

Pseudocode: Unwind Device - Dock Detection & Experience Control

```
// State
phonelsDocked = false
sessionActive = false

// Main loop
Function main():
    Initialize dock sensor, LEDs, speaker, display
    Connect to MQTT broker

    Loop forever:
        dockState = readDockSensor()

        If dockState changed:
            If phone now docked:
                resumeExperience()
            Else:
                pauseExperience()

// User taps to start
Function startUnwind(alarmTime):
    sessionActive = true
    playSounds()
    turnOnLights()
    showCountdown(alarmTime)
    publishMQTT("unwind_start")

// Phone picked up
Function pauseExperience():
    If sessionActive:
        stopSounds()
        dimLights()
        publishMQTT("phone_pickup")

// Phone docked again
Function resumeExperience():
    If sessionActive:
        playSounds()
        turnOnLights()
        publishMQTT("phone_docked")
```

```
// User taps to stop
Function stopUnwind():
    sessionActive = false
    transitionToWhiteNoise()
    fadeOutLights()
    armAlarm()
    publishMQTT("unwind_stop")
```