Tool 1: A Stopwatch for Meditation

- To quantify the amount of time spent in meditation, a stopwatch tool logs the time spent in various categories to a Wordpress server.
Tool 2: Verbal Notes

- To capture notes during meditation, a note taking tool was added.
- It allows text and recorded audio notes.
Tool 3: Breath Counting to Measure Mindfulness

• To address if meditation is improving mindfulness, a breath counting tool was added (an idea of Richard Davidson).

• If you cannot count accurately, your mind must be wandering.
Tool 4: A Random Timer for Non-Meditation

- A repeating countdown timer was created to deliver alerts at random intervals during the day.

- When the timer elapses, you are prompted to indicate if you are mindful at that moment.
Results: Qualitative

• Initially, I was bad at the counting exercise, and that improved over time.

• My breath counting is typically inaccurate when I first sit down, and improves over the course of the meditation session.

• Measuring mindfulness during non-meditation with a random timer indicates that I am almost always thinking about something.
Results: Quantitative

- Quantitative data in the form of a list of events and a graph of recent activity is displayed within the app.

- The data is also used to generate daily/weekly email reminders.
Outro

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