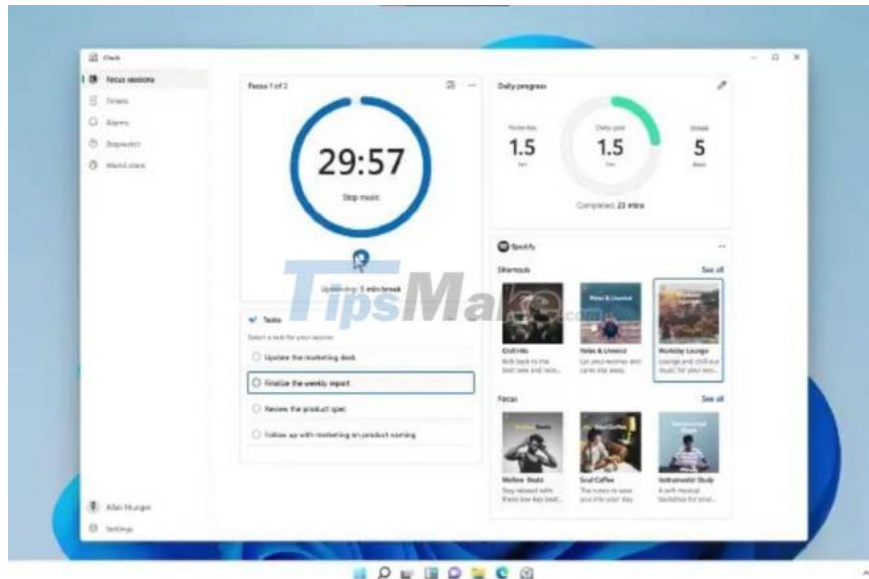


# Focus Sessions, the new anti-distraction feature on Windows 11

Yesterday, Microsoft Senior Vice President Panos Panay revealed the improvements to the Snipping Tool on Windows 11. Recently, Mr. Panay continued to share about a completely new feature called Focus Sessions.

**Focus Sessions** will be part of the Alarms & Clock app. It allows you to set goals, the time it takes to accomplish, and execute them without distractions. You can select the amount of time you have, a task to do, and add a song played by Spotify and start a Focus Sessions.



You will have a dashboard to track the statistics of the Focus Sessions you create. It includes a dashboard showing your progress on tasks and goals, and another page showing the number of breaks you've taken during Sessions.

At the moment, it is unclear when Focus Sessions will be released. If the development is stable, Focus Sessions will soon be released to Windows Insider users to conduct testing and then will be included in the official version.

However, it is not excluded that Microsoft will not develop this new feature in time. Even Focus Sessions was not released in time with the official Windows 11 version this October.

Windows 11 is currently in beta and Insider Preview builds are rolling out to users and developers participating in the Windows Insider Program both on the Dev channel and the Beta channel. To join the Windows Insider Program and experience Windows 11 early, follow these instructions:

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