

Connect Device

Send feedback



Live Dashboard

Today May 05, 2024 Switch to Focus

Your Activities + New

01:50 PM - 02:02 PM

Documentación Objetivos

You spent 17% of this time in an optimal state.

Other Home

01:00 PM - 01:45 PM

Realización TFG

You spent 44% of this time in an optimal state.

Other Home

12:58 PM - 12:59 PM

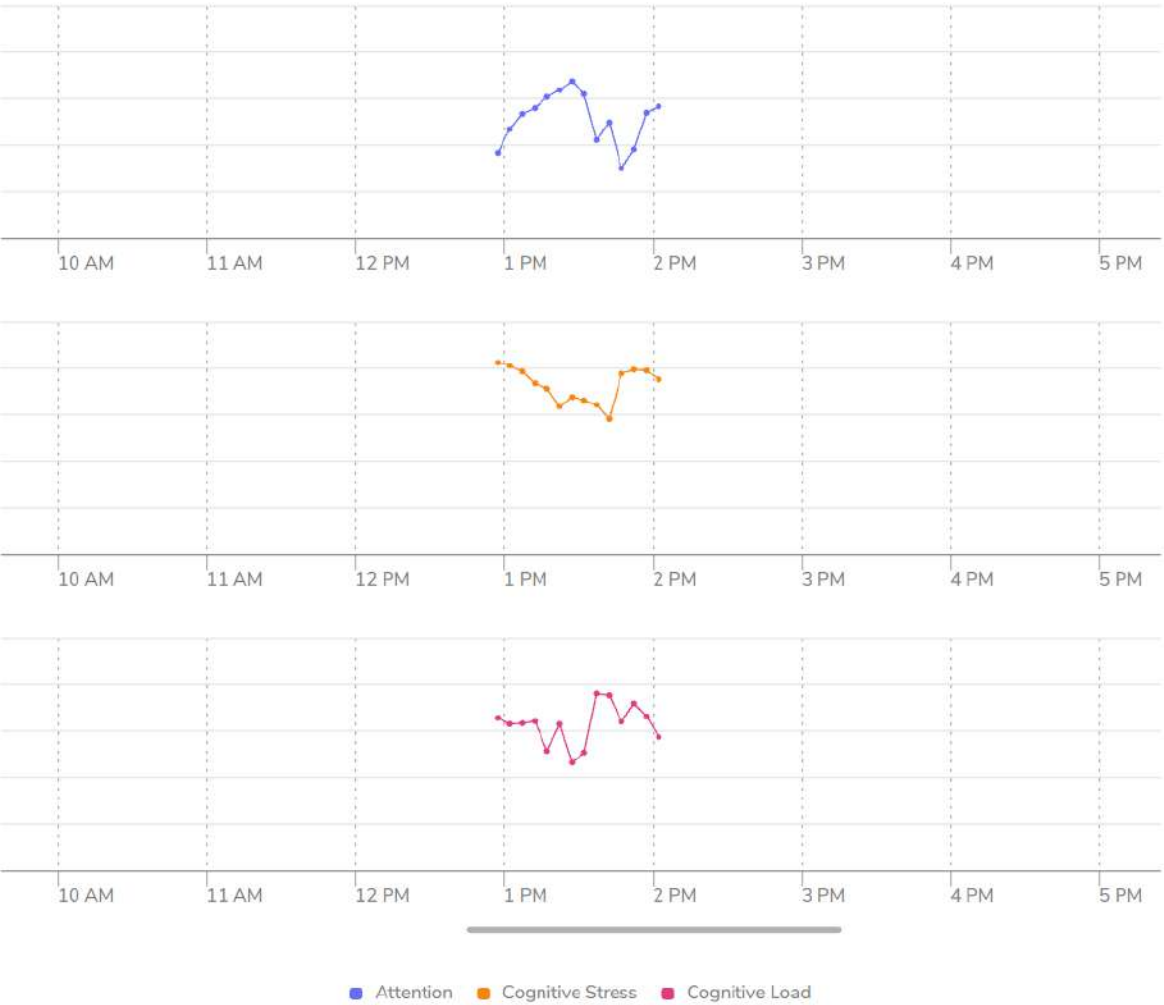
Resting Brain

You spent 18% of this time in an optimal state.

Brain exercise

Performance Metrics

Displaying your average attention, cognitive stress, and cognitive load every 5 minutes over 24h.



Time tracked on May 05, 2024

01:04:00

Key Insights

22 Mins in Optimal

30 minutes goal

0%

Today May 05

0%

Today May 05

0%

Today May 05