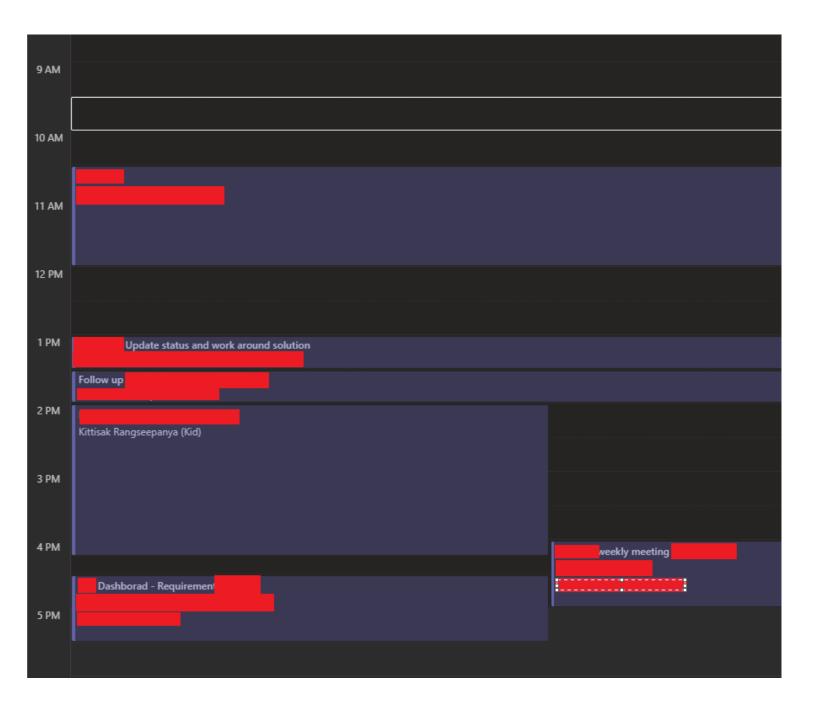
# TYPICAL MEETING DAY





# Midday Power Nap

#### Minimize:

- · Time spent being half anoke often waking up
- · Money spent on coffee working up
- Time spent to reach REM Sleep

#### Mosimize:

 Time awake offer power nap

Functional

## Minimize:

- · Time required for breeks ofter each meeting
- Time spent thinking about solutions after waking up.

Social

#### Maximize:

- Time available for leisure activities ofter work
- Energy available for exercise after work

Emotional

## Midday Power Nap

#### Minimize:

- · Time spent being half another often watering up
- · Money spent on coffee working up
- Time spent to reach REM Sleep

## Mosimize:

 Time awake after power hap

Functional

quickest solution

## Moximize:

- Time available for leisure activities ofter work
- Energy available for exercise after work

Emotional

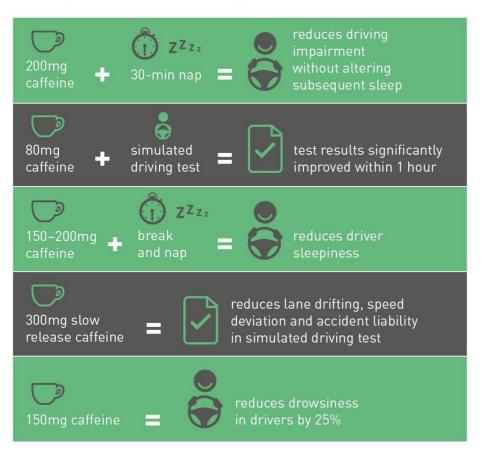
## Minimize:

- · Time required for breezs ofter each meeting
- Time spent thinking about solutions after waking up.

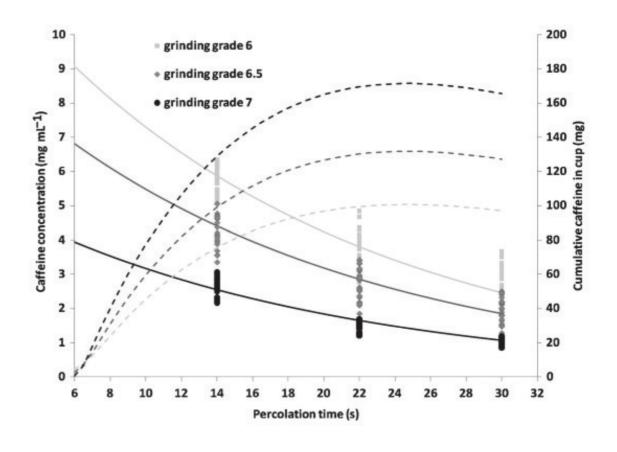
Social

# The way out fine tuning

#### Coffee, alertness and driving



#### Caffeine and grind size



# The combinations of





#### Body Battery @

Good job! You had a nice mix of charge and drain this day. Monitoring your Body Battery status can help you manage your day. More

High 38 Low

-68 Drained

III Hide Stress



+87

Charged

# Process overview

#### Step 1:

Algorithm to detect weariness of user based on

- Amount of sleep
- · Amount of deep sleep
- · Previous 8HR of catteine intake
- · Previous 8HR of water intake
- · Meetings gap
- · Amount of meetings

#### Step 2:

Algorithm to brew coffee based on 9tep 1 Input

- Grind size
- · Grind amount
- · Sugar/Syrup
- · Coffee type
- · Milk / Cream

## \* Step 2: Combination List

Less water = Power Nap Catteine + More milk = Slower Release More sugar = Power Spike