#### **Comprehensive EEG Mindfulness Index Report**

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

Report Date: 2025-05-21 20:41:11

Number of files analyzed: 1

Total windows analyzed: 135

Average MI score (all files): 0.6568

MI score range: 0.3852 to 0.9950

- Focused: 119 windows (88.1%)

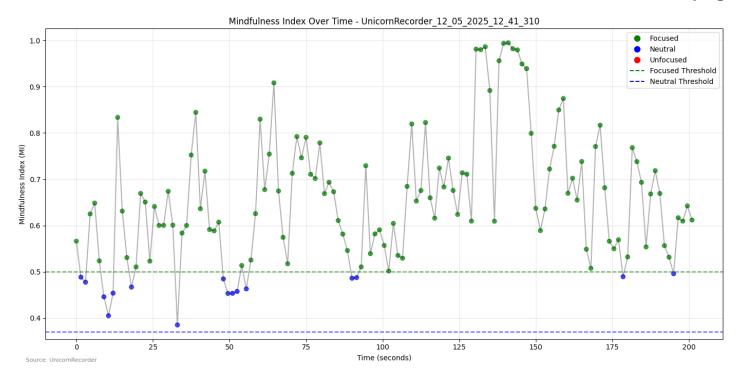
- Neutral: 16 windows (11.9%)

- Unfocused: 0 windows (0.0%)

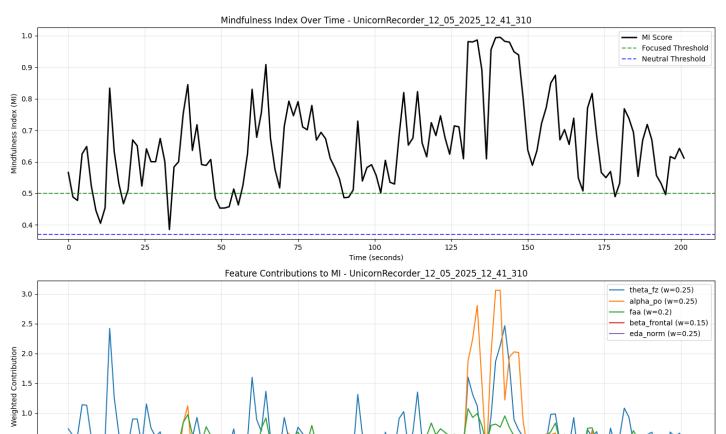
#### Per-file summary:

UnicornRecorder\_12\_05\_2025\_12\_41\_310: windows=135, avg\_mi=0.6568 (min=0.3852, max=0.9950), Focused=88.1%, Neutral=11.9%, Unfocused=0.0%

## UnicornRecorder\_12\_05\_2025\_12\_41\_310\_20250521\_204106\_mi\_timeseries.png



## UnicornRecorder\_12\_05\_2025\_12\_41\_310\_20250521\_204106\_feature\_contributions.png



Time (seconds) 0.5

0.0

ó

### UnicornRecorder\_12\_05\_2025\_12\_41\_310\_20250521\_204106\_behavioral\_states.png

20

Focused

11.9%

Neutral

Behavioral State

0.0%

Unfocused

Neutral

Source: UnicornRecorder

# comprehensive\_report\_20250521\_204111\_mi\_only\_combined.csv

| timestamp | mi_score           | behavioral_state | file                        |          |
|-----------|--------------------|------------------|-----------------------------|----------|
| 0.0       | 0.5663386922116974 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 1.5       | 0.4884709471672849 | Neutral          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 3.0       | 0.477608384968467  | Neutral          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 4.5       | 0.6250763359560194 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 6.0       | 0.6486491663897165 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 7.5       | 0.5236981372280618 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 9.0       | 0.4459996034691549 | Neutral          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 10.5      | 0.4051263735749562 | Neutral          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 12.0      | 0.4539110490765578 | Neutral          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 13.5      | 0.833736849399051  | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 15.0      | 0.6312074879327776 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 16.5      | 0.5308164687004002 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 18.0      | 0.4670634673446601 | Neutral          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 19.5      | 0.5105351290990526 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 21.0      | 0.6694874151430386 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 22.5      | 0.650812291256834  | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 24.0      | 0.5231239557132643 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 25.5      | 0.6412275211374789 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 27.0      | 0.6002334917759372 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 28.5      | 0.6003690985247533 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 30.0      | 0.6740284758117226 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 31.5      | 0.6008755562898627 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 33.0      | 0.3851839640539051 | Neutral          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 34.5      | 0.5837950023514507 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 36.0      | 0.6001665165432204 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 37.5      | 0.7523598736643509 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 39.0      | 0.8446830635482726 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 40.5      | 0.6363238864322563 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 42.0      | 0.7176447048901438 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 43.5      | 0.5913928975631498 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 45.0      | 0.5886034098202176 | Focused          | UnicornRecorder_12_05_2025_ | 2_41_310 |

|      |                    |         |                             | -        |
|------|--------------------|---------|-----------------------------|----------|
| 46.5 | 0.6074705765325742 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 48.0 | 0.4847532128516207 | Neutral | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 49.5 | 0.4532678006424057 | Neutral | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 51.0 | 0.453508438719138  | Neutral | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 52.5 | 0.4576486772459465 | Neutral | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 54.0 | 0.5137741957721392 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 55.5 | 0.4631956652432509 | Neutral | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 57.0 | 0.5254796881645877 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 58.5 | 0.6257477638902492 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 60.0 | 0.8299950640250624 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 61.5 | 0.6777156197324964 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 63.0 | 0.7544817802772184 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 64.5 | 0.9084571641648236 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 66.0 | 0.6747086338315771 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 67.5 | 0.5746567088208977 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 69.0 | 0.5173915354501523 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 70.5 | 0.7129675698306258 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 72.0 | 0.7923884491410292 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 73.5 | 0.7462924720739883 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 75.0 | 0.7907498930967207 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 76.5 | 0.7107586443057874 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 78.0 | 0.7015488476280184 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 79.5 | 0.7787859244002941 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 81.0 | 0.6689693444465874 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 82.5 | 0.6935961064068248 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 84.0 | 0.6730460687888433 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 85.5 | 0.6109438486756991 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 87.0 | 0.5815610279218094 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 88.5 | 0.5460927160009522 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 90.0 | 0.4861710340280774 | Neutral | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 91.5 | 0.4875732798111509 | Neutral | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 93.0 | 0.5106357158580103 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 94.5 | 0.7292989695031137 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |

| 96.0  | 0.5392451410026887 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
|-------|--------------------|---------|-----------------------------|----------|
| 97.5  | 0.581994269698885  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 99.0  | 0.590744769588649  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 100.5 | 0.5569445163918484 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 102.0 | 0.501698999509151  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 103.5 | 0.6047078626865919 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 105.0 | 0.5353452220035891 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 106.5 | 0.5294661365168688 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 108.0 | 0.6846050276340812 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 109.5 | 0.819623166471827  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 111.0 | 0.6530128959408914 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 112.5 | 0.6755430980696739 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 114.0 | 0.8226933952773526 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 115.5 | 0.6599637939776775 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 117.0 | 0.6159540537584012 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 118.5 | 0.7243479799692397 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 120.0 | 0.6833083306236858 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 121.5 | 0.7458124734588569 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 123.0 | 0.6758468703804749 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 124.5 | 0.624070333973396  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 126.0 | 0.7140816811051303 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 127.5 | 0.7110578846349548 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 129.0 | 0.6096945080816696 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 130.5 | 0.9812723220482742 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 132.0 | 0.9801431113072486 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 133.5 | 0.9863775272284698 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 135.0 | 0.8918398073846622 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 136.5 | 0.6093506909942382 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 138.0 | 0.9561777105559948 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 139.5 | 0.993845373813993  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 141.0 | 0.9949961483987932 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 142.5 | 0.982085946138391  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 144.0 | 0.979583658119042  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |

| 145.5 | 0.9490841340084714 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
|-------|--------------------|---------|-----------------------------|----------|
| 147.0 | 0.9391041320174462 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 148.5 | 0.79924040672654   | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 150.0 | 0.6372490134269044 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 151.5 | 0.5891268612906825 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 153.0 | 0.6358478053060506 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 154.5 | 0.7221796749054648 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 156.0 | 0.7712412300274065 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 157.5 | 0.8498300606225935 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 159.0 | 0.874520731632705  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 160.5 | 0.6696426063444744 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 162.0 | 0.7023006188679918 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 163.5 | 0.6550733210264457 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 165.0 | 0.7383883357192893 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 166.5 | 0.548769140940702  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 168.0 | 0.507645527463037  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 169.5 | 0.7707908858456062 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 171.0 | 0.8169300656371148 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 172.5 | 0.6816469550892756 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 174.0 | 0.5661195345288919 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 175.5 | 0.5498223196695307 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 177.0 | 0.5692645023200077 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 178.5 | 0.4894981453445805 | Neutral | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 180.0 | 0.5322866465666108 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 181.5 | 0.7683521089798289 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 183.0 | 0.7381471669043818 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 184.5 | 0.6933992473375288 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 186.0 | 0.5537641411570016 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 187.5 | 0.6683298889862889 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 189.0 | 0.7185823772767843 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 190.5 | 0.6693542608774147 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 192.0 | 0.5565735661300035 | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |
| 193.5 | 0.531672932418068  | Focused | UnicornRecorder_12_05_2025_ | 2_41_310 |

| 195.0 | 0.4959534432072324 | Neutral | UnicornRecorder_12_05_2025_12_41_310 |
|-------|--------------------|---------|--------------------------------------|
| 196.5 | 0.616838262186567  | Focused | UnicornRecorder_12_05_2025_12_41_310 |
| 198.0 | 0.6097004398858579 | Focused | UnicornRecorder_12_05_2025_12_41_310 |
| 199.5 | 0.6425886954275483 | Focused | UnicornRecorder_12_05_2025_12_41_310 |
| 201.0 | 0.6119305477557955 | Focused | UnicornRecorder_12_05_2025_12_41_310 |