



SteadX — About & Support

Calm eye care and task management for people who work long hours on screens.

SteadX is a calm eye-care and task app made for developers, founders, freelancers, and creators who spend their days on a screen. It helps you protect your eyes from strain and fatigue while keeping your tasks, habits, and reminders in one quiet place.

What SteadX does

- Work sessions with automatic 20-20-20 eye break reminders
- Quick eye exercises and a hydration tracker with water reminders
- Simple tasks and to-dos with reminders, so nothing slips
- Daily habits and a gentle streak that rewards consistency
- A Today view and calendar to plan your day and week
- A calm, private, local-first design — your data stays on your device

Need help?

We're a small team and we read everything. For support, questions, bug reports, or feedback, email us at kshahwali390@gmail.com. We usually reply within 1–2 business days.

Frequently asked questions

How does the 20-20-20 reminder work?

Start a work session and SteadX reminds you every 20 minutes to look about 20 feet away for 20 seconds — the eye-care routine recommended to ease screen strain. You can adjust the interval in Settings.

How do I change my break interval, water goal, or work hours?

Open Settings inside the app. You can set your break reminder interval, daily water goal, and daily work hours there.

Why aren't my notifications showing?

SteadX uses local notifications for reminders. If they're not appearing, make sure notifications are enabled for SteadX in your device's Settings.

Is my data private?

Yes. SteadX runs entirely on your device — no account, no servers, no analytics. We don't collect or see your data. See our Privacy Policy for the full details.

How do I delete my data?

Because everything is stored locally, deleting the app removes all of your SteadX data from your device.

How do the post reminders work?

SteadX can remind you when it's time to publish a post you've scheduled. It sends you a reminder — it doesn't post on your behalf.

Contact

Email: **kshahwali390@gmail.com**

Website: steadx.app (coming soon)

Privacy Policy:

https://docs.google.com/document/d/1tdQEjqphkV3V_A6qb5pK4jO4ez8cQ7dk/edit?usp=sharing&ouid=104399464262154972973&rtpof=true&sd=true