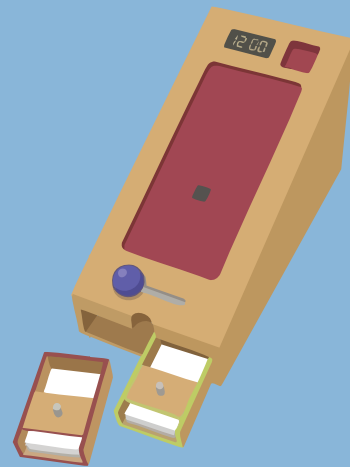


Hi, I'm here to sit on
your desk and keep
things grounded.

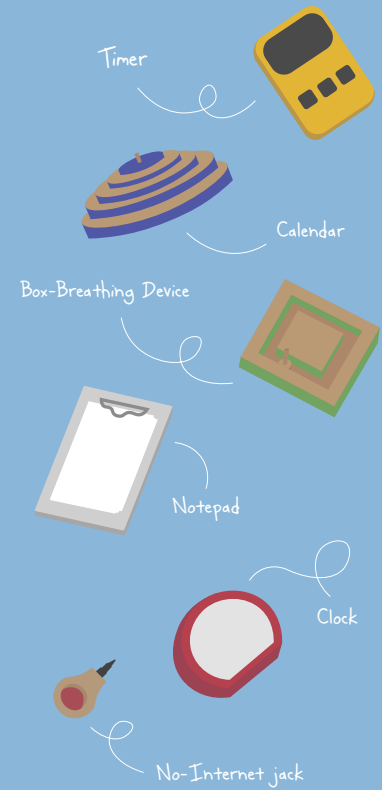


Nudge

Nudge is a tactile tabletop companion designed to pull you out of the screen and back into the room. It acts as a physical “speed bump” for your digital habits.

Nudge doesn't lock your phone away; it just gives you the quiet, physical push you need to choose the real world over the digital one.

What's inside...



In 2004, the average attention span on a digital device was 150 seconds. By 2012, it fell to 75 seconds. As of 2024, it has plummeted to just 47 seconds. We are training ourselves to be unable to hold a single thought for even one minute.

Research shows that the mere presence of a smartphone, even if it is turned off and face down—significantly reduces “available cognitive capacity.” Part of your brain is always working to not check it.

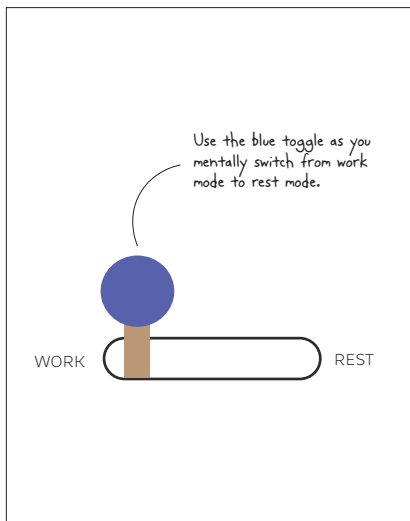
The average person checks their phone 142 times in a single day.

4 Hours - The average time a person spends daily looking down at a screen, putting 27 kg of extra pressure on the cervical spine.

How to start

Slide to Work to receive a Focus card and stay on task.

Slide to Rest to receive a Habit card and start a mindful activity.



Shift your mode.
Reclaim your focus.

Focus Deck

A manual circuit-breaker to snap you out of the loop and back to your work.

Habit Reinforcement

Simple rituals to ground your body and refresh your mind.

Brainsparks

Creative detours to help you navigate through mental blocks.

Reflect & Deflect

A quiet space to dissect your progress and challenge your process.

The Focus Deck

Why: To eliminate friction between you and your most important task.

When: Draw when you feel the urge to check a notification or when you're stuck on a difficult problem.

Be the master of your screen, not the slave.

Tactile Supports:

The Analog Clock- Use this to track time without the "notification trap" of your phone screen.

The Phone Jack- A physical rill-switch for your connectivity. Plug it in to commit to an offline deep work session.



Sample card:

Get it over with.

Complete one task you have been avoiding

Shift your mode.
Reclaim your focus.

2.

Habit Reinforcement

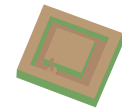
Why: To provide a quality, mindful alternative to mindless digital breaks.

Draw a card when and if:

You want a break
You feel overstimulated
You're overthinking
Between switching tasks

Tactile Supports:

A small box breathing facilitation device



Notepad to jot down thoughts, do puzzles etc.

The room is wider than the screen.

Sample card:

Map it

Draw a quick map of a place you remember well

Shift your state.
Reclaim your presence.

1 in 4 Minutes spent awake are now spent on social media, totaling roughly 6.5 years of an average human life.

66% - The permanent decrease in your blink rate when staring at a display, leading to chronic eye strain.

3.5 Seconds The maximum amount of time a user is willing to wait for a page to load before their stress levels begin to spike.

17 Minutes - The delay in melatonin production caused by a single glance at a screen, pushing your biological clock further into the night.

3.

A change in perspective is worth 80 IQ points.

Brainsparks

Why: To bypass mental blocks with mechanical prompts that force a fresh perspective.

Draw a card when you're staring at a blank screen, stuck in a repetitive thought loop, or need a creative detour to solve a design problem.

Tactile Supports:

Stopwatch: Use this to set a hard limit on a brainstorming sprint.



Racing the clock forces you to trust your first instinct and stops overthinking before it starts.

Sample card:

Key component
Identify the most important component, then remove it.
What happens?

Shift your angle.
Reclaim your curiosity.

4.

Reflect & Deflect

Why: To dissect your progress and challenge your process.

Draw a card at the end of a work sprint or when transitioning out of a project. This is your "exit ritual" to leave the work at the desk.

Don't borrow the weight of today to tomorrow, leave it where it ends.

Tactile Supports:

Fidgetable Calendar: It creates a small, physical ritual that makes the calendar feel more present on your desk.



Notepad: Use it to write down your reflection prompts. Revisit when questioning your decisions.



Sample card:

Clear the Cache
Write down one thing that happened during this session that you didn't want or plan for

Shift your insight.
Reclaim your clarity.

Lastly, How to set up the no-internet jack

1. Download the macro droid app
2. Open the MacroDroid app and tap Add Macro
3. Tap the + on the red Triggers bar.
4. Navigate to Connectivity > Airplane Mode.
5. Select Airplane Mode On.



Use the jack to cut off all extra noise (It turns on airplane mode when inserted into your phone)

Reclaim your focus.

There is no scoreboard here. You don't earn points for using these tools, and you won't win a prize for finishing a deck.

Your attention is not a currency to be spent; it is the ground you stand on. If you can reclaim enough of it to feel at home in your own mind, that should be enough. Right?

Happy working.

79% Of people aged 18-24 who report feeling lonely despite being “connected” to others 24/7.

10 Minutes The average time a person can go without checking their phone before “anxiety-induced” checking behavior begins.

275 Interruptions: The number of digital “pings” from chats or emails a modern worker faces in one business day.