$\langle \delta\sigma_y^2 \rangle$: Instantaneous vs Continuous
Fixed $T = 6.28$, $\Omega = 6.28$, $\delta = 0.25$

Ramsey
τ_{free}: **inst=6.3, cont=5.8**

CPMG-1
τ_{free}: **inst=6.3, cont=5.3**

CPMG-4
τ_{free}: **inst=6.3, cont=3.8**

CPMG-8
τ_{free}: **inst=6.3, cont=1.8**