

I am **co-founder of the Centre for Digital Habits**, where we help people redesign their digital life to serve their goals & needs. I am also **Research Fellow at Linacre College**, and **research representative on Denmark's Media Council for Children and Youth**.

I have done a decade of research on **why we get distracted on digital devices**, and what to do about it. I build software to help people focus, and do reproducible research. Oh and I play instruments in my live karaoke band!

🏢 Positions

- 2026– **Co-founder, Centre for Digital Habits**
Formerly the Reduce Digital Distraction (ReDD) Project
- 2025– **Research Fellow**, University of Oxford
Linacre College
- 2021– **External postdoc**, University of Copenhagen
Human Centred Computing, Department of Computer Science
- 2013–16 **Festival Producer and Manager**, Institute of Art and Ideas, London
Led and managed a research team division of two full-time staff plus a music team of three full-time staff

🎓 Education

- 2016–21 **DPhil in Computer Science**, University of Oxford
Supervisor: Sir Nigel Shadbolt
- 2012–13 **MSc in Cognitive and Evolutionary Anthropology**, University of Oxford
- 2011–16 **MA in the Study of Religion & Psychology**, Aarhus University
- 2007–11 **BA in the Study of Religion & Psychology**, Aarhus University

🏆 Selected grants & awards

- 2024 **Early Career Researcher Social Impact Award**
MPLS Impact Awards, University of Oxford
- 2023–24 **EPSRC Impact Acceleration Account** ~£108k
Preparing the ReDD Workshop for Impact across the UK higher education sector
- 2021–23 **Carlsberg Foundation Visiting Fellowship** DKK 700,000
Understanding Personal Digital Self-Control Struggles and Appropriate Interventions
- 2020 **Winner, Oxford Three Minute Thesis competition**
MPLS Division, University of Oxford
- 2019–20 **EPSRC Doctoral Prize** ~£28k
Supporting End-User Autonomy Over Digital Device Use

📄 Selected publications

- 2024 **"I finally felt I had the tools to control these urges": Empowering Students to Achieve Their Device Use Goals With the Reduce Digital Distraction Workshop** ★
U. Lyngs, K. Lukoff, P. Slovak, et al. · CHI'24
- 2023 **SwitchTube: A Proof-of-Concept System Introducing "Adaptable Commitment Interfaces" as a Tool for Digital Wellbeing** ★
K. Lukoff, U. Lyngs, H. Zade, et al. · CHI'23
- 2022 **The Goldilocks Level of Support: Using User Reviews, Ratings, and Installation Numbers to Investigate Digital Self-Control Tools**
U. Lyngs, K. Lukoff, L. Csuka, et al. · Int. Journal of Human-Computer Studies

- 2020 **"I Just Want to Hack Myself to Not Get Distracted": Evaluating Design Interventions for Self-Control on Facebook**
U. Lyngs, K. Lukoff, P. Slovak, et al. · CHI'20
- 2019 **Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools** ★
U. Lyngs, K. Lukoff, P. Slovak, et al. · CHI'19
- ★ Best paper honourable mention (top 5%). Full list at ulriklyngs.com/publications

Selected talks

- 2026 **CPDP, Computers, Privacy and Data Protection, Brussels**
 "Get out of my feed!": Child-centered strategies to enhance well-being and agency on social media
Folkeuniversitetet, Copenhagen
 How to take back control of the digital world
- 2025 **University of Oxford, Institute for Ethics in AI**
 Safeguarding human autonomy & wellbeing in the digital age: understanding the role of user control over digital environments
- 2024 **University of Cambridge, MRC Cognition and Brain Science Unit**
 Self-Control in Cyberspace: Advancing Digital Wellbeing Research & Real-World Impact
- 2023 **Children and Screens, Digital Media and Developing Minds, Washington, DC**
 Empowering Adolescents to Self-Regulate Their Use of Digital Devices: A Pilot Study in Danish High Schools
Tjek på Tech, Danish NGO Børns Vilkår, Copenhagen
 Selvkontrol i cyberspace: Hvordan giver vi børn og unge de praktiske værktøjer de har brug for?
- 2020 **Google, Digital Wellbeing**
 Digital Wellbeing in Practice: Designing for Digital Self-Control
- 2018 **BBC, Conference on AI, Society & the Media, London**
 So, Tell Me What Users Want, What They Really, Really Want!

<> Selected software

-  **Focus** [ulyngs/digital-habits-focus](https://ulyngs.digital-habits-focus)
 Hides distracting features — feeds, Shorts, Reels — with one click
-  **Blocker** [ulyngs/digital-habits-blocker](https://ulyngs.digital-habits-blocker)
 Blocks distracting apps and websites when you need to focus
-  **To-Do** [ulyngs/digital-habits-to-do](https://ulyngs.digital-habits-to-do)
 Keeps your current task visible while you work; helpful for those of us with ADHD
-  **Phone-Free 2FA** [ulyngs/phone-free-2fa](https://ulyngs.phone-free-2fa)
 Lets you use your computer for 2FA so you can keep your phone out of sight
-  **Mail** [ulyngs/digital-habits-mail](https://ulyngs.digital-habits-mail)
 A minimalistic email client for people who find email overwhelming
- Open source, from the Centre for Digital Habits. I also maintain **oxforddown** and **pagedown-cv** for reproducible research writing in R Markdown.

Selected media

- 2025 **Carlsberg Foundation / videnskab.dk**
 'Hvordan kan vi modstå smartphonens sirenesang?'
- 2024 **videnskab.dk, Brainstorm podcast**
 'Hvorfor har jeg så svært ved at lægge min mobil væk?'
- 2023 **Jyllandsposten**
 'Fem digitale tricks, der hjælper dig med at få styr på dit digitale liv'
- Jyllandsposten**
 'Hvorfor kan vi bare ikke lade være med at scrolle på vores mobiltelefon?'
- 2021 **DR P1, 'Kortsluttet'**
 'Død over digitale distraktioner'
- 2020 **University of Oxford Podcasts**
 Your Digital Life During Lockdown
- 2018 **Financial Times, BBC, The Times**
 Our paper "Third Party Tracking in the Mobile Ecosystem" covered in international media