

# Stayfocusd

**Упатство за превземање и  
користење**







Популарна и моќна екстензија која овозможува да се **ограничи времето што се поминува на одредени веб-страници**. Откако ќе се достигне лимитот, страницата е блокирана до крајот на денот. Може да се блокираат цели страници, специфични содржини, слики или видеа.

chrome web store

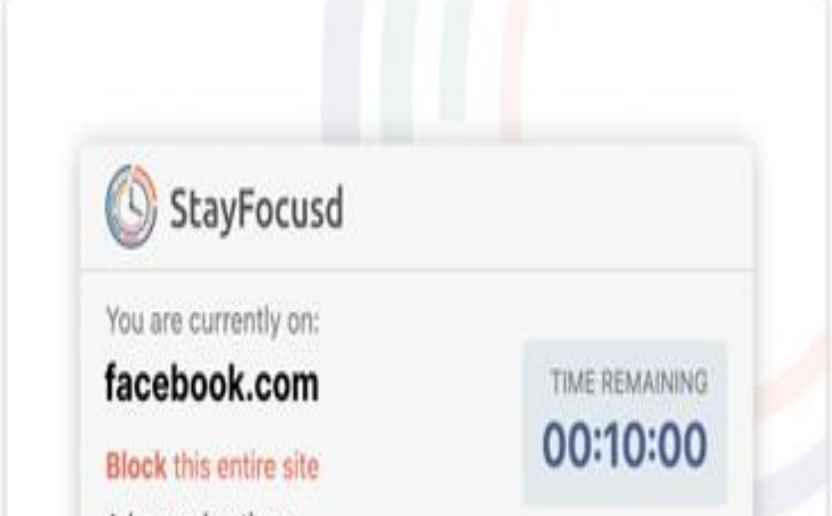

Search extensions and themes

Discover **Extensions** Themes

 **StayFocusd – Website Blocker & Focus Timer & Shorts Blocker** [Add to Chrome](#)

[stayfocusd.com](#)  **Featured** 4.5★ (8.3K ratings) [Share](#)

Extension Workflow & Planning 600,000 users



За инсталација на екстензијата се користи следниот линк:


<https://chromewebstore.google.com/detail/stayfocusd-block-distract/laankejkbhbdhmipfmngcngdelahlfoji>


или може да се искористи пребарувачот во Chrome web store. Се клика на иконата „**Add to Chrome**“:

chrome web store

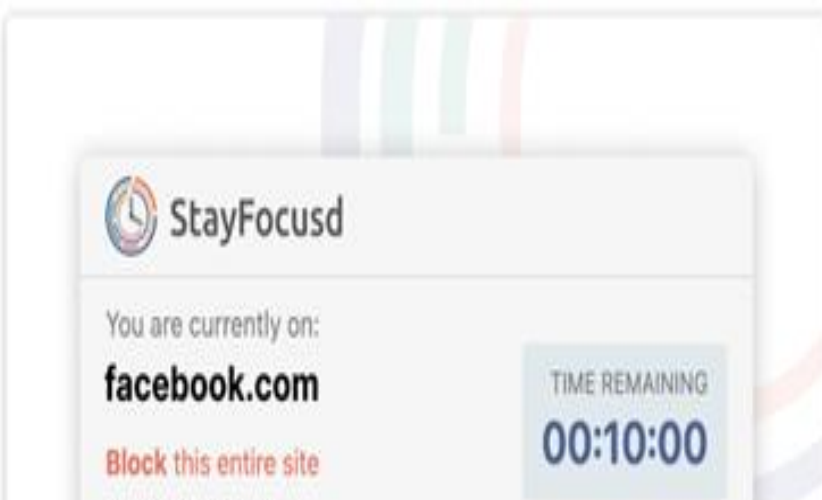

Search extensions and themes

Discover Extensions Themes

 **StayFocusd – Website Blocker & Focus Timer & Shorts Blocker** [Add to Chrome](#)

[stayfocusd.com](https://stayfocusd.com)  Featured 4.5★ (8.3K ratings) [Share](#)

Extension Workflow & Planning 600,000 users



Потоа се потврдува  
изборот со кликање на  
копчето „Add  
extension“:



Add "StayFocusd – Website Blocker & Focus Timer & Shorts  
Blocker"?

It can:

Read and change all your data on all websites

Display notifications

Add extension

Cancel

На следниот екран по кликање на копчето „Continue“ следува кратко упатство на екранот со опис на опциите:



### Welcome to StayFocusd!

StayFocusd is the best tool for staying productive. Accept our Terms of Service to get started.

- I am over 18 years old
- I accept StayFocusd's [Terms of Service](#)
- I allow StayFocusd to collect the data described in our [Privacy Policy](#)

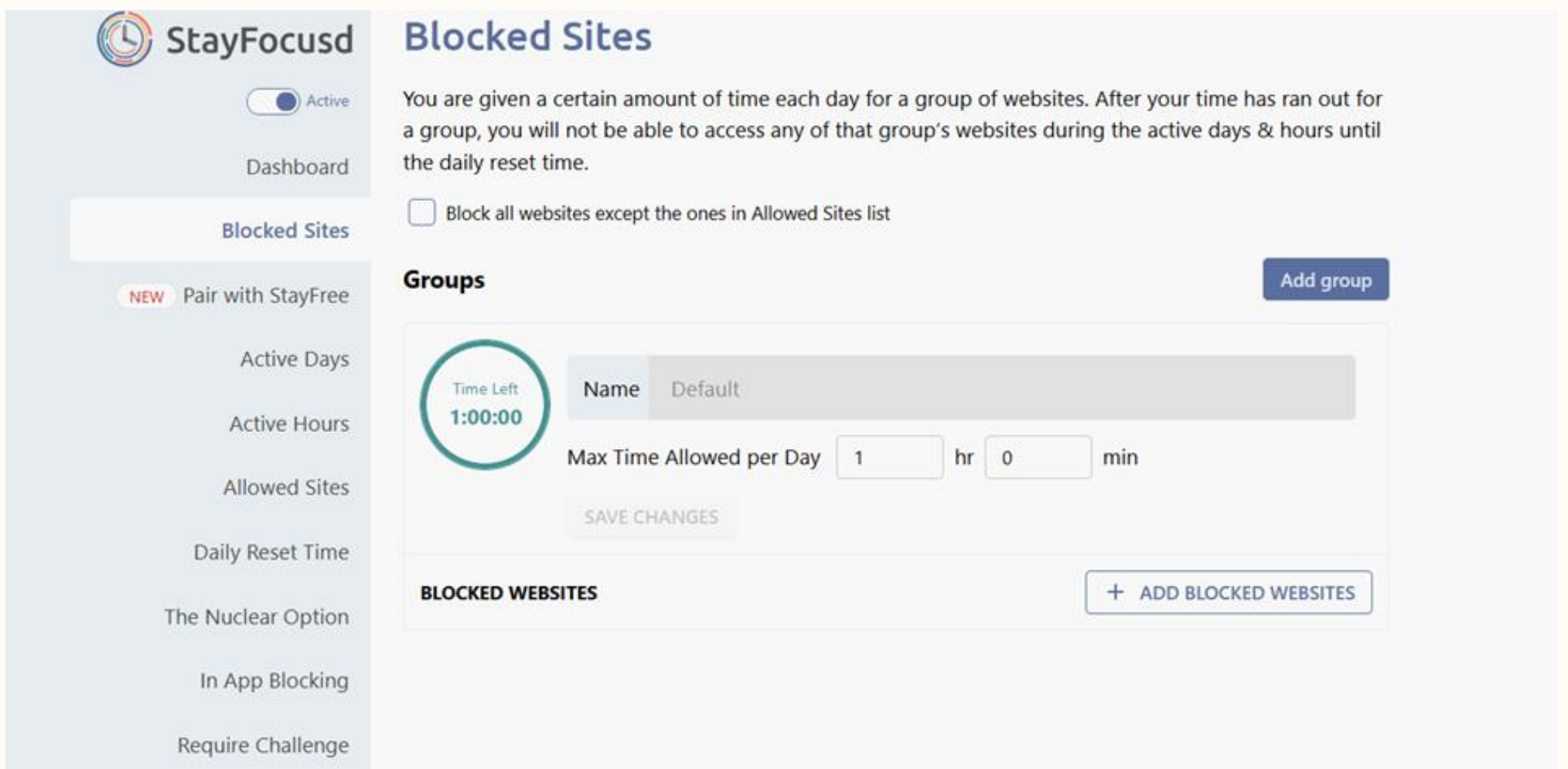
Please keep in mind:

- We do not want to know who you are
- We de-identify any information we collect
- We never sell any collected information to third parties
- We purposefully avoid and never intentionally handle sensitive data
- We use anonymized information to further develop StayFocusd and Sensor Tower products and services

Continue

Во делот „**Blocked Sites**“ се дефинираат сајтовите кои ќе бидат блокирани по изминувањето на дневниот лимит кој сами го одредуваме.

Во овој дел можат да се дефинираат и групи на веб страници на кои можеме да им одредиме различен дневен лимит.



The screenshot shows the 'Blocked Sites' configuration page in the StayFocusd application. On the left is a sidebar with navigation options: StayFocusd (with a clock icon), Active (toggle), Dashboard, Blocked Sites (highlighted), NEW Pair with StayFree, Active Days, Active Hours, Allowed Sites, Daily Reset Time, The Nuclear Option, In App Blocking, and Require Challenge. The main content area is titled 'Blocked Sites' and includes a description: 'You are given a certain amount of time each day for a group of websites. After your time has ran out for a group, you will not be able to access any of that group's websites during the active days & hours until the daily reset time.' Below this is a checkbox for 'Block all websites except the ones in Allowed Sites list'. A 'Groups' section features a circular 'Time Left' indicator showing '1:00:00', a 'Name' field with 'Default' entered, and a 'Max Time Allowed per Day' field set to '1 hr 0 min'. A 'SAVE CHANGES' button is below. At the bottom, there is a 'BLOCKED WEBSITES' section with a '+ ADD BLOCKED WEBSITES' button. An 'Add group' button is also visible in the top right of the Groups section.

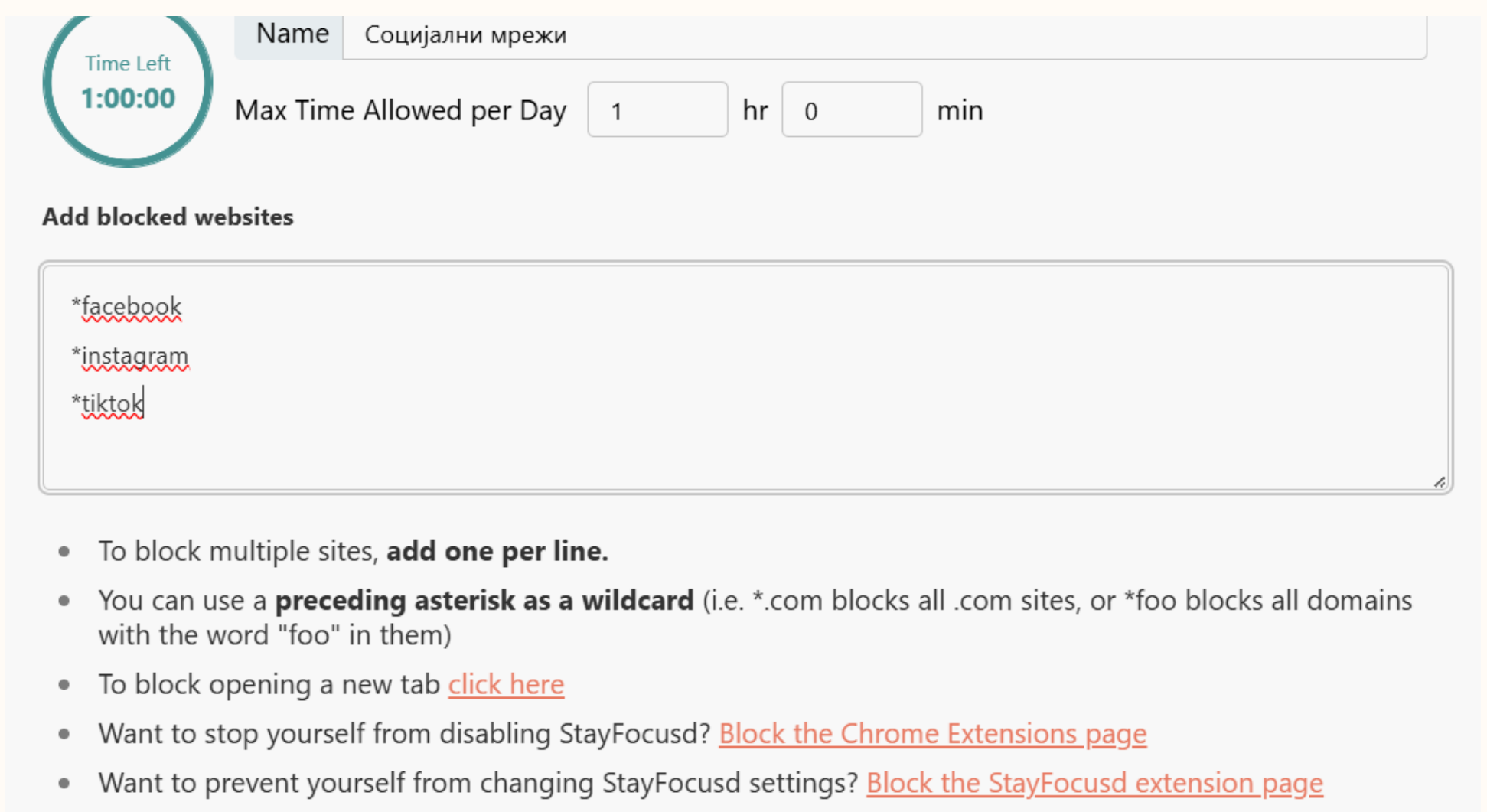
Пример, во една група може да ги ставиме facebook, Instagram и tiktok и да одредиме дневен лимит од 60 минути и во друга група да го ставиме youtube и да му ставиме лимит од 30 минути дневно.

Со штиклирање на полето **„Block all websites except the ones in Allowed Sites list“** може да се одреди дневен лимит за сите веб страници освен за тие што се наоѓаат во делот **„Allowed Sites“**.



Ако сакаме да ги ограничиме сите сајтови кои завршуваат на **.com** или сите што содржат одреден збор (пр. facebook), го користиме знакот „ \* “, пр. \*.com, \*facebook, \*Instagram итн.

При дефинирање на веб страниците една линија на текст значи една веб страница, секоја наредна се дефинира во нареден ред:



Time Left  
**1:00:00**

Name Социјални мрежи

Max Time Allowed per Day 1 hr 0 min

**Add blocked websites**

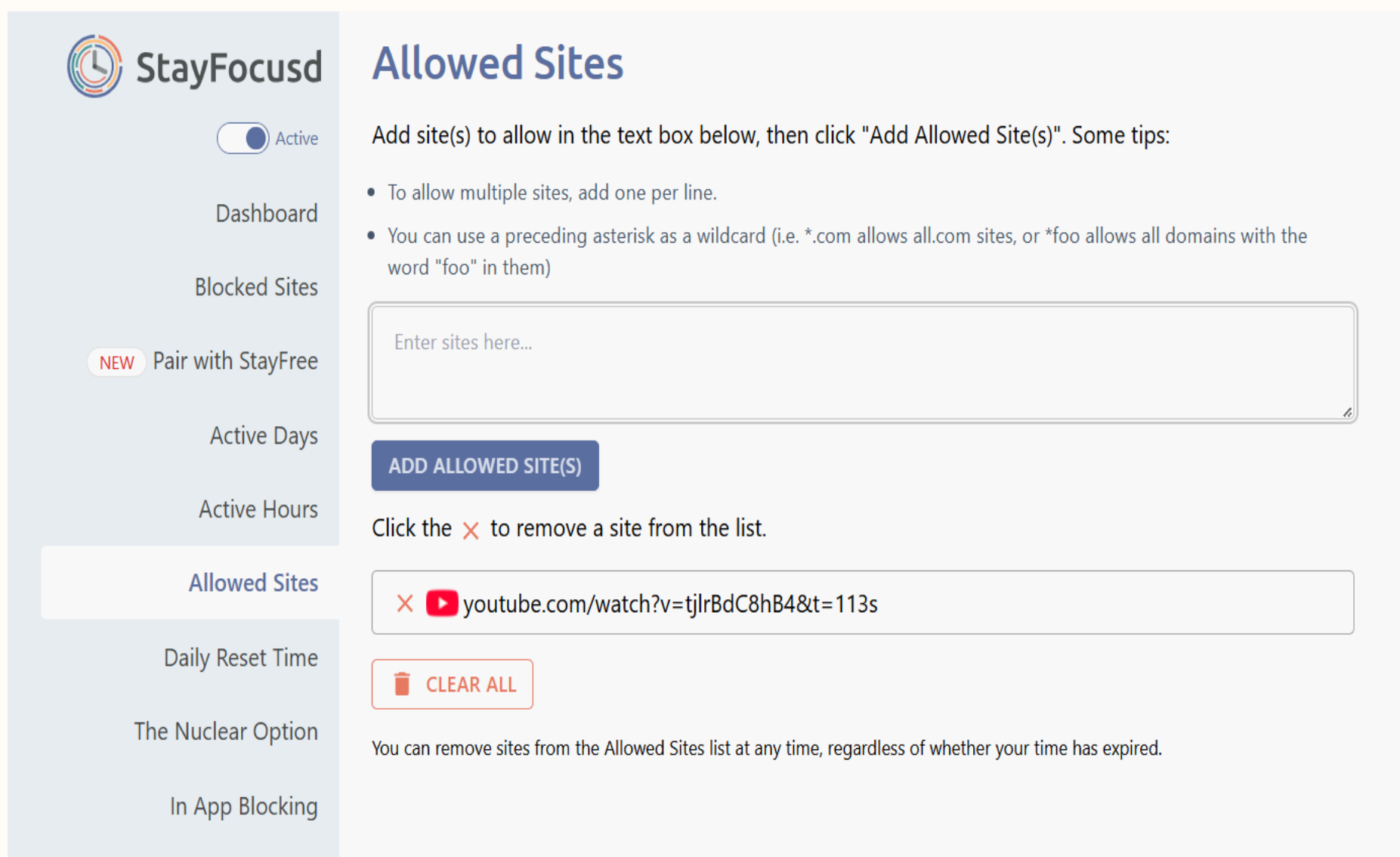
\*facebook  
\*instagram  
\*tiktok

- To block multiple sites, **add one per line.**
- You can use a **preceding asterisk as a wildcard** (i.e. \*.com blocks all .com sites, or \*foo blocks all domains with the word "foo" in them)
- To block opening a new tab [click here](#)
- Want to stop yourself from disabling StayFocusd? [Block the Chrome Extensions page](#)
- Want to prevent yourself from changing StayFocusd settings? [Block the StayFocusd extension page](#)

Во „**Allowed sites**“ се додаваат веб страници или URL адреси за да не се сметаат во вкупното дозволено време и за да не бидат блокирани откако ќе истече времето.

На пример, ако ја додадеш youtube.com како блокирана страница, можеш да додадеш URL-адреса од кое било YouTube видео како дозволена страница за да го гледаш откако ќе ти истече времето за тој ден.

*И овде важи правилото со знакот „ \* “ и дека секоја линија на текст значи една веб страница:*



**StayFocusd**

Active

Dashboard

Blocked Sites

NEW Pair with StayFree

Active Days

Active Hours

**Allowed Sites**

Daily Reset Time

The Nuclear Option

In App Blocking

## Allowed Sites

Add site(s) to allow in the text box below, then click "Add Allowed Site(s)". Some tips:

- To allow multiple sites, add one per line.
- You can use a preceding asterisk as a wildcard (i.e. \*.com allows all.com sites, or \*foo allows all domains with the word "foo" in them)

Enter sites here...

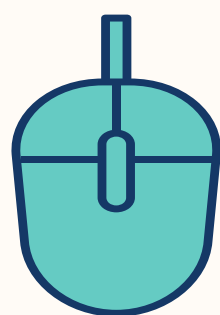
ADD ALLOWED SITE(S)

Click the **X** to remove a site from the list.

**X** youtube.com/watch?v=tjlrBdC8hB4&t=113s

CLEAR ALL

You can remove sites from the Allowed Sites list at any time, regardless of whether your time has expired.



Во „Active Days“ се дефинираат деновите кога ќе се применуваат правилата.

A screenshot of the StayFocusd extension's settings page, specifically the 'Active Days' section. The page has a light blue header with the StayFocusd logo and name. On the left is a sidebar menu with options: 'Dashboard', 'Blocked Sites', 'NEW Pair with StayFree', 'Active Days' (highlighted), 'Active Hours', 'Allowed Sites', 'Daily Reset Time', and 'The Nuclear Option'. The main content area is titled 'Active Days' and includes a toggle switch for 'Active' (which is turned on). Below this is a list of days from Monday to Sunday, each with a checkbox. All checkboxes are checked. A 'SELECT ALL' button is located below the list. At the bottom, a message states: 'You cannot turn the extension off for the current day.'

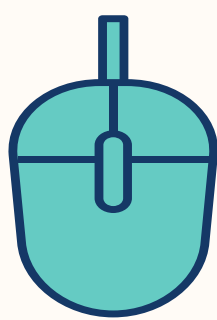
**StayFocusd** Active Days

Set the days during which StayFocusd will restrict your browsing activity.

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

**SELECT ALL**

You cannot turn the extension off for the current day.



Во „Active Hours“ се дефинира временскиот период кога важи ограничувањето:

**StayFocusd**

Active

Dashboard

Blocked Sites

Pair with StayFree

Active Days

**Active Hours**

Allowed Sites

Daily Reset Time

## Active Hours

Set the hours during which StayFocusd will restrict your browsing activity. These hours will apply to Active Days.

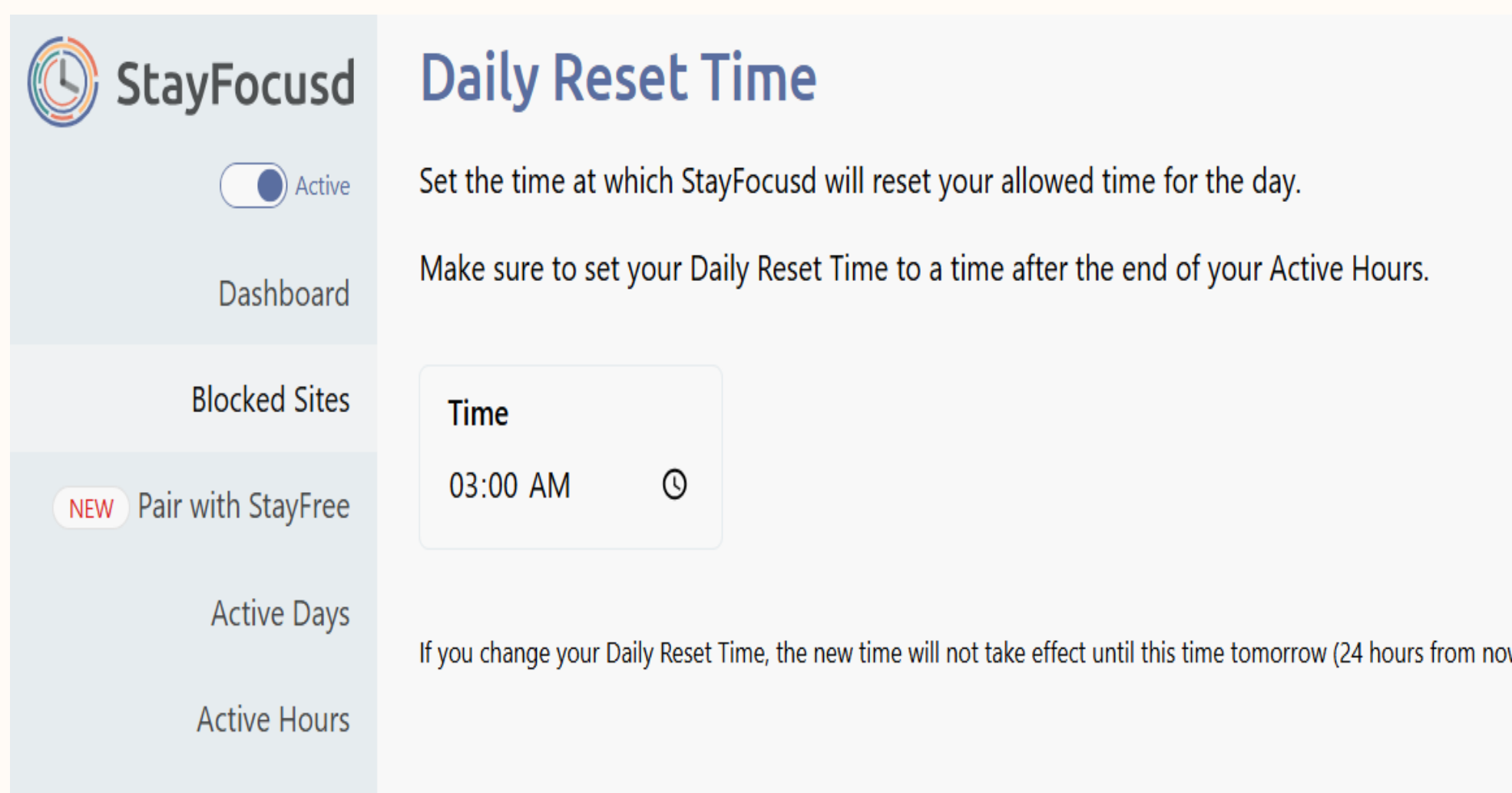
**Start**  
12:00 AM

**End**  
11:59 PM

**SET**

If you change your Active Hours, the new hours will not take effect until this time tomorrow (24 hours from now)

Во делот „Daily Reset Time“ се поставува времето кога ќе се ресетира дневниот лимит. Стандардната вредност е 03:00 часот наутро:



The screenshot shows the StayFocusd application interface. On the left is a navigation menu with the StayFocusd logo at the top, followed by a toggle switch labeled 'Active' which is turned on. Below the toggle are menu items: 'Dashboard', 'Blocked Sites', 'NEW Pair with StayFree', 'Active Days', and 'Active Hours'. The main content area is titled 'Daily Reset Time' and contains the following text: 'Set the time at which StayFocusd will reset your allowed time for the day.' and 'Make sure to set your Daily Reset Time to a time after the end of your Active Hours.' Below this text is a time selection field showing '03:00 AM' with a clock icon to its right. At the bottom of the main content area, there is a note: 'If you change your Daily Reset Time, the new time will not take effect until this time tomorrow (24 hours from now)'.



## „The Nuclear Option“

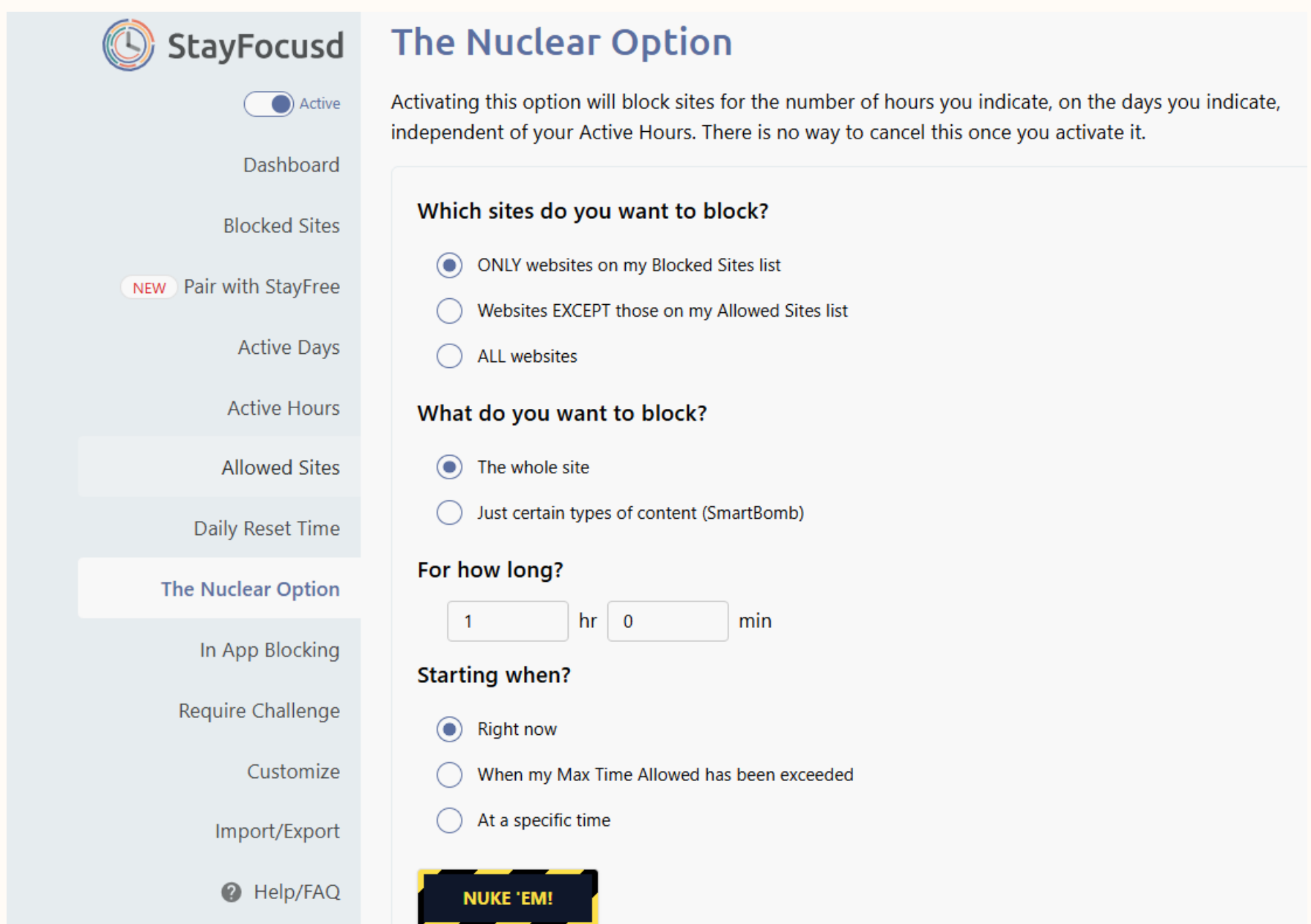
Овозможува веднаш да блокираш веб-страници без да чекаш да ти истече времето.

Тоа е најекстремниот метод на StayFocusd за блокирање на веб-страници, бидејќи не може да се исклучи. Се користи кога навистина треба да се фокусираш и да завршиш нешто.



Овде може да се подеси дали да се блокираат сајтовите дефинирани во „**blocked sites**“ листата, сите сајтови освен тие што се дефинирани во „**allowed sites**“ листата или сите сајтови.

Може да се дефинира времетраењето на блокадата и времето на започнување.



The screenshot shows the 'The Nuclear Option' settings page in StayFocusd. On the left is a sidebar with navigation options: Dashboard, Blocked Sites, Pair with StayFree (marked NEW), Active Days, Active Hours, Allowed Sites, Daily Reset Time, The Nuclear Option (highlighted), In App Blocking, Require Challenge, Customize, Import/Export, and Help/FAQ. The main content area has a title 'The Nuclear Option' and a description: 'Activating this option will block sites for the number of hours you indicate, on the days you indicate, independent of your Active Hours. There is no way to cancel this once you activate it.' Below this are three sections of settings: 'Which sites do you want to block?' with radio buttons for 'ONLY websites on my Blocked Sites list' (selected), 'Websites EXCEPT those on my Allowed Sites list', and 'ALL websites'; 'What do you want to block?' with radio buttons for 'The whole site' (selected) and 'Just certain types of content (SmartBomb)'; and 'For how long?' with input fields for '1' hour and '0' minutes. At the bottom, 'Starting when?' has radio buttons for 'Right now' (selected), 'When my Max Time Allowed has been exceeded', and 'At a specific time'. A yellow and black 'NUKE 'EM!' button is at the bottom.

Делот **„Require Challenge“** служи како механизам за самоконтрола. Со негово активирање се воведува строг услов: *за да се изменат поставките, мора да се напише долг текст без ниту една грешка.*

Тоа те спречува да „измамиш“, на пример со зголемување на дозволеното време или со отстранување на блокирани страници.

Се активира со штиклирање на ***„Yes, I want to be challenged before being allowed to change any settings (including this one).“***:

Active

Dashboard

Blocked Sites

**NEW** Pair with StayFree

Active Days

Active Hours

Allowed Sites

Daily Reset Time

The Nuclear Option

In App Blocking

If this option is selected, you will be required to complete a difficult -- but not impossible -- challenge before you are allowed to change any settings. This makes it inconvenient for you to change settings, therefore reducing the chances that you'll cheat.

Want to test the challenge before you turn it on? [Click here.](#)

Yes, I want to be challenged before being allowed to change any settings (including this one).

**Customize Challenge Text**

Enter custom text to be used in the challenge (min 250 chars).

The procrastinator is often remarkably optimistic about his ability to complete a task on a tight deadline; this is usually accompanied by expressions of reassurance that everything is under control. (Therefore, there is no need to start.) Lulled by a false sense of security, time passes. At some point, he crosses over an imaginary starting time and suddenly realizes, "Oh no! I am not in control! There isn't enough time!"

**SET CUSTOM TEXT**    **RESET TO DEFAULT**

