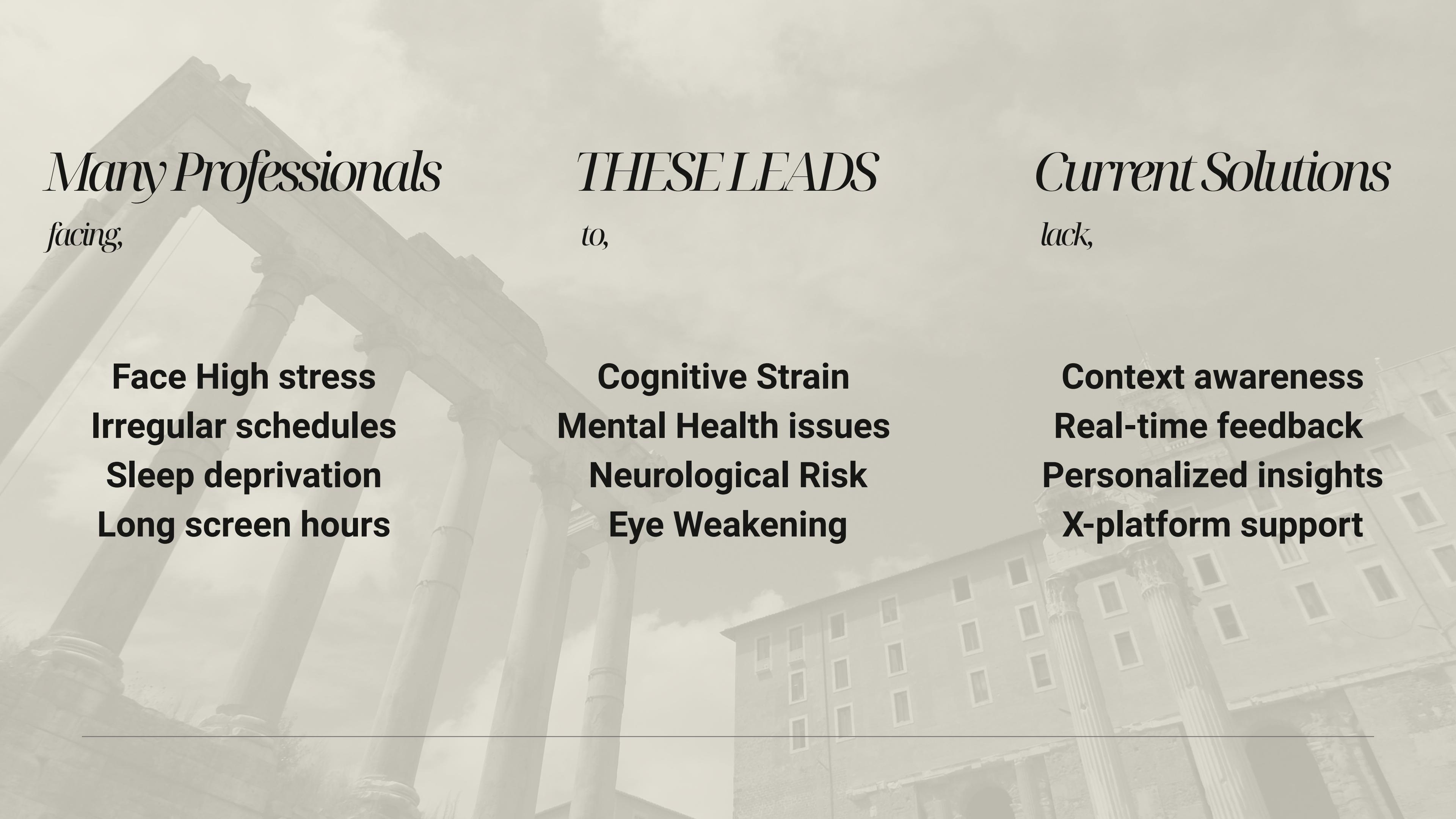


Shadow

Companion You Must Have...



*Many Professionals
facing,*

**Face High stress
Irregular schedules
Sleep deprivation
Long screen hours**

*THESE LEADS
to,*

**Cognitive Strain
Mental Health issues
Neurological Risk
Eye Weakening**

*Current Solutions
lack,*

**Context awareness
Real-time feedback
Personalized insights
X-platform support**



Integrate with your LapTop

1. Activity & Usage

- Active application tracking
- Window focus and switching
- Keyboard and mouse activity
- Screen time
- Break detection

2. System Status

- CPU usage and load
- Memory (RAM) usage
- Disk usage and I/O activity
- Battery status and charging patterns

Shadow



1. Physiological Signals

- Heart rate
- Heart rate variability (HRV)
- Blood oxygen (SpO2)
- Body temperature
- Skin conductance/GSR

2. Sleep & Recovery

- Sleep stages
- Total sleep duration
- Resting heart rate during sleep
- Sleep interruptions

3. Environmental & Contextual

- Wrist detection (on/off)
- Ambient temperature
- UV exposure
- Air Quality

4. Notifications & Interactions

- Vibration/alerts



Integrate with your MobilePhone

1. Activity & Usage

- App usage stats
- Screen time
- Typing activity

2. Physical & Environmental Context

- Location data
- Movement/activity recognition
- Step count & physical activity
- Ambient sound level
- Ambient light sensor

3. Schedule & Productivity

- Calendar events
- Reminders & alarms
- To-do/task manager integration

Resource Pool

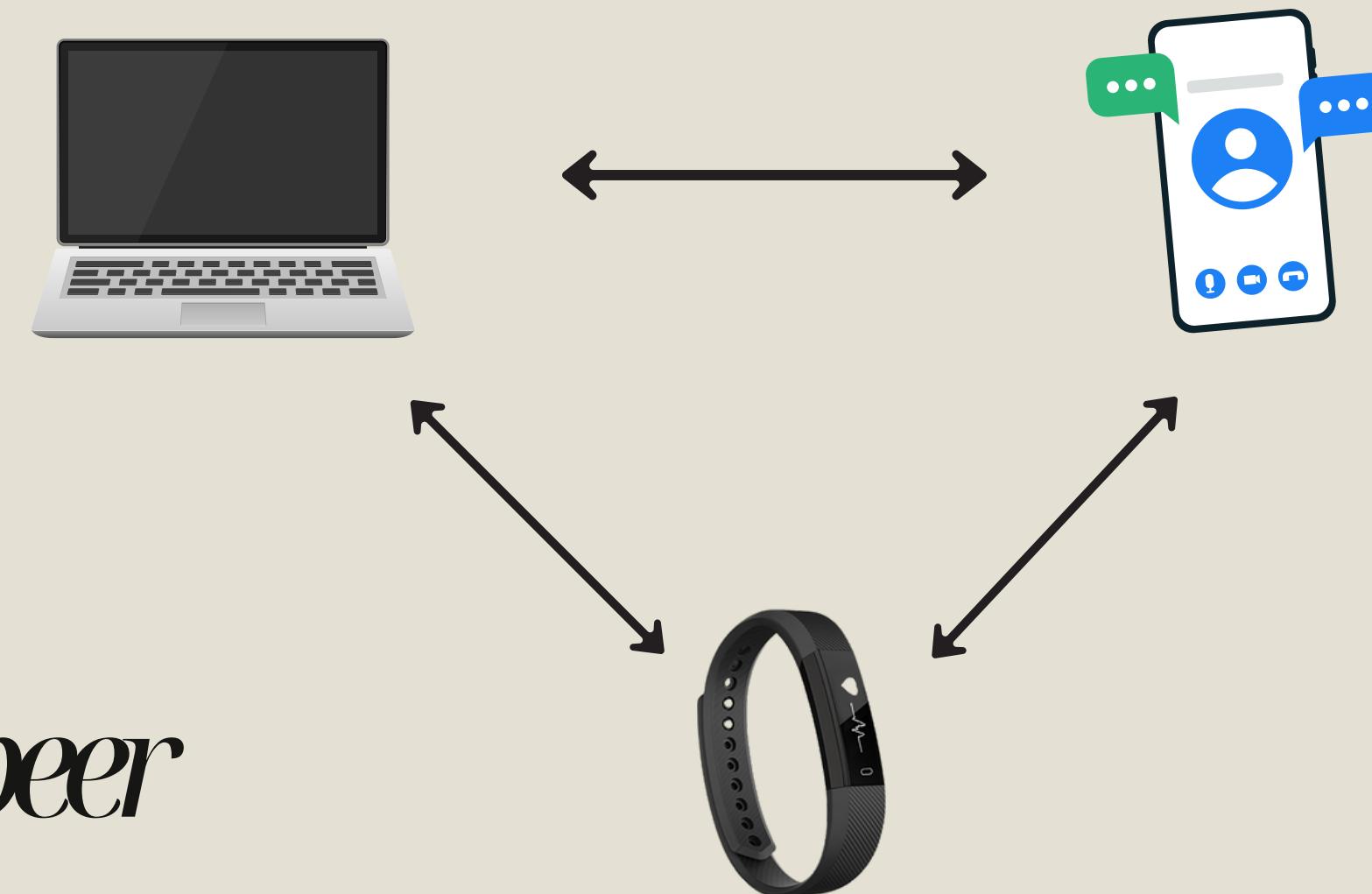
Change-Only Processing

Edge Processing

Peer-to-peer

Privacy-First
Offline-First

Modular Sensor Integration



thank *You*

