duration.
- **Trend analysis** — see how your daily totals are moving across the last days and weeks.
- **Focus improvements** — watch your total focused time grow as the weeks accumulate.
- **Goal monitoring** — see how often you hit your daily goal, and adjust it to match real life.

10

Resource Guides

Long-form companions to the timer.

Pomodoro Guide

The full background, science, and practice of 25/5 intervals.
StudyTimerPRO.com/guides/pomodoro-technique

Deep Work Guide

Cal Newport-inspired strategies for protected, hard-focus blocks.
StudyTimerPRO.com/guides/deep-work

ADHD Focus Guide

Practical, gentle techniques tuned for ADHD-style attention.
StudyTimerPRO.com/guides/adhd-focus-strategies

Exam Study Guide

Active recall, spaced repetition, and a realistic exam plan. StudyTimerPRO.com/guides/exam-study-plan

How to access them

- From the top navigation bar on every page.
- From the Resources page, which collects all guides and helpful references.
- From the footer on any page.

11

Accessibility Features

A calm interface that works for everyone.

- **Dark mode** — toggle from the header for low-light study sessions.
- **Responsive design** — looks and behaves correctly from phone to desktop.
- **Keyboard friendly** — the timer responds to standard keyboard interaction.
- **Reduced motion** — animations are subtle and respect system preferences.
- **High-contrast text** — typography tuned for readability on both themes.
- **Works offline** — once loaded, the timer continues to work without a connection.

12

Best Practices

How to get the most out of your sessions.

Reduce distractions

- Close unrelated tabs before starting. One task, one window.
- Silence notifications on phone and desktop for the focus phase.
- Tell people around you when you're starting a session.

Schedule your sessions

- Pick two or three fixed times of day for focused work and protect them.
- Stack sessions back-to-back when you have momentum.
- Match the mode to the task: Pomodoro for shallow, Deep Work for hard problems.

Use breaks effectively

- Move your body. Look away from the screen. Drink water.
- Avoid social feeds — they're harder to leave than you think.
- Let your mind wander; that's where consolidation happens.

Build consistency

- One session today beats six perfect sessions next week.
- Lower the bar on hard days. Show up; the rest follows.
- Use the streak as a friendly nudge, not a leash.

Maintain motivation

- Track total focused hours, not just streaks.
- Celebrate finishing the session, regardless of output.
- Rest is part of the system, not a failure of it.

13

Frequently Asked Questions

Twenty answers to the questions we hear most.

Do I need an account?

No. StudyTimerPRO works entirely in your browser. There is no sign-up, no login, and no email required.

Is it really free?

Yes. The full timer, all modes, ambient sounds, achievements, and guides are free to use.

Where is my data stored?

Locally in your browser. Sessions, streaks, and achievements live on your device.

Will I lose my progress if I clear my browser?

Yes. Clearing site data removes your local history. You can use the session export feature to keep a copy.

Can I use it on my phone?

Yes. The interface is fully responsive and works on iOS and Android browsers.

Does it work offline?

Yes. Once the page has loaded, the timer continues to work without an internet connection.

How is the Pomodoro mode different from Deep Work?

Pomodoro uses 25/5 intervals for general focus; Deep Work uses 50/10 for hard, sustained problems.

Which mode is best for ADHD?

ADHD Focus Mode (15/3) is designed to lower the cost of starting and provide frequent resets.

Can I change the timer lengths?

Each preset uses lengths chosen to match its purpose. Switch presets to change durations.

Can I run multiple timers at once?

No. One timer at a time keeps focus where it belongs — on one task.

Why did my streak reset?

Streaks count consecutive days with at least one completed session. Missing a full day resets the counter.

Do achievements expire?

No. Once unlocked, achievements stay unlocked.

Can I turn off the chime?

Yes. Use the mute toggle in the timer controls.

Will ambient sounds drain my battery?

Audio playback uses some battery, but the impact is similar to streaming a quiet podcast.

Can I use ambient sounds without starting the timer?

Yes. Sounds and timer are independent controls.

Is there a desktop app?

Not currently. The web version works on every modern desktop browser.

Can I export my session history?

Yes. Use the session export option from the dashboard area to download a copy.

Do I have to use the daily goal?

No. It's an optional, visual nudge. Ignore it if you prefer.

Where can I read the guides?

Use the navigation bar on any page or visit StudyTimerPRO.com/resources.

How do I report a bug or suggest a feature?

Email support@StudyTimerPRO.com. Real human reads every message.

14

Troubleshooting

Quick fixes for the most common issues.

Timer issues

- If the timer appears stuck, refresh the page — local progress is preserved.
- If the countdown drifts when the tab is inactive, return to the tab and it will resync.
- Ensure JavaScript is enabled in your browser.

Browser issues

- Use a recent version of Chrome, Edge, Safari, Firefox, or Brave.
- Disable aggressive ad blockers that may block ambient audio.
- Clear cache (not site data) if visuals appear broken after an update.

Mobile issues

- If audio doesn't start, tap the screen once — mobile browsers require a user gesture.
- Lock orientation if the layout shifts during rotation.
- Add the site to your home screen for an app-like experience.

Sound issues

- Check the in-app volume and the system/device volume.
- Confirm the tab is not muted (right-click the tab in desktop browsers).
- Bluetooth headphones may need to be reconnected if audio cuts out.

Display issues

- Toggle dark/light mode from the header if colors appear off.
- Zoom out (Ctrl/Cmd + 0) to reset zoom on desktop.
- Resize the browser window or rotate the device if layout looks cramped.

STILL STUCK?

Email support@StudyTimerPRO.com with a short description, your browser, and the device you're on. We'll respond personally.

15

Contact & Support

We read every message.

StudyTimerPRO is built and maintained by a small team that genuinely cares about quiet, calm productivity tools. Your feedback directly shapes how the platform evolves.

Get in touch

- **Email:** support@StudyTimerPRO.com
- **Website:** StudyTimerPRO.com
- **Editorial Policy:** StudyTimerPRO.com/editorial-policy
- **Accessibility:** StudyTimerPRO.com/accessibility

Reporting a bug

- Describe what you were doing when the issue happened.
- Include your browser and device (e.g. Chrome 124 on iPhone 14).
- A screenshot helps more than you might think.

Suggesting a feature

- Tell us the problem you're trying to solve, not just the feature you imagine.
- Share how often you'd use it and in what context.

Providing feedback

- Anything that felt slow, confusing, or beautiful is worth telling us.
- Praise, critique, and quiet observations are all welcome.

16

Final Productivity Message

A short note to take with you.

The work doesn't require motivation. It requires a timer, a chair, and the next twenty-five minutes.

Begin softly. Finish strong. Return tomorrow.

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— StudyTimerPRO