What can our breathing rate tell us about our focus?

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How can focus be more intuitive and accessible to study in everyday life?
Breathing rate is a good measure of focus.
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Breathing rate tends to be more erratic after a few hours of studying.
It's hard for me to focus in the morning.
Unsuccessful study sessions are characterized by highly volatile breathing patterns.
What I Learned

◎ Breathing rate is a good measure of focus.

◎ Breathing rate tends to be more erratic after a few hours of studying.

◎ I tend to focus better in the evening time.

◎ Unsuccessful study sessions are characterized by highly volatile breathing patterns.
What’s Next
Thanks!

ANY QUESTIONS?