Flow State

Pomodoro Workflow:

Dynamically increases/decreases session time based on focus and stress values.

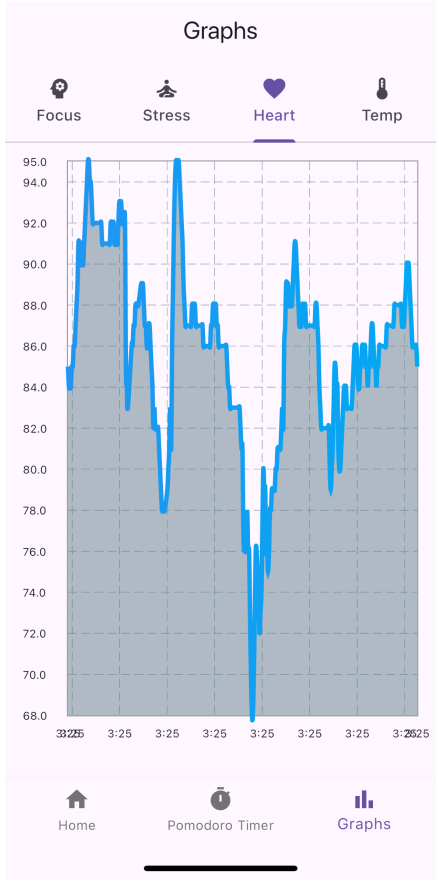### Home Page:
Connects to Cosinuss-Earable.

Graphs
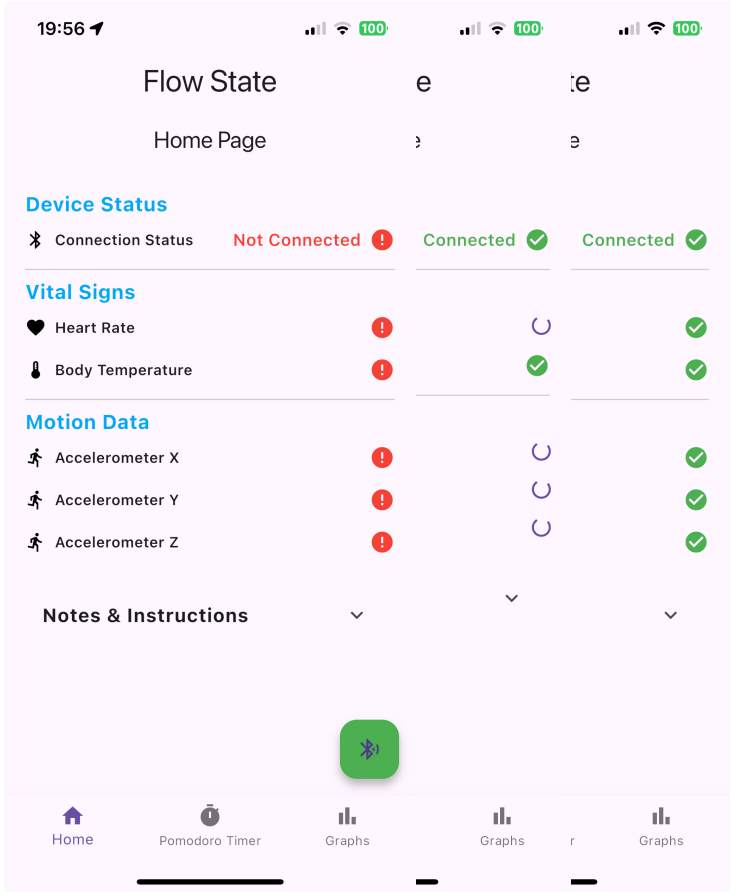
Clear status indicators ensure seamless setup indicating activated sensors.
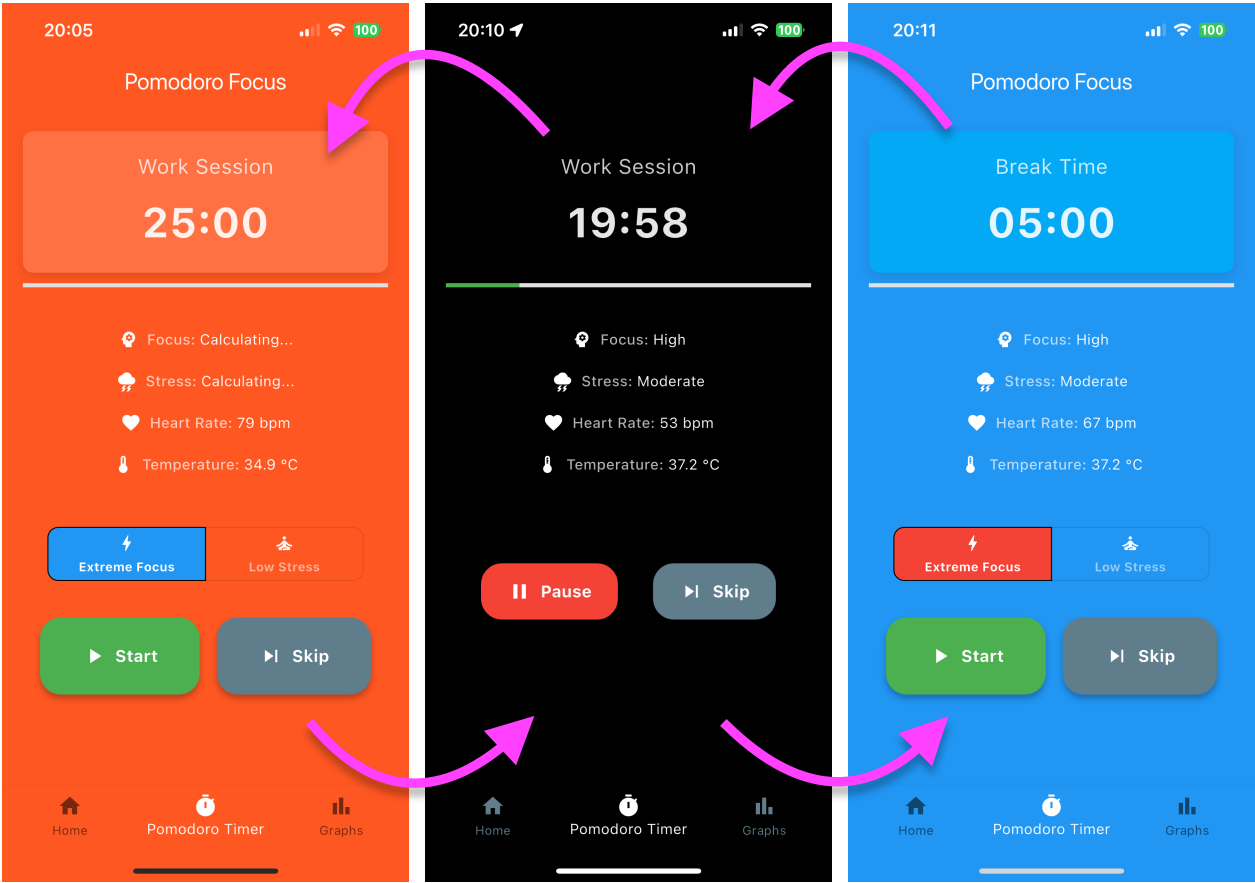
Modes: Extreme Focus for deep work, Low Stress for a relaxed pace

Calculates stress and focus levels tailored to individual baselines

Plays sound alerts when sessions end, prompting breaks and focus periods

Visualise session data trends