

Connect Device

Send feedback

## Reports

Day Week Month

Today

May 05, 2024

May 05, 2024

01:04:00

total time tracked this day



### Balanced day

This day was pretty even in terms of all the states you were at.

#### Time of day

Your total cognitive states throughout the day, for each hour. ⓘ

Cognitive Efficiency ☒ Average Performance Metrics

