

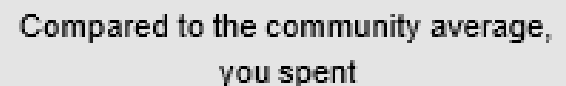
# ECCE



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

## Compared to the Population



5% more time  
in Optimal state  
during a focus session