Sagbar for adults who stutter

Sagbar is an app for people who stutter. It offers short exercises for breathing, voice onset, pace, and for your thoughts before difficult conversations. You decide when and how long you practise.

What to expect

- Ten short exercises that you can pause or stop at any time.
- No account, no ads, no counting of your stuttering. Data stays on your device.
- Sagbar uses the microphone and camera only in the exercises that need them.

How to start

- Begin with a calm breathing exercise. Three minutes are enough.
- Practise often and briefly rather than rarely and long. A day off is not a setback.
- If you see a speech therapist, talk with them about your exercise list.

Sagbar is a self-help app. It does not replace speech and language therapy and does not make a diagnosis.