Attention Age

Five minutes to find your focus baseline.



Free on the App Store

iPhone & iPad

ATTENTION AGE · 01

What You Get

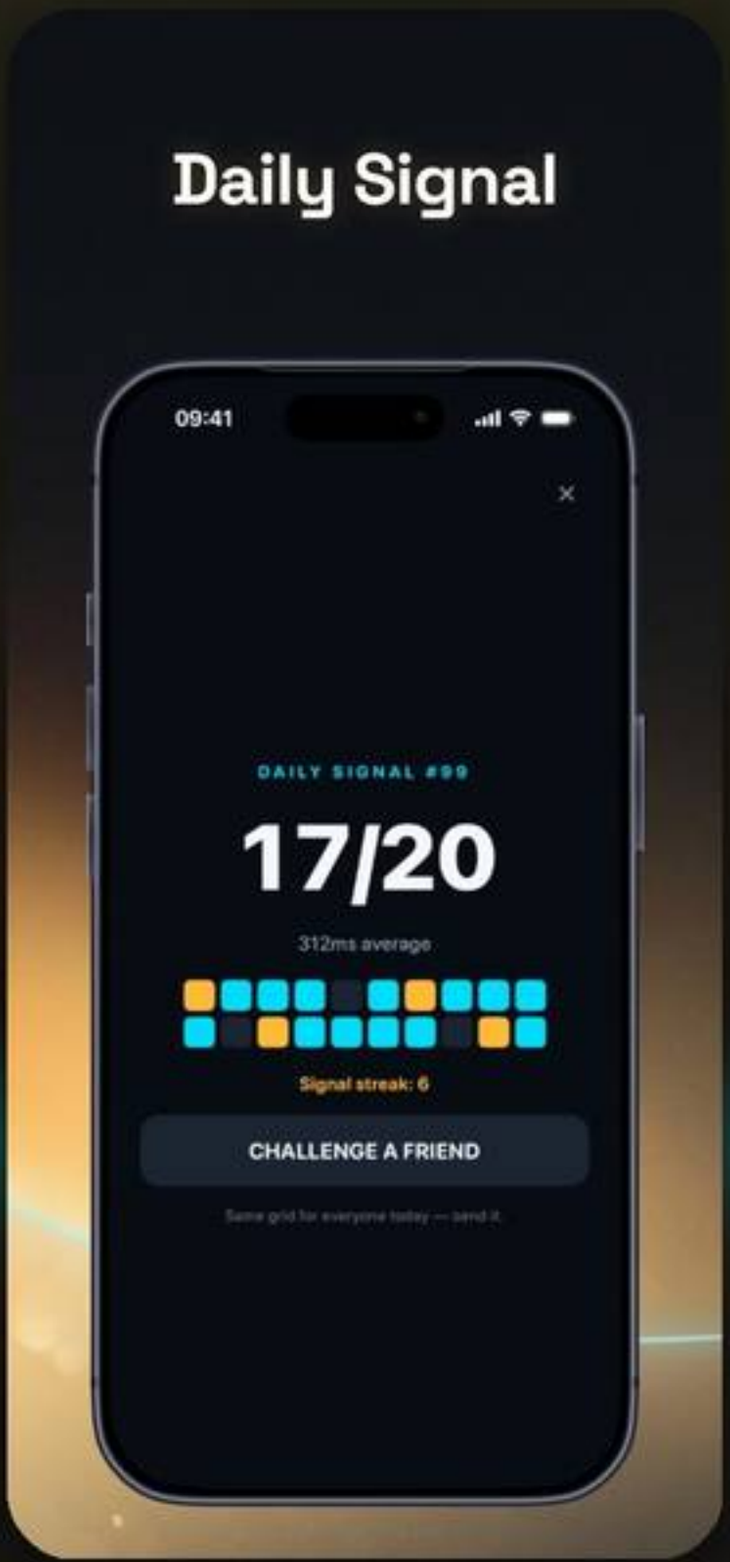
A five-minute test built from three timed tasks: Signal Watch (tap the signals, skip the decoys), Interference (judge the middle arrow) and Tracking (follow moving shapes).



ATTENTION AGE · 02

Practice With A Clear Finish

Signal Watch, Interference and Tracking are free to practice. · Pro adds seven more precision drills — Hold the Line, Drift, Bait, Wait, Metronome, Sequence and The Feed — with gradual, transparent difficulty and mastery.



ATTENTION AGE · 03

Compare Fairly

A weekly re-test uses the same tasks and scoring, on any day that suits you.



ATTENTION AGE · 04

Meet Lumen

An abstract companion made of light that reacts to finished sessions and grows clearer as you complete assessments, focus minutes and milestones — earned by showing up, never by your score.



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Scan with your iPhone camera or tap the button

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