$\langle\delta\sigma_y^2\rangle$: CPMG (instant) vs GPS (continuous)
Fixed $T = 6.28$, $\delta = 0.25$

GPS $n = 1$ vs CPMG-1
τ_{free}**: inst=6.3, cont=6.2**

GPS $n = 2$ vs CPMG-2
τ_{free}**: inst=6.3, cont=6.2**

GPS $n = 8$ vs CPMG-8
τ_{free}**: inst=6.3, cont=6.2**

Inst. better
Cont. better
$\langle\delta\sigma_y^2\rangle_{\text{GPS}}$
$\langle\delta\sigma_y^2\rangle_{\text{CPMG}}$

Noise PSD shapes
White
$1/f$
$1/f^2$
Lor $\gamma = 1$
Lor $\gamma = 10$
Peak $\omega_0 = 2$
Peak $\omega_0 = 7$
Peak $\omega_0 = 20$
GPS better
CPMG better

Noise amplitude A