

# Comprehensive EEG Mindfulness Index Report

=== Comprehensive Mindfulness Index (MI) Analysis Summary ===

Report Date: 2025-05-22 11:27:58

Number of files analyzed: 1

Total windows analyzed: 135

Average MI score (all files): 0.5159

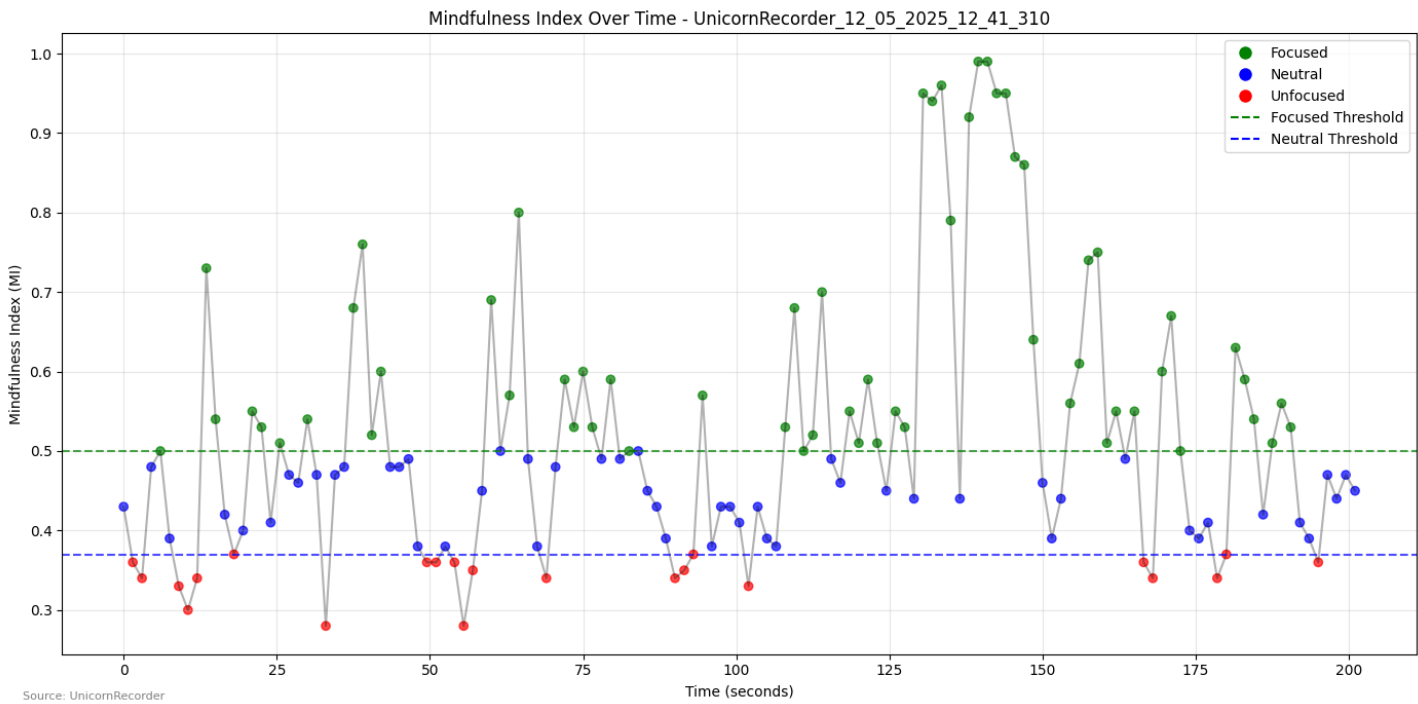
MI score range: 0.2800 to 0.9900

- Focused: 60 windows (44.4%)
- Neutral: 53 windows (39.3%)
- Unfocused: 22 windows (16.3%)

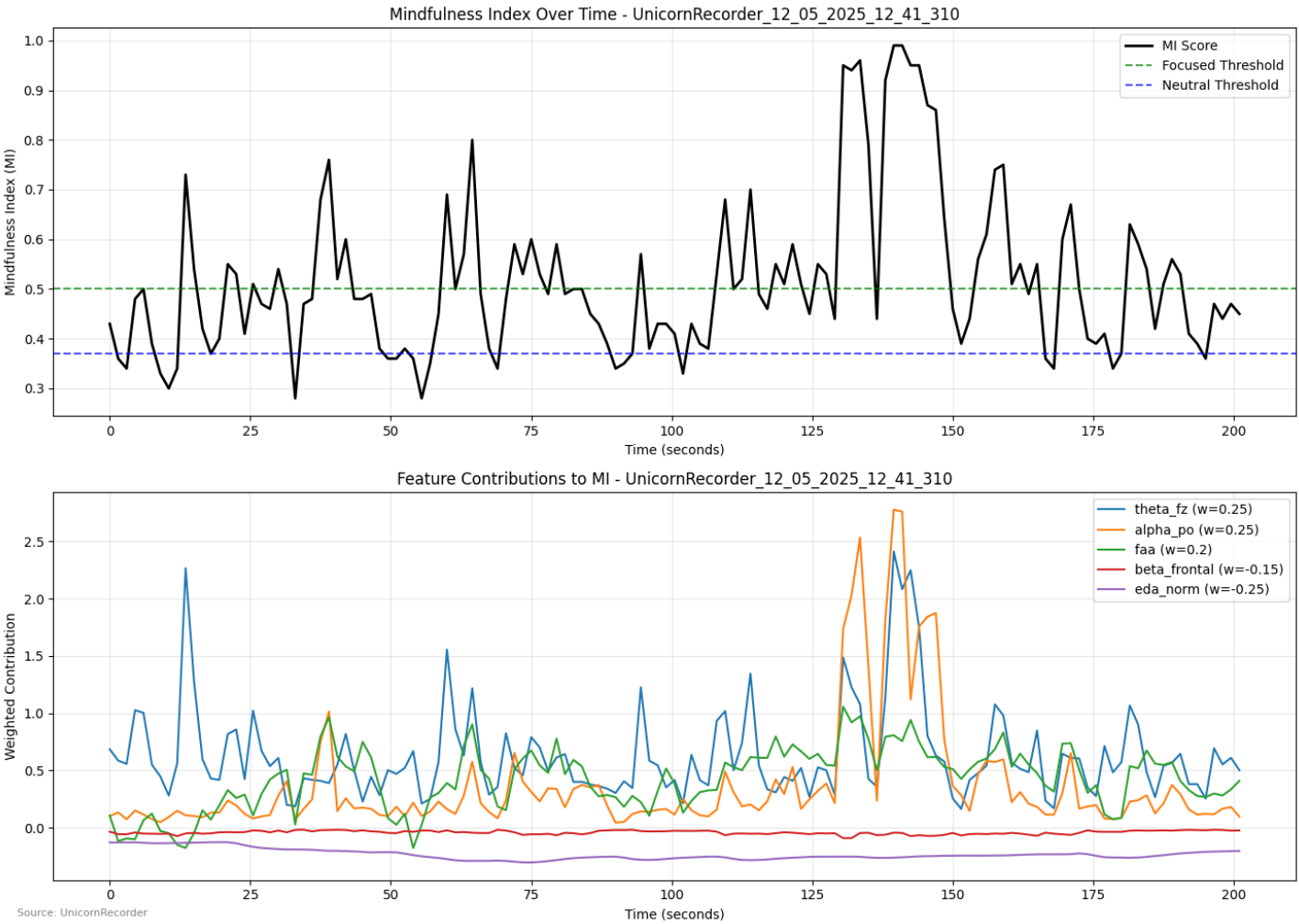
Per-file summary:

UnicornRecorder\_12\_05\_2025\_12\_41\_310: windows=135, avg\_mi=0.5159 (min=0.2800, max=0.9900), Focused=44.4%, Neutral=39.3%, Unfocused=16.3%

# UnicornRecorder\_12\_05\_2025\_12\_41\_310\_20250522\_112752\_mi\_timeseries.png

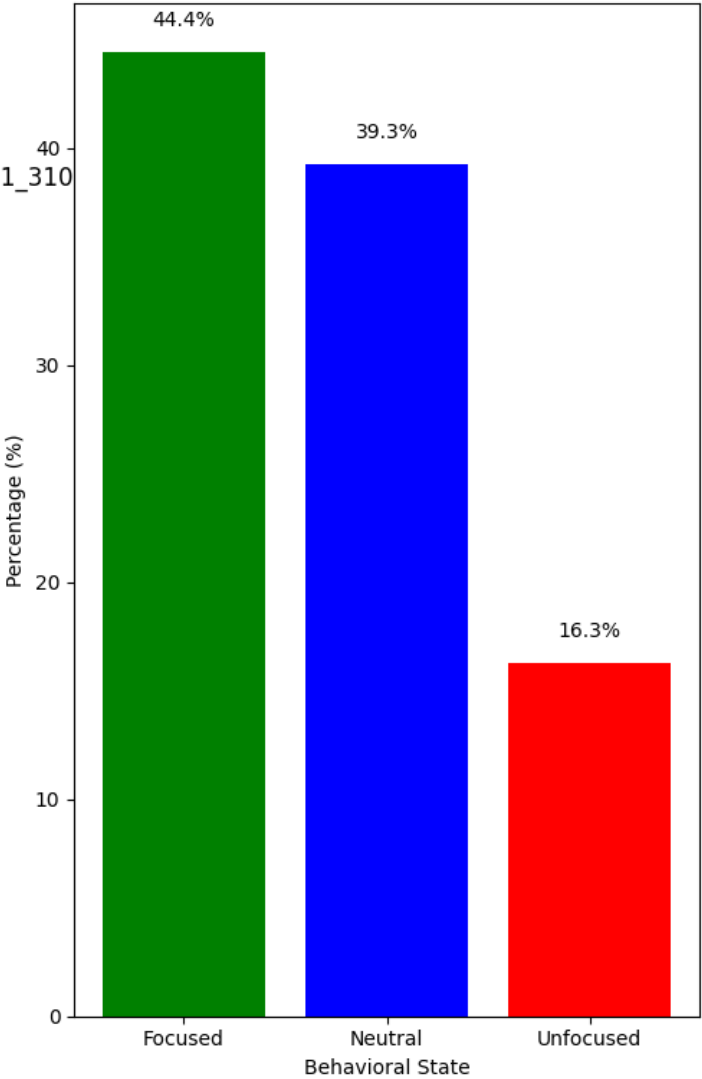
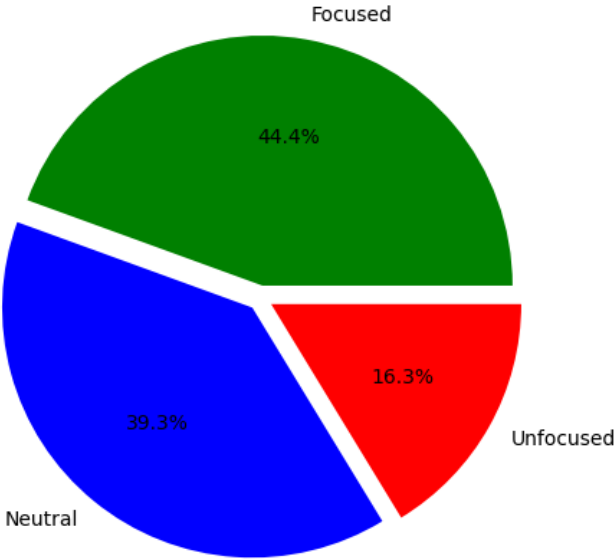


UnicornRecorder\_12\_05\_2025\_12\_41\_310\_20250522\_112752\_feature\_contributions.png



Percentage of Time in Each State - UnicornRecorder\_12\_05\_2025\_ :

in of Behavioral States - UnicornRecorder\_12\_05\_2025\_12\_41\_310



Source: UnicornRecorder

## comprehensive\_report\_20250522\_112758\_mi\_only\_combined.csv

| timestamp | mi_score | behavioral_state | file                                 |
|-----------|----------|------------------|--------------------------------------|
| 0.0       | 0.43     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 1.5       | 0.36     | Unfocused        | UnicornRecorder_12_05_2025_12_41_310 |
| 3.0       | 0.34     | Unfocused        | UnicornRecorder_12_05_2025_12_41_310 |
| 4.5       | 0.48     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 6.0       | 0.5      | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 7.5       | 0.39     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 9.0       | 0.33     | Unfocused        | UnicornRecorder_12_05_2025_12_41_310 |
| 10.5      | 0.3      | Unfocused        | UnicornRecorder_12_05_2025_12_41_310 |
| 12.0      | 0.34     | Unfocused        | UnicornRecorder_12_05_2025_12_41_310 |
| 13.5      | 0.73     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 15.0      | 0.54     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 16.5      | 0.42     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 18.0      | 0.37     | Unfocused        | UnicornRecorder_12_05_2025_12_41_310 |
| 19.5      | 0.4      | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 21.0      | 0.55     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 22.5      | 0.53     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 24.0      | 0.41     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 25.5      | 0.51     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 27.0      | 0.47     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 28.5      | 0.46     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 30.0      | 0.54     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 31.5      | 0.47     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 33.0      | 0.28     | Unfocused        | UnicornRecorder_12_05_2025_12_41_310 |
| 34.5      | 0.47     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 36.0      | 0.48     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 37.5      | 0.68     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 39.0      | 0.76     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 40.5      | 0.52     | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 42.0      | 0.6      | Focused          | UnicornRecorder_12_05_2025_12_41_310 |
| 43.5      | 0.48     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |
| 45.0      | 0.48     | Neutral          | UnicornRecorder_12_05_2025_12_41_310 |

|      |      |           |                                      |
|------|------|-----------|--------------------------------------|
| 46.5 | 0.49 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 48.0 | 0.38 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 49.5 | 0.36 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 51.0 | 0.36 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 52.5 | 0.38 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 54.0 | 0.36 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 55.5 | 0.28 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 57.0 | 0.35 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 58.5 | 0.45 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 60.0 | 0.69 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 61.5 | 0.5  | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 63.0 | 0.57 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 64.5 | 0.8  | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 66.0 | 0.49 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 67.5 | 0.38 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 69.0 | 0.34 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 70.5 | 0.48 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 72.0 | 0.59 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 73.5 | 0.53 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 75.0 | 0.6  | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 76.5 | 0.53 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 78.0 | 0.49 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 79.5 | 0.59 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 81.0 | 0.49 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 82.5 | 0.5  | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 84.0 | 0.5  | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 85.5 | 0.45 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 87.0 | 0.43 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 88.5 | 0.39 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 90.0 | 0.34 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 91.5 | 0.35 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 93.0 | 0.37 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 94.5 | 0.57 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |

|       |      |           |                                      |
|-------|------|-----------|--------------------------------------|
| 96.0  | 0.38 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 97.5  | 0.43 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 99.0  | 0.43 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 100.5 | 0.41 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 102.0 | 0.33 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 103.5 | 0.43 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 105.0 | 0.39 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 106.5 | 0.38 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 108.0 | 0.53 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 109.5 | 0.68 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 111.0 | 0.5  | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 112.5 | 0.52 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 114.0 | 0.7  | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 115.5 | 0.49 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 117.0 | 0.46 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 118.5 | 0.55 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 120.0 | 0.51 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 121.5 | 0.59 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 123.0 | 0.51 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 124.5 | 0.45 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 126.0 | 0.55 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 127.5 | 0.53 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 129.0 | 0.44 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 130.5 | 0.95 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 132.0 | 0.94 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 133.5 | 0.96 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 135.0 | 0.79 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 136.5 | 0.44 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 138.0 | 0.92 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 139.5 | 0.99 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 141.0 | 0.99 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 142.5 | 0.95 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 144.0 | 0.95 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |

|       |      |           |                                      |
|-------|------|-----------|--------------------------------------|
| 145.5 | 0.87 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 147.0 | 0.86 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 148.5 | 0.64 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 150.0 | 0.46 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 151.5 | 0.39 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 153.0 | 0.44 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 154.5 | 0.56 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 156.0 | 0.61 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 157.5 | 0.74 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 159.0 | 0.75 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 160.5 | 0.51 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 162.0 | 0.55 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 163.5 | 0.49 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 165.0 | 0.55 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 166.5 | 0.36 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 168.0 | 0.34 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 169.5 | 0.6  | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 171.0 | 0.67 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 172.5 | 0.5  | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 174.0 | 0.4  | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 175.5 | 0.39 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 177.0 | 0.41 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 178.5 | 0.34 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 180.0 | 0.37 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 181.5 | 0.63 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 183.0 | 0.59 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 184.5 | 0.54 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 186.0 | 0.42 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 187.5 | 0.51 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 189.0 | 0.56 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 190.5 | 0.53 | Focused   | UnicornRecorder_12_05_2025_12_41_310 |
| 192.0 | 0.41 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 193.5 | 0.39 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |



|       |      |           |                                      |
|-------|------|-----------|--------------------------------------|
| 195.0 | 0.36 | Unfocused | UnicornRecorder_12_05_2025_12_41_310 |
| 196.5 | 0.47 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 198.0 | 0.44 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 199.5 | 0.47 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |
| 201.0 | 0.45 | Neutral   | UnicornRecorder_12_05_2025_12_41_310 |