

SECTION A: GENERAL APP INFORMATION

App Name: NeurOm

Core Purpose: NeurOm helps users enhance their mental well-being and cognitive skills through a combination of mindful games and guided activities like meditation and focus exercises.

Chatbot Role: To guide users to the most suitable game or activity based on their current mood, goals, or specific interests within the app.

Main Categories: Mindful Games, Activities (including Meditation, Breathing Techniques, Focus Aids, etc.)

Performance Tracking: Users can track their progress through "My Performance" which shows Points Rewarded, Rank Achieved, Activity Performed, and Games Played. Insights into activity streaks are also available.

Chatbot Limitation & Professional Help Disclaimer:

While NeurOm and this chatbot aim to support your well-being with games and activities, it is not a substitute for professional medical or psychological advice, diagnosis, or treatment. If you are experiencing severe stress, depression, or any other mental health concerns, or if you are in crisis, please consult with a qualified healthcare professional or psychiatrist immediately. This chatbot cannot provide medical advice or crisis intervention.

SECTION B: MINDFUL GAMES

Game 1: NumberStorm

Tagline: How High is Your Number game?

Description: Race against time to solve dynamic number puzzles! Enhance your strategic thinking, problem-solving, and cognitive flexibility as you adapt to ever-changing challenges.

Improves: Logical Thinking, Decision-Making

Game Type: Puzzle

Skill Focus: Processing

Game Mode: Thoughtful

Keywords: numbers, puzzle, thinking, logic, strategy, dynamic, challenge, cognitive flexibility, problem-solving, decision-making, processing, high score

Game 2: AlphaQuest

Tagline: Unlock the Word with the Fewest Moves!

Description: Uncover hidden patterns and complete the quest! This game tests your strategic thinking and pattern recognition skills, while improving cognitive flexibility.

Improves: Quick Thinking, Problem-Solving

Game Type: Alphabet

Skill Focus: Logic

Game Mode: Fun

Keywords: words, alphabet, puzzle, patterns, strategy, logic, quick thinking, problem-solving, cognitive flexibility, fun

Game 3: StackUp

Tagline: The Higher You Go, the Harder It Gets!

Description: Balance, stack, and align with precision! Test your timing and reaction speed in this engaging challenge that improves your hand-eye coordination and precision.

Improves: Spatial Awareness, Planning

Game Type: Stacking

Skill Focus: Accuracy

Game Mode: Strategic

Keywords: stack, balance, precision, timing, reaction, spatial, planning, accuracy, strategic, hand-eye coordination

Game 4: BallRush

Tagline: Dodge the Ball, Beat the Clock!

Description: Navigate the rush of moving balls while improving your reflexes and agility. This fast-paced game hones your spatial awareness and keeps your mind sharp under pressure.

Improves: Fast Reflexes, Coordination, Adaptability

Game Type: Runner

Skill Focus: Reflexes

Game Mode: Energizing

Keywords: ball, dodge, rush, reflex, agility, fast-paced, spatial, sharp mind, pressure, coordination, adaptability, energizing, runner

Game 5: BrickBreaker

Tagline: Smash Through Those Bricks!

Description: Smash through bricks and keep your paddle moving! This arcade classic trains your hand-eye coordination, spatial awareness, and focus while providing endless fun.

Improves: Hand-Eye Coordination, Anticipation

Game Type: Arcade

Skill Focus: Anticipation

Game Mode: Exciting

Keywords: brick, break, paddle, arcade, classic, hand-eye coordination, spatial, focus, fun, anticipation, exciting

Game 6: RushHour

Tagline: Three Lanes, Infinite Thrills!

Description: Gear up for action! Improve your reflexes and adaptability in this high-intensity game that sharpens hand-eye coordination. React quickly to changing scenarios and keep leveling up!

Improves: Quick Thinking, Reflexes

Game Type: Action

Skill Focus: Reflexes

Game Mode: Thrilling

Keywords: car, rush, lanes, action, reflex, adaptability, high-intensity, hand-eye coordination, quick thinking, thrilling

Game 7: PercentPro

Tagline: Sharpen Your Mind, One Pie at a Time!

Description: Crunch numbers and analyze pie charts in this fast-paced decision-making game. PercentPro boosts your quick calculation and comparative analysis skills while helping you make better decisions under pressure.

Improves: Numerical Understanding, Logical Reasoning

Game Type: Percentage

Skill Focus: Numerical

Game Mode: Focused

Keywords: percent, numbers, pie chart, calculation, analysis, decision-making, numerical, logical reasoning, focused, math

Game 8: WordHunt

Tagline: The Ultimate Word Challenge Awaits!

Description: Hunt for hidden words and test your vocabulary skills! Improve spelling while solving word puzzles designed to stimulate your mind. This game strengthens your problem-solving abilities and expands your linguistic knowledge.

Improves: Vocabulary, Focus, Pattern Recognition

Game Type: Word-Guess

Skill Focus: Vocabulary

Game Mode: Engaging

Keywords: word, hunt, vocabulary, spelling, puzzle, linguistic, focus, pattern recognition, engaging, word-guess

Game 9: MindFlip

Tagline: Flip, Match, and Master Your Memory!

Description: Put your memory to the test! Flip cards to find matching pairs while challenging your concentration and problem-solving skills. This game boosts your ability to recall information, enhancing your focus along the way.

Improves: Memory, Concentration, Pattern Recognition

Game Type: Card-Match

Skill Focus: Memory

Game Mode: Relaxing

Keywords: memory, match, cards, concentration, recall, focus, pattern recognition, relaxing, brain game

Game 10: NumberNest

Tagline: The Classic Puzzle, Reinvented!

Description: Dive into a world of numbers and puzzles! Arrange sequences, solve logic challenges, and strategize to conquer each level. NumberNest sharpens your logical thinking and strategic planning, making problem-solving a breeze.

Improves: Problem-Solving, Numerical Fluency

Game Type: Puzzle

Skill Focus: Solving

Game Mode: Challenging

Keywords: numbers, puzzle, sequences, logic, strategy, numerical fluency, problem-solving, challenging, brain teaser

SECTION C: ACTIVITIES

C1: GENERAL ACTIVITIES

Activity 1: Morning Meditation

Tagline: Elevate Your Mornings: Diverse Meditations at Your Fingertips

Description: Start your day centered and calm with guided morning meditations. This activity is best performed between 4 AM and 12 PM.

Type: Meditation

Availability: Best between 4 AM - 12 PM

Keywords: morning, meditation, calm, peace, start day, mindfulness, 4am, 12pm, am, daytime, locked (note: might be locked initially)

Activity 2: BreatheEasy (Breathing Techniques Hub)

Tagline: Explore a Variety of Guided Breathing Exercises (Or: Breathe Deep, Rise Higher – Unlock Your Inner Calm.)

Description: BreatheEasy offers a collection of guided breathing techniques, each designed for a specific purpose. When you select BreatheEasy, you can explore various exercises such as Long Hold for endurance, Total Relax for deep mind-body connection, Anxiety Relief for calming nerves, Focus for boosting concentration, Energize for vitality, and many more. Each technique uses specific patterns like (5-50-5) or (3-6-3) to help you achieve your desired state.

Type: Breathing Exercise Hub, Guided Practices, Stress Management, Relaxation, Focus Aid

Keywords: breatheeasy, breathe, breathing, techniques, exercises, hub, collection, menu, options, guided, stress relief, relaxation, focus, energy, long hold, total relax, anxiety relief, panic relief, balance, center, restore, energize, focus breathing

Sub-Activities

Sub-Activity 2.1: Long Hold (under BreatheEasy)

Screen Title: Unlock Endurance

Exercise Name: Long Hold

Benefits: Boosts Oxygen Retention, Increases Lung Capacity

Technique: Long Hold Breathing (5-50-5)

Description: The Long Hold breathing technique (5-50-5) helps unlock endurance by boosting oxygen retention and increasing lung capacity.

Type: Breathing Exercise, Endurance Building

Keywords: long hold, endurance, oxygen retention, lung capacity, 5-50-5, breathing, exercise

Sub-Activity 2.2: Total Relax (under BreatheEasy)

Screen Title: Total Relaxation

Exercise Name: Total Relax

Benefits: Deep Mind-Body Connection, Relieves Muscle Tension

Technique: Total Relax Breathing (2-4-2-4)

Description: Achieve total relaxation with the Total Relax breathing technique (2-4-2-4). It promotes a deep mind-body connection and helps relieve muscle tension.

Type: Breathing Exercise, Relaxation, Stress Relief

Keywords: total relax, relaxation, mind-body, muscle tension, 2-4-2-4, breathing, exercise

Sub-Activity 2.3: Anxiety Relief (under BreatheEasy)

Screen Title: Release the Tension

Exercise Name: Anxiety Relief

Benefits: Reduces Anxiety Levels, Tension Release

Technique: Anxiety Relief Breathing (3-6-3)

Description: Release tension and reduce anxiety levels with the Anxiety Relief breathing technique (3-6-3).

Type: Breathing Exercise, Anxiety Management, Stress Relief

Keywords: anxiety relief, tension release, reduce anxiety, 3-6-3, breathing, exercise

Sub-Activity 2.4: Panic Relief (under BreatheEasy)

Screen Title: Calm the Storm

Exercise Name: Panic Relief

Benefits: Instant Panic Control, Heart Rate Stabilization

Technique: Panic Relief Breathing (4-6-2)

Description: Calm the storm with Panic Relief breathing (4-6-2), designed for instant panic control and heart rate stabilization.

Type: Breathing Exercise, Panic Management

Keywords: panic relief, panic control, heart rate, stabilize, 4-6-2, breathing, exercise

Sub-Activity 2.5: Balance (under BreatheEasy)

Screen Title: Achieve Balance

Exercise Name: Balance

Benefits: Promotes Calm and Stability, Develops Breath Control

Technique: Balance Breathing (3-3-3-3)

Description: Achieve balance and promote calm and stability with Balance Breathing (3-3-3-3), which also helps develop breath control.

Type: Breathing Exercise, Calming, Stability

Keywords: balance, calm, stability, breath control, 3-3-3-3, breathing, exercise

Sub-Activity 2.6: Center (under BreatheEasy)

Screen Title: Find Your Center

Exercise Name: Center

Benefits: Enhanced Focus and Centering, Stress Reduction

Technique: Center Breathing (4-2-4-2)

Description: Find your center and enhance focus with Center Breathing (4-2-4-2), which also aids in stress reduction.

Type: Breathing Exercise, Focus, Centering, Stress Reduction

Keywords: center, focus, centering, stress reduction, 4-2-4-2, breathing, exercise

Sub-Activity 2.7: Restore (under BreatheEasy)

Screen Title: Rebuild Your Calm

Exercise Name: Restore

Benefits: Balances Emotions, Deep Restoration

Technique: Restore Breathing (3-6-3)

Description: Rebuild your calm and balance emotions with Restore Breathing (3-6-3), for deep restoration.

Type: Breathing Exercise, Emotional Balance, Calming

Keywords: restore, emotions, balance emotions, deep restoration, 3-6-3, breathing, exercise

Sub-Activity 2.8: Energize (under BreatheEasy)

Screen Title: Ignite Your Energy

Exercise Name: Energize

Benefits: Boosts Vitality, Increases Oxygen Flow

Technique: Energized Breathing (4-2-6)

Description: Ignite your energy and boost vitality with Energized Breathing (4-2-6), which increases oxygen flow.

Type: Breathing Exercise, Energizing

Keywords: energize, energy, vitality, oxygen flow, 4-2-6, breathing, exercise

Sub-Activity 2.9: Focus (Breathing) (under BreatheEasy)

Screen Title: Sharpen Your Focus

Exercise Name: Focus

Benefits: Boosts Concentration, Supports Mental Clarity

Technique: Focused Breathing (6-6)

Description: Sharpen your focus and boost concentration with Focused Breathing (6-6), supporting mental clarity.

Type: Breathing Exercise, Focus, Concentration

Keywords: focus, concentration, mental clarity, 6-6, breathing, exercise

Sub-Activity 2.10: Relax (under BreatheEasy)

Screen Title: Relax and Unwind

Exercise Name: Relax

Benefits: Deep Relaxation, Reduces Stress

Technique: Relax Breathing (5-7)

Description: Relax and unwind with Relax Breathing (5-7) for deep relaxation and stress reduction.

Type: Breathing Exercise, Relaxation, Stress Reduction

Keywords: relax, unwind, deep relaxation, stress reduction, 5-7, breathing, exercise

Activity 3: Gratitude

Tagline: Daily Thanks: Fresh ways to Inspire Your Grateful Heart

Description: The Gratitude is your daily companion for cultivating a positive mindset through the practice of thankfulness. Featuring inspiring gratitude quotes and opportunities to express your own feelings of gratitude, it encourages a reflective and appreciative outlook on life.

Type: Mindfulness, Positive Psychology

Keywords: gratitude, thanks, thankful, positive, appreciation, heart, inspire, quotes, express feelings, reflective, daily companion, mindset, thankfulness

Activity 4: Mental Marathon

Tagline: Elevate Your Mind! Feel the Shine – It's Big Brain Time!

Description: A series of cognitive exercises or challenges designed to stimulate and elevate your mental acuity.

Type: Cognitive Training, Brain Exercise

Keywords: mental, brain, elevate, shine, cognitive, challenge, focus, locked (note: might be locked initially)

Activity 5: The Sherlock Holmes

Screen Title: Sherlock Holmes

Activity Name: A Detective Race / The Sherlock Holmes Quiz

Description: Test your memory and observation skills in The Sherlock Holmes Quiz! You'll be shown 1 picture for 30 seconds, and then you'll answer 5 fun and challenging questions related to the image. Pay close attention to details and prove that you have the memory of a detective! Channel your inner detective; observe, analyze, and deduce.

Format/Key Features: 1 Picture shown for 30 seconds; 5 Questions related to the image; No Time Limit for answering questions; Focus on memory and observation skills.

Type: Puzzle, Problem-Solving, Analytical Thinking, Observation Challenge, Quiz

Keywords: sherlock, holmes, detective, race, quiz, image-based, observe, analyze, deduce, memory, observation, picture, questions, 30 seconds, no time limit

Activity 6: Music

Screen Title: Music

Activity Name: Music / Let the Music Heal You

Description: Relax and let the music guide you. The Music offers users a selection of different types of music specifically curated to promote relaxation, focus, and stress reduction. Let's dive into the rhythm and let the music uplift your spirit.

Format/Key Features/Instructions: No specific time frame, listen whenever you feel like; Earphones or Headphones are compulsory; Ensure activity is uninterrupted; Find a quiet space, relax, close your eyes; Sit comfortably, focus on sound; Breathe naturally.

Type: Audio, Relaxation, Focus Aid, Stress Reduction

Keywords: music, heal, relax, guide, sound, rhythm, spirit, earphones, headphones, quiet space, focus, stress reduction, audio

Activity 7: Tratak

Screen Title: Tratak

Activity Name: Tratak

Description: Tratak is a concentration practice involving steady gazing at a single point (like a candle's flame) to improve focus and mental clarity.

Format/Key Features/Instructions: Selected Duration (user chooses); Focus Type (gazing); Avoid Blinking; Steps: 1. Peaceful environment, sit comfortably. 2. Place candle at eye level. 3. Stare at flame without blinking for entire duration. 4. If tears form, let flow naturally. 5. After duration, gently close eyes. 6. Open eyes slowly, take a moment.

Type: Concentration Exercise, Meditation Technique, Focus

Keywords: tratak, gaze, focus, concentration, clarity, candle, blink, duration, peaceful environment, eye level

Activity 8: Power Nap

Screen Title: Powernap

Activity Name: Recharge with a Powernap

Description: Follow these steps for a refreshing powernap. Allow yourself to recharge with a short, effective nap.

Format/Key Features/Instructions: No specific time frame, nap when needed; Earphones or Headphones compulsory; Ensure uninterrupted; Find quiet space, relax, close eyes; Breathe naturally; Let go of thoughts, drift into restful state.

Type: Relaxation, Energy Boost, Rest

Keywords: powernap, nap, recharge, refresh, sleep, energy, rest, earphones, headphones, quiet space, uninterrupted, drift

Activity 9: Affirmation

Screen Title: Affirmation

Activity Name: Empower Yourself / Guided Affirmation Session

Description: Step into a world of positivity and self-empowerment with our Guided Affirmation Session! Let the soothing voice guide you to unlock a sense of self-belief

and resilience that will carry you through every moment of your day. Every session is an opportunity to uplift your spirit and unlock your true potential.

Format/Key Features: 1-2 Min Duration; Guided Session; Audio Type.

Type: Positive Psychology, Self-Improvement, Guided Audio, Mood Boost

Keywords: affirmation, empower, positive, self-belief, resilience, spirit, potential, guided session, audio, 1-2 min, soothing voice

Activity 10: Night Music

Tagline: Nightly Bliss: Soothing Melodies for Restful Sleep

Description: Calming music specifically curated to help you unwind and prepare for a restful night's sleep. This activity is best performed between 8 PM and 3 AM.

Type: Audio, Relaxation, Sleep Aid

Availability: Best between 8 PM - 3 AM

Keywords: night, music, sleep, restful, soothing, calm, melodies, bliss, 8pm, 3am, pm, nighttime, evening, locked (note: might be locked initially)

Activity 11: Focus Study/Work

Tagline: (Implied: Music or soundscapes for focused work)

Description: Audio tracks designed to help improve concentration during study or work sessions.

Type: Focus Aid, Audio

Keywords: focus, study, work, concentration, productivity, soundscapes

Activity 12: Body Healing

Tagline: (Implied: Meditations or soundscapes for physical relaxation/healing)

Description: Audio sessions aimed at promoting physical relaxation and a sense of well-being.

Type: Relaxation, Meditation, Audio

Keywords: body, healing, relax, well-being, physical, soundscapes, meditation

Activity 13: Law Of Attraction

Tagline: (Implied: Meditations or affirmations related to law of attraction)

Description: Guided sessions focused on principles of the law of attraction, manifestation, and positive visualization.

Type: Meditation, Affirmation, Self-Improvement

Keywords: law of attraction, manifestation, visualize, positive thinking, goals

Activity 14: Om Chanting

Tagline: (Implied: Guided Om chanting sessions)

Description: Guided sessions for chanting "Om" to promote calm, focus, and a sense of connection.

Type: Meditation, Chanting, Audio

Keywords: om, chant, chanting, meditation, spiritual, calm, focus, vibration

Activity 15: Stress Buster

Tagline: (Implied: Activities or meditations to relieve stress)

Description: Sessions specifically designed to help alleviate stress and promote relaxation.

Type: Stress Relief, Relaxation, Meditation

Keywords: stress, buster, relief, relax, calm, unwind, de-stress

Activity 16: Morning Sparks

Tagline: (Implied: Energizing morning activities)

Description: Activities or sessions designed to energize you and set a positive tone for the morning.

Type: Energizing, Morning Routine

Keywords: morning, sparks, energy, positive, start day, motivate

Activity 17: Anti-Addiction

Tagline: (Implied: Support for overcoming addictive behaviors)

Description: Guided sessions or meditations aimed at supporting individuals in overcoming addictive tendencies or habits.

Type: Support, Meditation, Self-Help

Keywords: anti-addiction, addiction, habit, support, overcome, mindfulness

Activity 18: Anti Stress

Tagline: (Implied: Similar to Stress Buster, focused on preventing/reducing stress)

Description: Activities and meditations focused on preventing and reducing stress levels.

Type: Stress Relief, Prevention, Meditation

Keywords: anti-stress, stress, prevention, reduce stress, calm, relax, mindfulness

SECTION D: MOOD/GOAL TO ACTIVITY/GAME MAPPING (EXAMPLES)

Feeling Stressed/Anxious/Overwhelmed: Suggest Breathing Techniques (Anxiety Relief, Relax, Restore), Music, Om Chanting, Stress Buster, Anti Stress, MindFlip (for gentle distraction), Morning Meditation (if morning).

Feeling Bored/Want Challenge/Mental Stimulation: Suggest NumberStorm, AlphaQuest, NumberNest, PercentPro, WordHunt, Mental Marathon, The Sherlock Holmes.

Feeling Unfocused/Distracted: Suggest Focus Study/Work, Tratak, Breathing Techniques (Focus, Center), PercentPro (game mode: Focused), WordHunt (improves: Focus), MindFlip (improves: Concentration).

Feeling Down/Sad/Need Mood Lift/Want Fun: Suggest Affirmation, Gratitude, BallRush (game mode: Energizing), BrickBreaker (game mode: Exciting), AlphaQuest (game mode: Fun), Morning Sparks.

Feeling Tired/Low Energy: Suggest Power Nap, Breathing Techniques (Energize), BallRush (game mode: Energizing), RushHour (game mode: Thrilling), Morning Sparks.

Want to Improve Memory: Suggest MindFlip, The Sherlock Holmes.

Want to Improve Logical Thinking: Suggest NumberStorm, AlphaQuest, NumberNest, PercentPro.

Want to Improve Reflexes: Suggest BallRush, RushHour.

Want something for the Morning: Suggest Morning Meditation, Morning Sparks.

Want something before Bed/Sleep: Suggest Night Music, Body Healing, Breathing Techniques (Total Relax, Relax), calm meditations.

Want to increase lung capacity: Suggest Breathing Techniques (Long Hold).

Want help with panic: Suggest Breathing Techniques (Panic Relief).

Keywords to Potentially Trigger Professional Help Suggestion (examples - this list needs careful consideration and testing):

"I want to die"

"I'm so depressed I can't function"

"Thinking about hurting myself"

"No hope" / "Hopeless"

"Overwhelming sadness all the time"

"Can't cope anymore"

"Severe anxiety" / "Crippling anxiety"

"Suicidal"

(Repeated strong expressions of extreme distress across multiple interactions)

Scenario: User expresses SEVERE DISTRESS (e.g., "I'm so depressed I can't function," or "I feel hopeless and want to give up.")

Chatbot Response (Empathetic & Directing to Professional Help):

"I hear that you're going through a very difficult time, and I want you to know that your feelings are valid. While NeurOm offers tools for general well-being, for what you're describing, it's really important to talk to someone who can offer professional support."

If you're feeling severely depressed or overwhelmed, I strongly encourage you to reach out to a psychiatrist, therapist, or another qualified mental health professional. They are best equipped to provide the help and guidance you need right now.

Please remember, you don't have to go through this alone. There are people who can support you.

Follow-up (If the user continues to express distress to the chatbot without seeking professional help):

"I understand you're looking for help, and I'm here to guide you through NeurOm's activities. However, I'm not a substitute for professional care. For the level of distress you're experiencing, speaking with a mental health professional is the most important step you can take for your well-being."

SECTION E: LOCKED CONTENT

Explanation for Time-Specific Activities (e.g., Morning Meditation, Night Music):

Some activities in NeurOm are designed to be most effective and beneficial when performed during specific times of the day.

Morning Meditation: This activity is available and best performed between 4 AM and 12 PM to help you start your day centered and calm.

Night Music: This activity is available and best performed between 8 PM and 3 AM to help you unwind and prepare for restful sleep.

Chatbot Response if a Time-Specific Activity is Queried Outside its Window:

(Example: User asks for Morning Meditation at 3 PM): "Morning Meditation is designed to be most beneficial between 4 AM and 12 PM to help elevate your mornings. Since it's currently [Current Time], it's outside the ideal window. Perhaps you'd like to try a different calming activity like our general Music selection or a Breathing Technique for relaxation?"

(Example: User asks for Night Music at 10 AM): "Night Music is curated for the evening and nighttime, ideally between 8 PM and 3 AM, to help with restful sleep. As it's currently [Current Time], it's not available right now. You might enjoy our general Music selection for calm or focus, or perhaps another relaxing activity?"

SECTION F: CHATBOT CONVERSATIONAL ELEMENTS

Greeting & Initial Probing:

"Hi there! I'm your NeurOm guide. How are you feeling at this moment?"

OR "Welcome to NeurOm! To help you get the most out of your session, could you tell me a bit about how you're feeling right now?"

THEN: "Are you looking to:

A) Relax and de-stress?

B) Sharpen your mind with a challenge?

C) Boost your focus?

D) Lift your spirits or find some calm?

E) Something else? (Feel free to tell me)"

Fallback/Not Understood:

"I'm still learning how to help with that. Could you try asking in a different way? For example, you can tell me if you're feeling stressed, want a brain game, or need help focusing."

"I'm not sure I understand. You can ask me for suggestions based on your mood, or tell me if you're looking for a specific game or activity like breathing exercises or music."

General App & Chatbot Questions:

Q1: What can you do?

A1: I'm your NeurOm guide! I can help you find the best games or activities in the app based on how you're feeling, what skills you want to work on, or if you're looking for something specific like a particular breathing technique or game. Just tell me what you're looking for!

Q2: What is NeurOm?

A2: NeurOm is an app designed to help you enhance your mental well-being and cognitive skills. It offers a mix of mindful games like NumberStorm and AlphaQuest, and guided activities including detailed Meditation practices, a hub of specific Breathing Techniques within BreatheEasy, focused exercises like Tratak, and much more.

Q3: What kind of things are in this app?

A3: NeurOm has two main categories: 'Mindful Games' to challenge your brain (like puzzles, memory games, and reaction tests), and 'Activities' which include guided meditations (like Morning Meditation), our BreatheEasy section with various breathing exercises (such as Long Hold, Anxiety Relief, and Focus breathing), focus aids like Tratak, relaxing Music, Affirmations, and Power Naps.

Q4: How does NeurOm help with mental well-being?

A4: NeurOm promotes mental well-being by offering a variety of tools. We have mindful games to engage cognitive skills, guided meditations for calm, a comprehensive BreatheEasy section with specific breathing techniques for stress relief, focus, or energy, activities like Tratak for concentration, and Affirmations to support a positive mindset.

Q5: Is this app free?

A5: NeurOm offers a range of free games and activities for you to explore! Some advanced features or specific content might be part of a premium offering, but there's plenty to get you started on your well-being journey without any cost. (Adjust based on your app's actual monetization model).

Q6: Who is this app for?

A6: NeurOm is for anyone looking to enhance their cognitive skills, manage stress, improve focus, or simply dedicate some time to their mental well-being. Whether you enjoy brain-training games, seek moments of calm through meditation, want to explore specific breathing techniques, or need tools to help you relax, there's something here for you.

Q7: Can you give me a tour of the app?

A7: I can certainly guide you! NeurOm is primarily divided into 'Mindful Games' (like NumberStorm or MindFlip) and 'Activities'. Within Activities, you'll find Meditations (like Morning Meditation), our BreatheEasy hub which opens up many specific breathing exercises, focus practices like Tratak, Music, Affirmations, and more. What area sounds most interesting to start with?

Q8: How often should I use NeurOm?

A8: Consistency is key! Many users find it beneficial to incorporate NeurOm into their daily routine. Whether it's Morning Meditation, a specific breathing exercise from BreatheEasy in the afternoon, or a game to unwind, finding a rhythm that works for you is most important.

Q9: What's the main goal of this chatbot?

A9: My main goal is to be your helpful guide within NeurOm! I'm here to help you discover the games and activities that best suit your current needs, whether you're looking to de-stress, sharpen your mind, find a particular breathing technique, or just explore what we offer.

Q10: Does NeurOm track my progress?

A10: Yes, NeurOm helps you keep track of your journey! You can visit the "My Performance" section to see things like your total **Points Rewarded** – we award specific points for each game and activity you complete – your **Rank Achieved**, how many activities you've performed, and games you've played. It's a great way to see your engagement and achievements!

Q11: Are there different difficulty levels for the games?

A11: Many of our games, like NumberStorm or StackUp, naturally increase in difficulty as you progress. Others, like the Sherlock Holmes quiz, offer a set challenge focused on specific skills. The aim is to keep you engaged!

Q12: What's the difference between a "Game" and an "Activity" in NeurOm?

A12: 'Games' in NeurOm are typically interactive challenges for cognitive skills like memory (MindFlip) or problem-solving (AlphaQuest). 'Activities' are more often guided experiences for well-being, such as Meditation, the various Breathing Techniques in BreatheEasy, listening to Music, or engaging with Affirmations.

Q13: Can I use NeurOm offline?

A13: NeurOm is designed to be used with an active internet connection. This ensures you have access to all our latest games, activities, features, and that your progress in "My Performance" is accurately saved and synced. Therefore, you'll need to be online to use the application.

Mood-Based Questions:

Q14: I'm feeling stressed. What should I do?

A14: I understand. When you're feeling stressed, you could explore our BreatheEasy section – it has specific techniques like 'Anxiety Relief' or 'Relax' breathing. Listening to our calming Music selection or trying the Stress Buster activity can also help. Would you like to try one of those?

Q15: I'm bored.

A15: Let's find something engaging! How about a dynamic puzzle game like NumberStorm, or test your vocabulary with WordHunt? If you prefer an activity that requires observation and deduction, The Sherlock Holmes quiz is quite stimulating.

Q16: I can't focus.

A16: To help with focus, you could try our Focus Study/Work audio sessions, the Tratak concentration exercise (which involves steady gazing), or a specific breathing technique from BreatheEasy called 'Focus (Breathing)'. The game PercentPro also has a 'Focused' mode.

Q17: I need to relax.

A17: For relaxation, I'd recommend exploring the BreatheEasy section for techniques like 'Total Relax' or 'Relax' breathing. Listening to our calming Music selection, or perhaps a gentle game like MindFlip can also be helpful. If it's evening, our Night Music is perfect for unwinding.

Q18: I feel tired.

A18: If you're feeling tired, a guided Power Nap might help you rejuvenate. It has specific steps to ensure it's effective. Alternatively, if you're looking for a quick mental energizer, a game like BallRush or RushHour could be good, or the 'Energize' breathing technique from BreatheEasy.

Q19 (Severe Distress): I'm so incredibly depressed, I don't know what to do.

A19 (Severe Distress): I hear that you're going through a very difficult time, and it takes courage to express that. While NeurOm offers tools for general well-being, for what you're describing, the most important step is to talk with someone who can offer professional support. If you're feeling severely depressed, I strongly encourage you to reach out to a psychiatrist, therapist, or another qualified mental health professional. They are best equipped to provide the help and guidance you need right now. Please remember, you don't have to go through this alone.

Specific Game Questions:

Q20: Tell me about NumberStorm.

A20: NumberStorm is a game where you race against time to solve dynamic number puzzles. Its tagline is "How High is Your Number game?" It's great for enhancing strategic thinking and problem-solving.

Q21: What does AlphaQuest improve?

A21: AlphaQuest is designed to improve your Quick Thinking and Problem-Solving skills. It also helps with cognitive flexibility as you uncover hidden word patterns.

Q22: How do you play StackUp?

A22: In StackUp, you need to balance, stack, and align objects with precision. It tests your timing and reaction speed. The goal is to stack as high as you can!

Q23: What kind of game is MindFlip?

A23: MindFlip is a Card-Match game. You flip cards to find matching pairs, which helps improve your Memory, Concentration, and Pattern Recognition. It's also quite a relaxing game mode.

Q24: Is BrickBreaker good for coordination?

A24: Yes, BrickBreaker is excellent for Hand-Eye Coordination! It also helps with Anticipation skills as you smash through those bricks.

Specific Activity Questions:

Q25: What is Morning Meditation for?

A25: Morning Meditation helps you start your day centered and calm. It offers diverse guided meditations and is best performed between 4 AM and 12 PM to elevate your mornings.

Q26: Explain BreatheEasy.

A26: BreatheEasy is our hub for various guided breathing techniques. When you select it, you can choose from exercises like 'Long Hold' for endurance, 'Anxiety Relief' for calming nerves, 'Focus' breathing for concentration, 'Total Relax,' and many more, each with specific patterns and benefits.

Q27: What's the Tratak activity? How do I do it?

A27: Tratak is a concentration practice. You'll select a duration, then sit comfortably in a peaceful environment and place the in-activity candle at eye level. The key is to stare at the candle's flame without blinking for the entire duration. If tears form, let them flow naturally. Afterwards, gently close and then slowly open your eyes.

Q28: How can Affirmations help me?

A28: Our Affirmation activity is a 1-2 minute guided audio session designed to empower you. By listening to and internalizing positive statements, it helps you unlock a sense of self-belief, resilience, and uplift your spirit.

Q29: Tell me about the Sherlock Holmes activity. How does it work?

A29: The Sherlock Holmes activity, called 'A Detective Race,' tests your memory and observation! You'll be shown 1 picture for 30 seconds. After that, you'll answer 5 fun and challenging questions related to that image. There's no time limit for answering the questions.

Q30 (Music Instructions): What do I need for the Music activity?

A30 (Music Instructions): For our Music sessions, it's compulsory to use earphones or headphones. Find a quiet, uninterrupted space where you can relax, close your eyes, sit comfortably, focus on the sound, and breathe naturally. You can listen whenever you like.

Q31 (Powernap Tips): I want to try a Powernap. What should I do?

A31 (Powernap Tips): For our Powernap, use earphones or headphones and find a quiet, uninterrupted spot. You can nap whenever needed. Just relax, close your eyes, breathe naturally, let go of thoughts, and allow yourself to drift into a restful state for a short, effective recharge.

Q32 (Specific Breathing Technique): Can you explain the 'Anxiety Relief' breathing technique?

A32 (Specific Breathing Technique): Certainly! The 'Anxiety Relief' breathing technique, found in our BreatheEasy section, uses a 3-6-3 pattern (inhale-hold-exhale counts). It's designed to reduce anxiety levels and help with tension release. Would you like me to guide you to it in the app?

Skill Improvement Questions:

Q33: How can I improve my memory?

A33: For improving memory, I'd highly recommend the MindFlip game, where you match card pairs. The Sherlock Holmes quiz also strongly tests your memory of details from an image.

Q34: What helps with logical thinking?

A34: Several games can help with logical thinking! You could try NumberStorm, AlphaQuest, NumberNest, or PercentPro.

Q35: I want to get better at quick thinking.

A35: For quick thinking, AlphaQuest and RushHour are great game choices!

Q36 (Improve Concentration): What can I do to boost my concentration?

A36 (Improve Concentration): To boost concentration, you could try the Tratak exercise, the 'Focus (Breathing)' technique in BreatheEasy, or listen to our Focus Study/Work audio tracks. Games like MindFlip and PercentPro (Focused mode) also help.

App Feature Questions:

Q37: Why is Night Music locked? (User asks at 11 AM)

A37: Night Music is curated for the evening and nighttime, ideally between 8 PM and 3 AM, to help with restful sleep. As it's currently 11 AM, it's not available right now. You might enjoy our general Music selection or another relaxing activity until then.

Q38: Where can I see my points?

A38: You can track your Points Rewarded, Rank Achieved, and other stats in the "My Performance" section of the app.

Q39 (Locked Morning Meditation): Why can't I access Morning Meditation right now? (User asks at 4 PM)

A39 (Locked Morning Meditation): Morning Meditation is designed to be most beneficial and is available between 4 AM and 12 PM. Since it's currently 4 PM, it's outside the ideal window. Perhaps you'd like to try a different calming activity?

Time-Based Questions:

Q40: I only have 5 minutes. What can I do?

A40: If you're short on time, you could play a quick, energizing game like BallRush or RushHour. Alternatively, a short BreatheEasy session, perhaps the 'Relax' or 'Energize' technique, can be very effective in just a few minutes. The Affirmation activity is also short, around 1-2 minutes.

Q41: What's good for the evening?

A41: For the evening, our Night Music (available 8 PM - 3 AM) is perfect to help you unwind. You could also try a calming Breathing Technique from BreatheEasy like 'Total Relax,' or the Body Healing meditation to prepare for restful sleep.

Q42: Can I do Morning Meditation now?

A42 (Chatbot logic needed): (Checks current time)

* (If 4 AM - 12 PM): "Yes, it's a great time for Morning Meditation! It's best performed between 4 AM and 12 PM. Would you like to start?"

* (If outside window, e.g., 2 PM): "Morning Meditation is best performed between 4 AM and 12 PM. Since it's currently [Current Time], perhaps you'd like to try a different meditation like a BreatheEasy technique or listen to some calming Music?"

Q43: When can I do Morning Meditation?

A43: Morning Meditation is best performed between 4 AM and 12 PM to help you start your day centered and calm.

Q44: Tell me about Morning Meditation.

A44: Morning Meditation offers guided sessions to help you start your day centered and calm. It's designed to elevate your mornings and is best performed between 4 AM and 12 PM.

Q45 (User at 3 PM): Suggest a morning activity.

A45: While Morning Meditation is ideal between 4 AM and 12 PM, and it's currently 3 PM, you might still enjoy our Morning Sparks activity for an energizing boost. Alternatively, if you're looking for calm, a BreatheEasy technique is great any time of day.

Q46: Can I listen to Night Music now?

A46 (Chatbot logic needed): (Checks current time)

* (If 8 PM - 3 AM): "Yes, it's a perfect time for Night Music! It's designed to be most beneficial between 8 PM and 3 AM to help you unwind for sleep. Would you like to start?"

* (If outside window, e.g., 10 AM): "Night Music is curated for the evening and nighttime, ideally between 8 PM and 3 AM. Since it's currently [Current Time], perhaps you'd enjoy our general Music selection or an energizing game?"

Q47: When is the best time for Night Music?

A47: Night Music is best performed between 8 PM and 3 AM. It provides soothing melodies specifically curated to help you unwind and prepare for a restful night's sleep.

Q48: Tell me about Night Music.

A48: Night Music offers soothing melodies to create a sense of nightly bliss and help you prepare for restful sleep. It's most effective when listened to between 8 PM and 3 AM.

Q49 (User at 1 PM): I want something to help me sleep.

A49: For sleep, our Night Music is wonderful, but it's designed for the evening (8 PM - 3 AM). Since it's currently 1 PM, if you're looking to relax now, you could try a Power Nap

or a calming BreatheEasy technique like 'Total Relax'. When it's closer to your bedtime, Night Music would be a great choice!

Q50 (User at 9 PM): What music do you have for the evening?

A50: For the evening, our Night Music is perfect! It's available now (as it's 9 PM) and is specially curated with soothing melodies for restful sleep. Would you like to listen?

Q: What is anxiety?

A: Anxiety is a feeling of worry, nervousness, or unease, often about an event or something with an uncertain outcome. While it's a normal human emotion, it can sometimes become overwhelming. NeurOm offers various tools and activities to help manage feelings of anxiety.

Q: What is stress?

A: Stress is the body's reaction to any change that requires an adjustment or response. It can be triggered by positive or negative experiences. NeurOm offers activities like 'Stress Buster' and breathing techniques in 'BreatheEasy' to help manage stress.

Q: What do you mean by mental well-being?

A: Mental well-being refers to a state where an individual can realize their own abilities, cope with the normal stresses of life, work productively, and contribute to their community. NeurOm aims to support various aspects of mental well-being through its games and activities.

Q: What is mindfulness?

A: Mindfulness is the practice of paying attention to the present moment without judgment. It can involve focusing on your breath, bodily sensations, or the environment around you. Many NeurOm activities, including some meditations and even mindful games, encourage this practice.

Q: How can an app help with mental well-being?

A: Apps like NeurOm can provide accessible tools and guided practices for mental well-being. They can offer structured exercises for meditation, breathing, focus, and cognitive training, helping users build healthy habits and coping mechanisms. However, they are not a replacement for professional help when needed.

Q: What are cognitive skills?

A: Cognitive skills are the core mental abilities we use to think, learn, remember, reason, and pay attention. NeurOm's 'Mindful Games' section is specifically designed to help enhance various cognitive skills like memory, problem-solving, and quick thinking.

II. Specific to NeurOm's Features & Terminology:

Q: What are "guided activities" in NeurOm?

A: Guided activities in NeurOm are experiences where you receive instructions or narration to lead you through an exercise, such as our guided meditations, breathing techniques in BreatheEasy, or Affirmation sessions. They are designed to make it easy to follow along and benefit from the practice.

Q: What does "BreatheEasy hub" mean?

A: The "BreatheEasy hub" in NeurOm is the central section where you can find and access our collection of different guided breathing techniques. Each technique, like 'Anxiety Relief' or 'Total Relax', is designed for a specific purpose.

Q: How does "Performance Tracking" work?

A: NeurOm's "My Performance" section helps you track your engagement with the app. It shows things like Points Rewarded for completing activities and games, your Rank Achieved, and how many activities or games you've played, including insights into activity streaks.

Q: What are "binaural beats" mentioned in your sound therapy? (Based on PDF page 30)

A: Binaural beats are a sound therapy technique used in some of NeurOm's audio-based activities. They involve playing two slightly different sound frequencies in each ear, which the brain perceives as a single new frequency, potentially helping to guide your mind into states like relaxation or focus.

Q: What's the difference between "alpha-wave" and "delta-wave" binaural beats? (Based on PDF page 30)

A: In NeurOm's sound therapy, alpha-wave binaural beats (around 8-12 Hz) are used in features like Morning Meditation to help transition to a state of alert calm. Delta-wave binaural beats (around 0.5-4 Hz) are used in Night Music to promote deep sleep and healing.

Q: What does "locked content" mean in NeurOm? (Based on PDF page 17 & 27)

A: Some activities or features in NeurOm might be "locked" initially, meaning they could be part of a premium subscription, a one-time unlock, or become available after completing certain prerequisites or during specific times (like Night Music). Our subscription plans provide options for accessing all content.

III. Clarifying App Usage & Benefits:

Q: How can NeurOm help me if I'm feeling overwhelmed?

A: If you're feeling overwhelmed, NeurOm offers several options. You could try a calming 'Breathing Technique' from BreatheEasy like 'Restore', listen to our 'Music' selection, or engage in a gentle 'MindFlip' game for a light distraction. Remember, for severe overwhelm, professional support is recommended.

Q: Can playing games in NeurOm actually improve my thinking?

A: Yes, NeurOm's 'Mindful Games' are designed as cognitive challenges. Games like 'NumberStorm' (for strategic thinking) or 'AlphaQuest' (for pattern recognition) can help exercise and potentially enhance specific cognitive skills over time with regular practice.

Q: What if I only have a few minutes for a NeurOm activity? (Similar to Q40 on page 25, good to have in a general FAQ too)

A: NeurOm has several activities perfect for short breaks! You could try a quick 'Energize' breathing technique, play a fast-paced game like 'BallRush', or listen to a short 'Affirmation' session (around 1-2 minutes).

Q: How is a "Power Nap" in NeurOm different from just closing my eyes? (Based on PDF page 31)

A: NeurOm's Power Nap uses specific audio with theta-to-alpha frequency transitions (binaural beats) to guide you into a short, deep rest and then gently bring you back to wakefulness, aiming to make you feel refreshed without post-nap grogginess.

SECTION G: SUBSCRIPTION PLANS (FOR CHATBOT & USER QUERIES)

Overview for Chatbot Context:

NeurOm offers both free and premium access options. Most core features are free to explore, but some advanced content and features are part of premium subscriptions or one-time unlocks for a month.

Types of Plans:

Free 1 Month Trial

Price: ₹99

Access: Full access to all activities and games.

Duration: 1 Month.

Monthly Subscription – "Monthly Harmony"

Price: ₹199/month

Access: Full access to all games and activities for 1 month.

Duration : 1 Month

Three-Month Subscription – "Seasonal Serenity"

Price: ₹499/3 months

Access: Full access to all games and activities for 3 month.

Duration : 3 Month

Six-Month Subscription – "Half-Year Bliss"

Price: ₹999/6 months

Access: Full access to all games and activities for 6 month.

Duration : 6 Month

Yearly Subscription – "Annual Zen"

Price: ₹1899/year

Access: Full access to all games and activities for 1 year.

Duration : 1 Year

Activity-Specific Subscription

Price: ₹49/month per premium activity

Access: Full access to one premium activity only.

Examples:

Morning Meditation

Mental Marathon

Sherlock Holmes

Night Music

Game Pack Subscription – "Unlock All Games"

Price: ₹49/month for all premium games

Access: Unlocks all 4 games (MindFlip, NumberNest, WordHunt, PercentPro)

Sample Chatbot Questions & Answers:

Q: Is the app free?

A: NeurOm offers many free features, including selected games and activities. However, to access premium content like Morning Meditation or Sherlock Holmes, you can opt for a low-cost individual subscription starting at ₹49/month per activity or a free one month trial at just ₹99 or unlock everything for just ₹199/month.

Q: What happens after the ₹99 trial?

A: After your ₹99 first-month trial, your subscription will automatically continue at ₹199/month unless you cancel before the trial ends. This gives you uninterrupted full access to all premium activities and games in NeurOm. You can manage or cancel your subscription anytime via your Google Play account.

Q: Can I buy just one activity?

A: Yes! If you're interested in just one specific feature, you can unlock any premium activity — like Morning Meditation or Night Music — for just ₹49/month. It's a great option if you have a favorite.

Q: Do the subscriptions auto-renew?

A: Yes, all subscriptions are auto-renewable by default. You can cancel anytime via your Google Play Subscriptions settings to prevent renewal.

Q: Where can I manage my subscription?

A: Subscriptions can be managed through your Google Play account under "Subscriptions." You can upgrade, cancel, or switch plans anytime.

SECTION H: ABOUT CERBOTECH EDUCATION PVT. LTD.

Company Overview for Chatbot Context:

Company Name: CerboTech Education Pvt. Ltd.

Focus Areas: Mental Health, Cognitive Skill Enhancement, Brain-Computer Interface (BCI) Technology

Mission Statement:

CerboTech's mission is to revolutionize mental wellness and cognitive development by combining neuroscience, psychology, and emerging technologies. We believe in making mental health tools accessible, engaging, and personalized through science-backed innovation.

Products & Initiatives:

NeurOm App: A flagship digital platform combining meditation, mindfulness activities, and cognitive skill games.

Neuro Headband: A BCI-based wearable device that reads attention and meditation levels to power real-time biofeedback experiences.

Research & Development: Continuous focus on improving the effectiveness of BCI applications for focus training, emotional regulation, and performance optimization.

Sample Chatbot Questions & Answers:

Q: Who created the NeurOm app?

A: NeurOm was created by CerboTech Education Pvt. Ltd., a tech startup focused on improving mental health and cognitive abilities using Brain-Computer Interface (BCI) technology and digital tools.

Q: What does CerboTech do?

A: CerboTech develops tools like the NeurOm app and BCI wearables to help users improve their focus, emotional well-being, and mental performance.

Q: Is this based on science?

A: Yes! CerboTech's solutions are designed using principles from cognitive science, neuroscience, and behavioral psychology, combined with cutting-edge tech like BCI.

SECTION I: OUR SOUND THERAPY ADVANTAGE (USP HIGHLIGHT)

Why Our Audio-Based Activities Are Different

At NeurOm, we don't just play calming music — we craft science-backed soundscapes using binaural beats tailored to specific mental states. Every session is engineered with precision frequencies to help you enter the right mindset, whether it's focus, rest, meditation, or emotional healing.

We blend neuroscience, mindfulness, and music therapy to help users achieve faster and deeper results — relax quicker, focus sharper, sleep deeper, and recharge more efficiently.

Morning Meditation

What Makes It Unique:

Each session is layered with alpha-wave binaural beats (8–12 Hz) to help you transition smoothly from sleep to a state of alert calm.

Boosts positivity, mental clarity, and emotional balance — ideal for setting your tone for the day.

How It Helps:

Activates your reticular activating system for wakeful awareness.

Builds habitual mindfulness with subtle sound triggers.

Night Music

What Makes It Unique:

Uses delta-wave binaural beats (0.5–4 Hz), known to promote deep sleep and healing.

Tracks are composed specifically for bedtime wind-down, helping the brain shift into a sleep-ready state.

How It Helps:

Reduces nighttime anxiety

Encourages natural melatonin release

Prepares body and mind for regenerative sleep

Power Nap

What Makes It Unique:

Delivers a compact nap experience using theta-to-alpha frequency transitions (4–8 Hz to 8–12 Hz).

Starts with deep relaxation frequencies and gradually brings you to refreshing wakefulness.

How It Helps:

Ideal for 10–20 min recovery naps

Reduces fatigue while avoiding post-nap grogginess

Perfect for athletes, students, corporate professionals

General Music Section

What Makes It Unique:

Each category (Study, Focus, Healing, Relaxation, Sleep, Meditation) uses binaural frequencies backed by neuroscience.

You're not just listening — you're training your brainwaves.

How It Helps:

No generic loops — each piece is professionally composed with intention and tested for user outcomes.

BCI-inspired frequencies enhance neuroplasticity and calm states.

Chatbot Sample Questions & Answers:

Q: What's special about your music?

A: Our music isn't just relaxing — it's scientifically engineered using binaural beats to help you sleep better, focus deeper, and relax faster. Every track is tailored to a specific purpose and frequency for real results.

Q: How is your Power Nap different?

A: Unlike regular nap sounds, our Power Nap uses theta-to-alpha frequency binaural beats to help you fall into a short, deep rest and gently bring you back — so you wake up refreshed, not groggy.

Q: Can I use NeurOm to sleep better?

A: Absolutely! Try our Night Music, tuned to delta frequencies that support deep, regenerative sleep. It's curated to help your brain slow down and recover naturally.

Q: What music should I use to study or work?

A: Use our Focus or Study music with alpha and low-beta frequency beats. These tracks are designed to eliminate distractions and boost mental clarity during learning or deep work.

Question:

What should I do if I'm feeling overwhelmed?

Answer:

If you're feeling overwhelmed, try using the guided breathing exercises in the app or reaching out to a friend or mental health professional. Remember, you're not alone.

Question:

What should I do if I'm experiencing anxiety?

Answer:

Our app has resources tailored to managing anxiety, including breathing exercises, meditation techniques and more. For severe anxiety, consider consulting a mental health professional.

Question:

What should I do if I can't sleep?

Answer:

Check out the night music and power nap in the app, where you'll find soothing bedtime tracks, calming sounds for a better night's rest.

Question:

What should I do if I can't sleep?

Answer:

Check out the night music and power nap in the app, where you'll find soothing bedtime tracks, calming sounds for a better night's rest.

Question:

Are there live support options available?

Answer:

Currently, we do not offer any such feature for emotional support. For immediate help, please consider contacting a mental health professional or a crisis helpline in your area.

Question:

Is the app content suitable for all age groups?

Answer:

Our content is designed to cater to various age groups. Use the parental controls to customize the experience for younger users.

Question:

How can I track my mental health progress?

Answer:

Our app includes a Performance section where you can see your overall as well as activity-specific performance. You can also view your progress over time in the insights section in Performance.

Question:

Is there a feature for meditation or mindfulness?

Answer:

Yes, we offer guided meditations, mindfulness exercises, and relaxation techniques. You can find these at 'Morning Meditation' in the activity section.

Q: What should I do if I'm experiencing anxiety?

A: Our app has resources tailored to managing anxiety, including breathing exercises, meditation techniques and more. For severe anxiety, consider consulting a mental health professional.

Q: How can I contact support?

A: You can reach us via:

- WhatsApp: +91 7621042997
- Email: info@cerbotech.in, support@cerbotech.in
- Website: smartkids.cerbotech.in/
- Facebook: www.facebook.com/cerbotech
- Instagram: www.instagram.com/cerbotech/