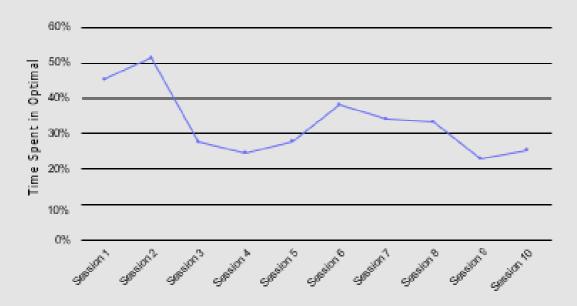
## **Time Spent in Optimal**



## Time spent in Optimal State



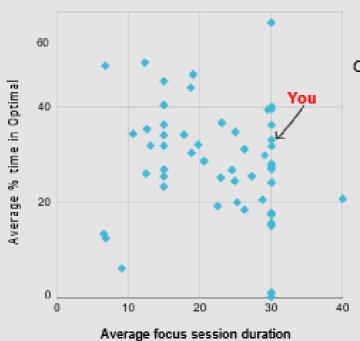
On Average, you spend

40%

of your time in an "Optimal" Cognitive Efficiency state during a focus session

For you, breathing and meditation activities improved your time spent in Optimal

No prior activity After Meditation After Boxed Breathing Compared to the Population



Compared to the community average, you spent

> 5% more time in Optimal state during a focus session