Make Phones Less Addictive & Live A Richer Life

Unplug is a digital well-being platform that helps users reduce screen addiction through gamified challenges, social accountability, and AI-powered insights.

Industry: Digital Well-being & Mobile Wellness

Founded: 2020

Founder: Ali Abdaal

Headquarters: London, United Kingdom

Employees: 11-50

Website: unplug.com

Highlights

- Unplug was founded by Ali Abdaal, Jack Edwards, Jamie Lee, & Jaden Jaber in 2020 and is headquartered in London, United Kingdom.
- Unplug received Pre-Seed, Seed, and Angel Rounds. Investors include Y Combinator, Seedcamp, and Ali Abdaal.
- Ali Abdaal, Unplug's CEO, has a YouTube channel with 5.7 million subscribers and 1.2 billion views.
- Unplug's founding team includes Ali Abdaal, Jack Edwards, Jamie Lee, & Jaden Jaber.
- Unplug's Seed Round, Angel Round, Pre-Seed Round, and Angel Round raised a total of $2.5 million.
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Featured Investors

Jamie Redman	Owner	
Alex Lieber	Owner	
Ben Lee Ben Lee is top tier investor. Owner		
Jamie Redman	Owner	
Jamie Redman	Owner	
Jamie Redman	Owner