ADHDose comes to iPhone, so people can see what their ADHD medication is doing

LONDON, 16 November 2026. ADHDose, the ADHD medication tool built by London founder Matt Chuen, is now on iPhone. It shows people what their medication is doing through the day, when it kicks in, when it's highest and when it wears off, and over time what their best days had in common.

Most people on ADHD medication take it in the morning and then guess. Has it kicked in yet? Was that afternoon slump the medication fading, or just a bad night's sleep? ADHDose draws the day's curve for the person's own medicine and dose, starting from published averages, and moves it towards the times they log.

The longer someone logs, the more it shows. ADHDose Pro sets their focus against sleep, caffeine and when they took their dose, keeps an estimated sleep window for the night, and writes a summary they can take to their prescriber.

"We're here so people understand what their medication is doing through the day. Published science draws the curve. Your days sharpen it," said Matt Chuen, founder of ADHDose. "It's been on Android since August, and iPhone was always next on the list."

ADHDose covers 18 ADHD medicines across the UK, Europe and the US, including Elvanse, Concerta XL, Medikinet XL, Vyvanse and Adderall XR. It never suggests what to take. Decisions about medication stay with the person and their prescriber.

ADHDose is free to download on the App Store and Google Play. ADHDose Pro is £5.99 a month or £39.99 a year in the UK.

Notes to editors

- ADHDose is made by ADHDOSE LTD, registered in England and Wales, company number 17146660.
- ADHDose launched on Google Play on 1 August 2026.
- Screenshots, logos and the fact sheet are at adhdose.com/press.
- Press contact, Matt Chuen, press@adhdose.com.

About ADHDose

ADHDose is an ADHD medication tool made in London. It shows people what their medication is doing through the day, when it kicks in, when it's highest and when it wears off, and learns how their medication actually runs for them, so they can see what their best days had in common.