

Take a Break.

Find your rhythm and step away from distracting apps.

Willpower alone isn’t enough.



Built for real change.

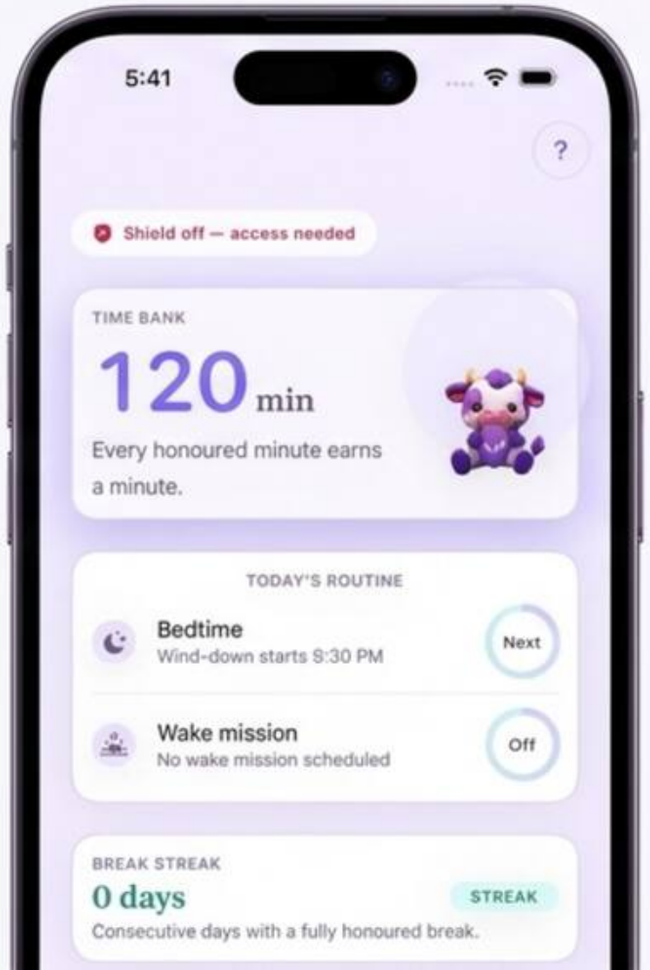
- Designed for heavy snoozers
- late-night scrollers
- and anyone seeking a short detox from compulsive phone use.



Hard Requirement:
Must be on an iPhone running iOS 26 or later to utilize native OS-level blocking.

Meet Take a Break.

An iOS 26 app that uses native **Apple Screen Time** to block distractions, wakes you with a physical mission, and features Moo—your **calming** focus companion.





Give the evening scroll a definite end.

Shield chosen apps on a **set schedule.**



Bedtime shielding creates calmer nights.

No VPNs required. Powered directly on your device by official Apple Screen Time APIs.

Wake with a mission.

Alarms are designed to respect Silent Mode and Focus.
Stop the snooze loop by completing a real task to settle the alarm.



Early unlock isn't free. It's a trade.







Honouring scheduled breaks earns Time Bank minutes.

2 banked minutes buys 1 minute of early unlock (2:1 ratio).

Short on time? Walk to mint.

500 physical steps **=** **10** banked Time Bank minutes.



Steps are counted securely on-device via Apple Motion sensors.

Calm boundaries, built on trust.



No account. No ads.

You never need to hand over a usage profile.



Stays on your device.

App selections and mission proofs never leave your phone.



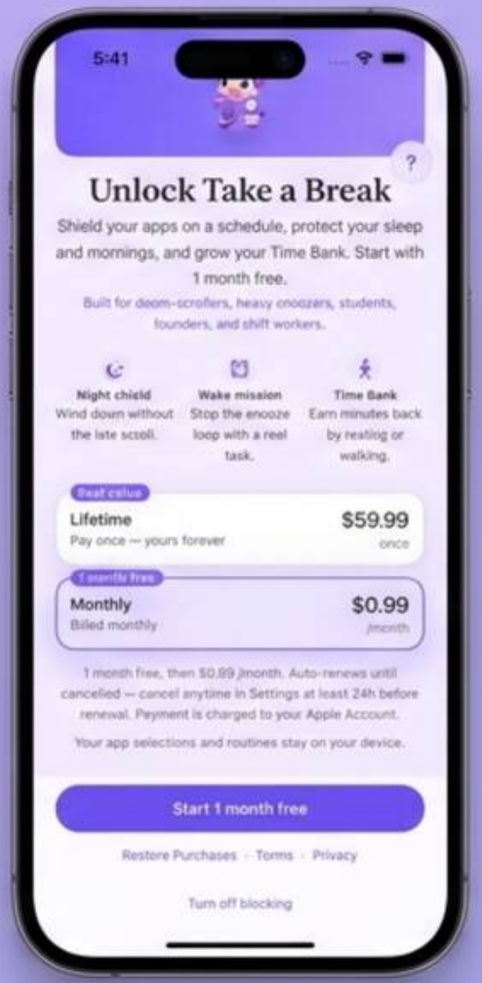
A boundary, not a trap.

You can always turn blocking off in an emergency.

Simple, transparent access.

No ongoing free tier.

Take a Break is a premium tool designed to build lasting habits.



Your Choice.

Choose between a Monthly Membership or a Lifetime purchase.

Exact prices are clearly shown in your local App Store before you buy.



Ready to break the loop?

takeabreak.mykoala.com.au