Overview

● The Internet Time Management system is a method to help manage how people spend time on the internet.
● The system can regulate or suspend internet access over a local network.
● The system is meant to be used by people who want to hold themselves accountable for how they spend their time on the internet.

Methods

● The system was implemented using software written in C and a website with javascript.
● The software runs on a linux machine connected to a Local Area Network (LAN) that most homes use.
● When assessed by a user, the website shows time spent by website by that device.
● Works across all devices such as PCs, laptops, smart TVs, smartphones, etc.

System

![Diagram of Raspberry Pi Computer]

Results

● The system successfully monitors all IPv4 traffic on the local network.
● The website shows time usage by website.
● The software and the website communicate using websockets.