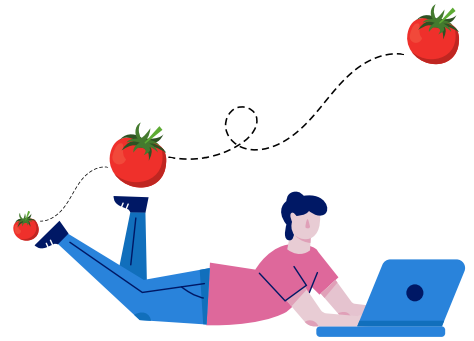# The Pomodoro Technique

The Pomodoro Technique is a time management system that helps people focus by alternating between 25-minute work periods and short breaks. The technique is named after the tomato-shaped timer that was originally used to test it.

1

Choose a Task

Identify one task to focus on.

2

Set the Timer

Start the timer for 25 minutes.

3

Work without Interruption

Work until the timer rings (or vibrates).

4

Take a Short Break

Pomodoro complete. Take 5 minutes.

5

Repeat

Return to Step 2.

6

Work a Longer Stretch without Interruption.

Take a longer break (15 min after 4 hrs).