

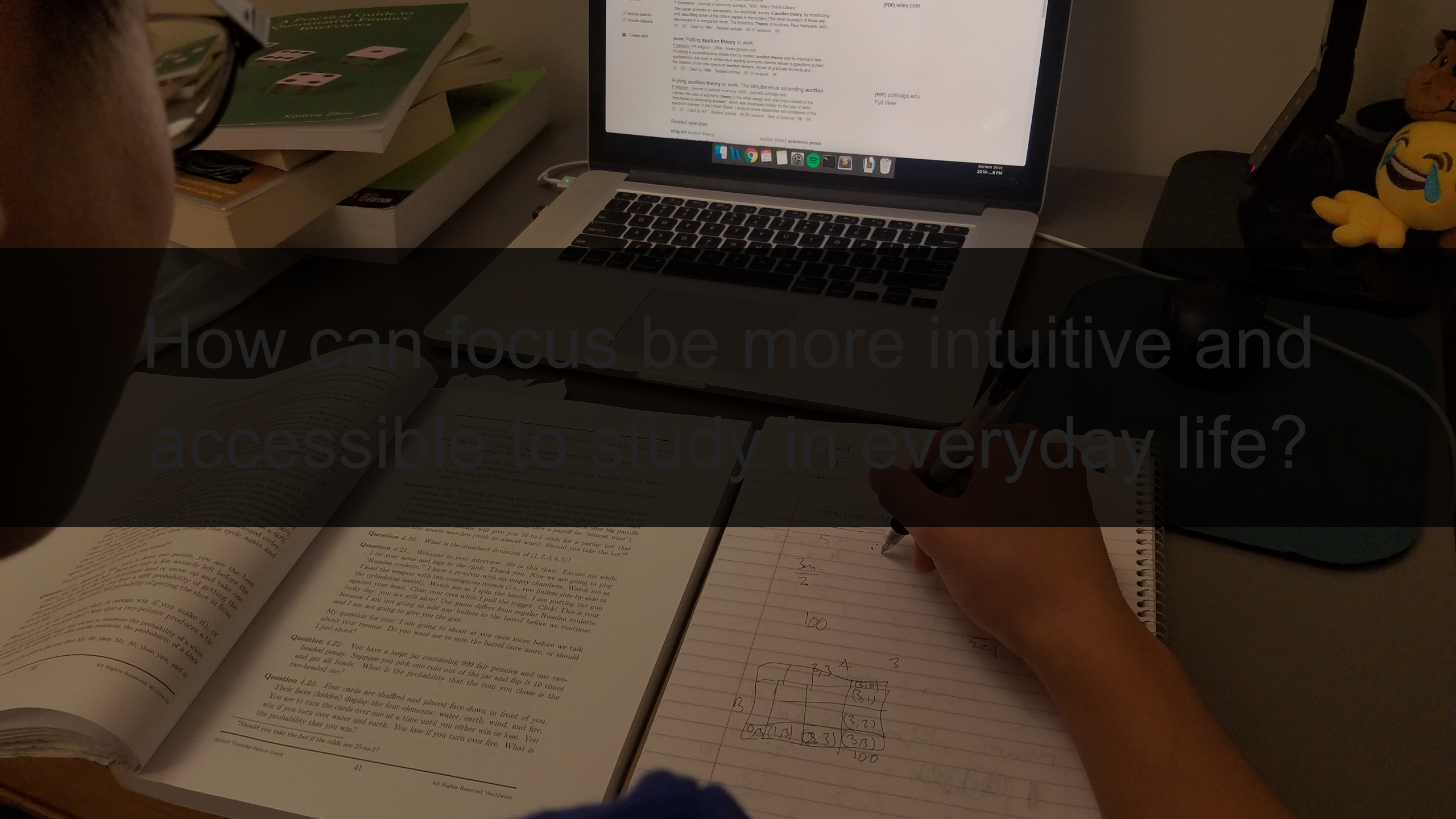
A close-up, slightly blurred photograph of a person's hand holding a silver pen, writing on a dark laptop. The background shows a desk with a silver mesh pen holder containing several pens and pencils. The text is overlaid on the left side of the image.

What can our breathing rate tell  
us about our focus?

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Princeton University



# How can focus be more intuitive and accessible to study in everyday life?





# Spire













15

Breaths per minute ⓘ

Your Average 19 BPM

<

MOSTLY ACTIVE

>

Today

9  
SUN

10  
MON

11  
TUE

12  
WED

13  
THU

14  
FRI

15  
SAT

55 min Calm

AVG: 69 min

126 min Focus

AVG: 75 min

23 min Tense

AVG: 41 min

191 min Active

GOAL: 60 min  
CALORIES: 1516  
STEPS: 15663/6000

304 min Sedentary

AVG: 234 min

<

ALL BREATH MOMENTS

Sat, 15 Sep '18

12am

4am

8am

12pm

4pm

8pm

12am

11:07pm

Calm

2 minutes

11:02pm

Focus

3 minutes

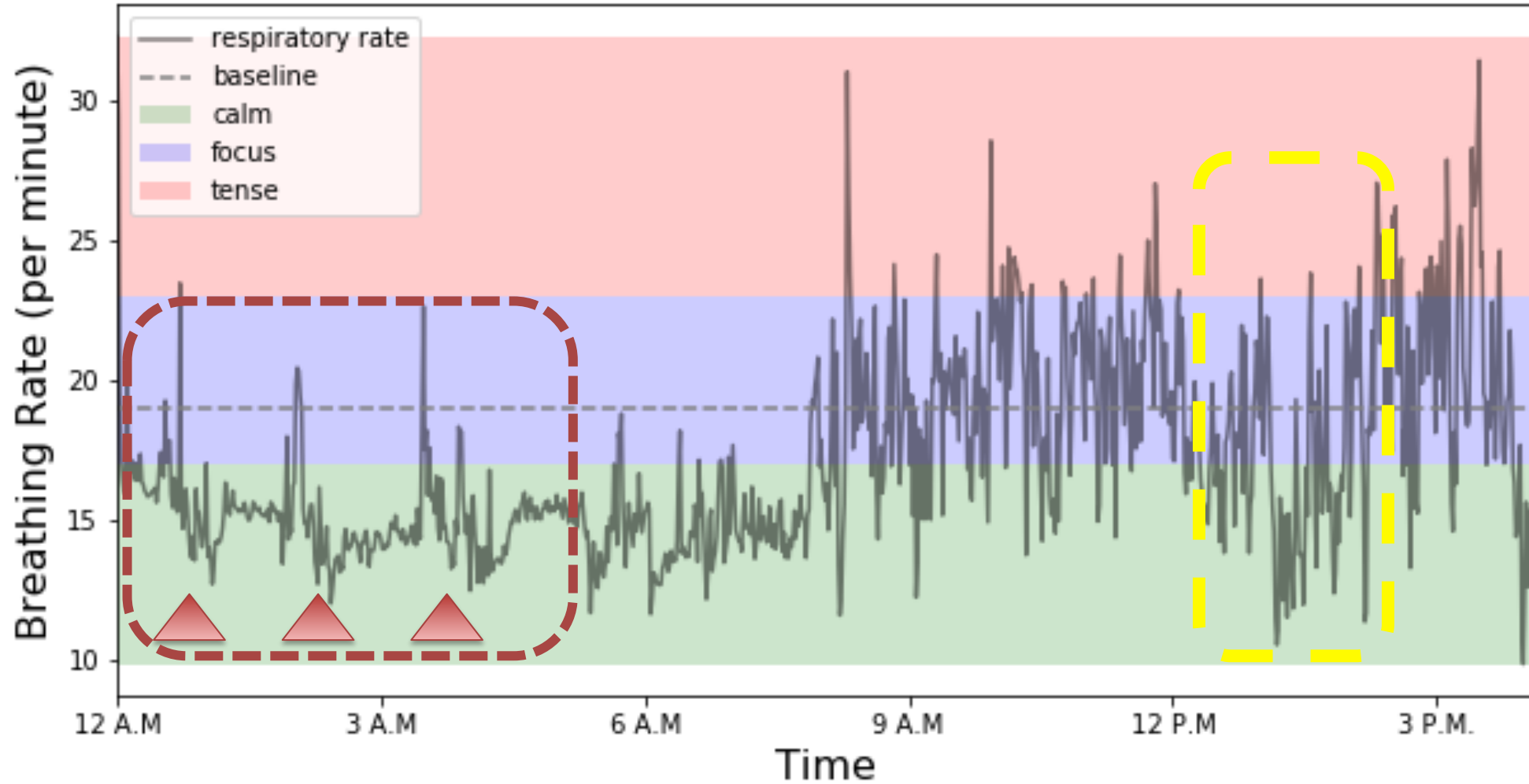
10:51pm

Tense

2 minutes



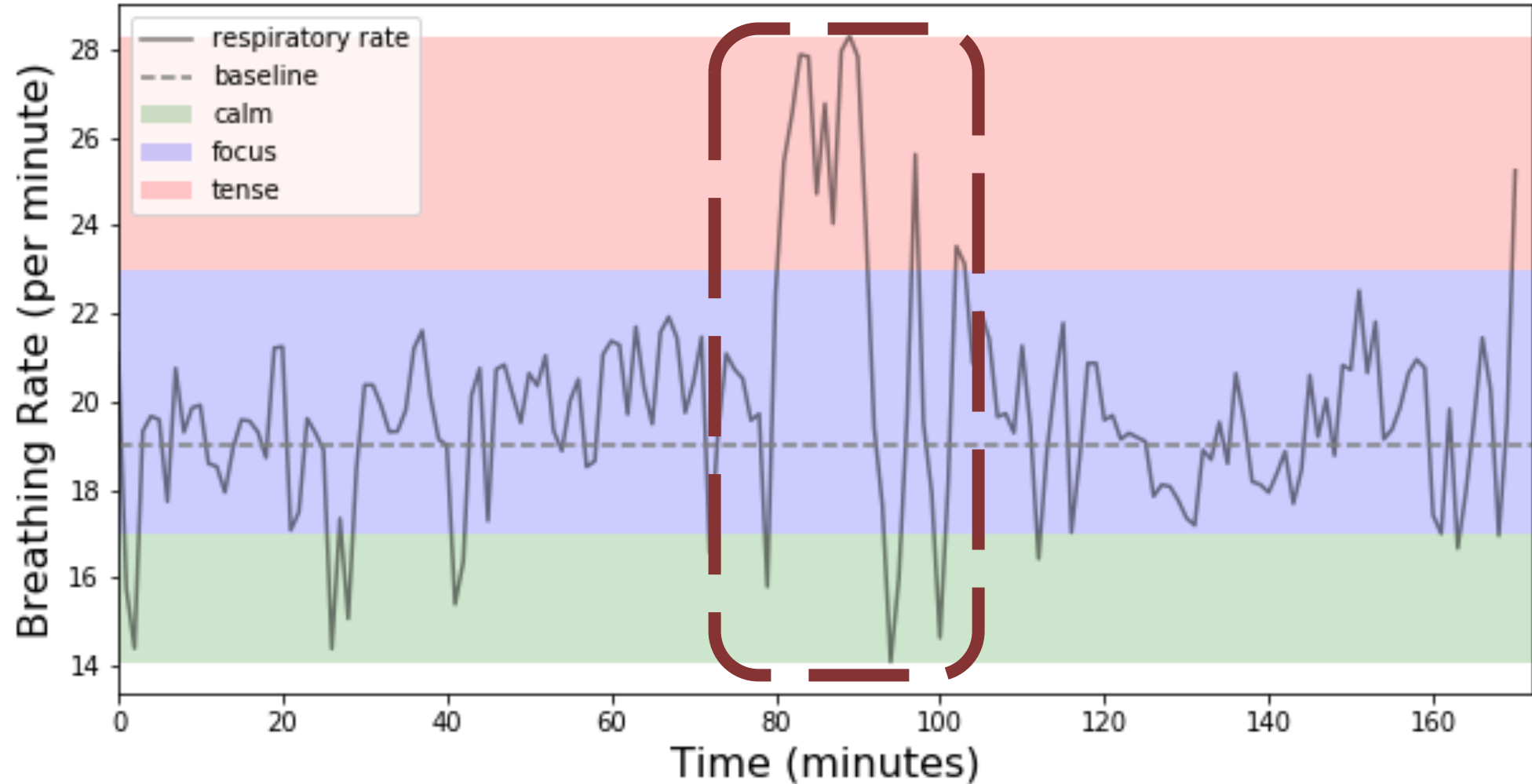
## Breathing rate over the course of a day



Breathing rate is a good measure of focus.



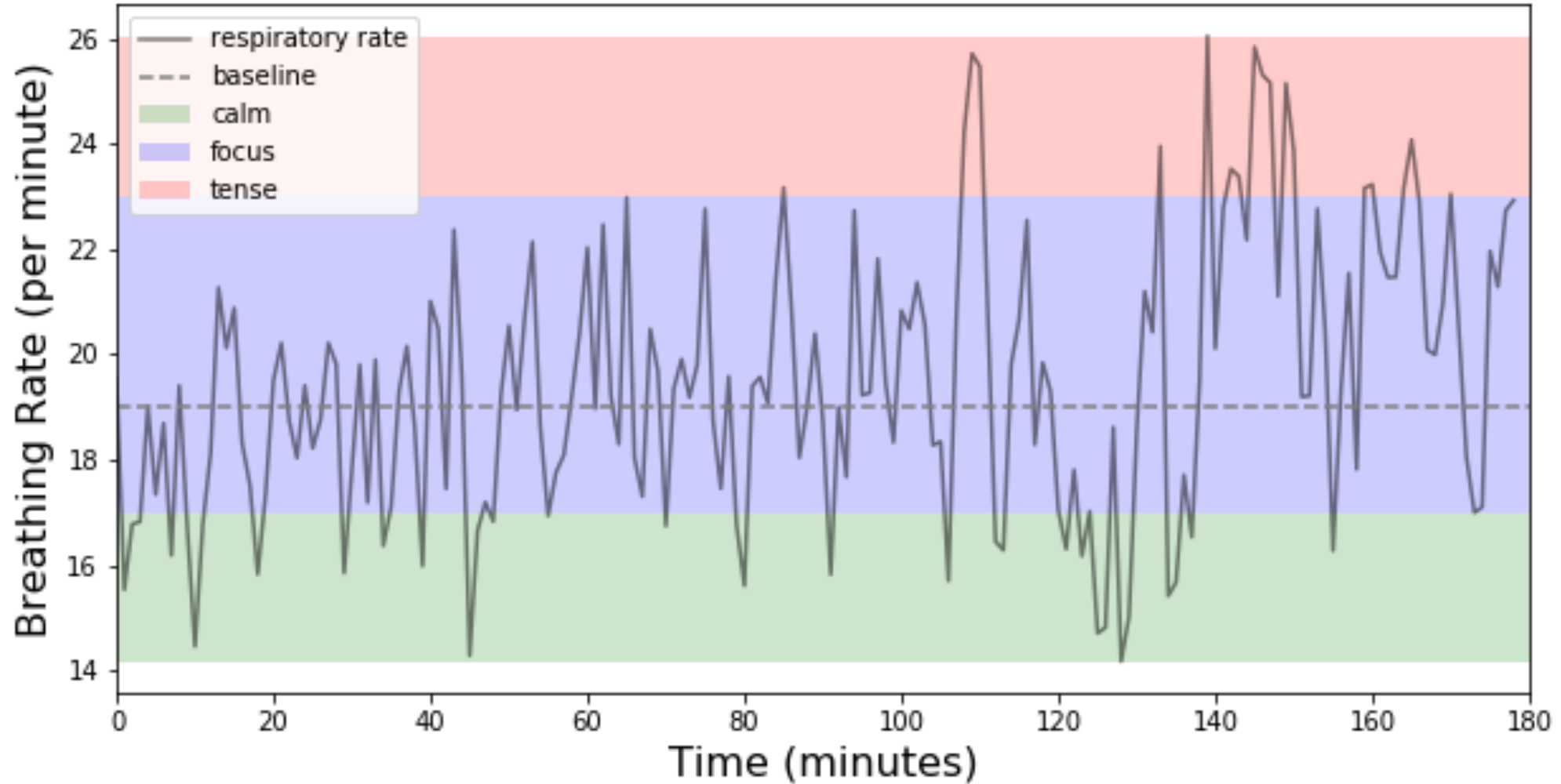
## Breathing rate during a 3-hour stretch of classes



Breathing rate is a good measure of focus.



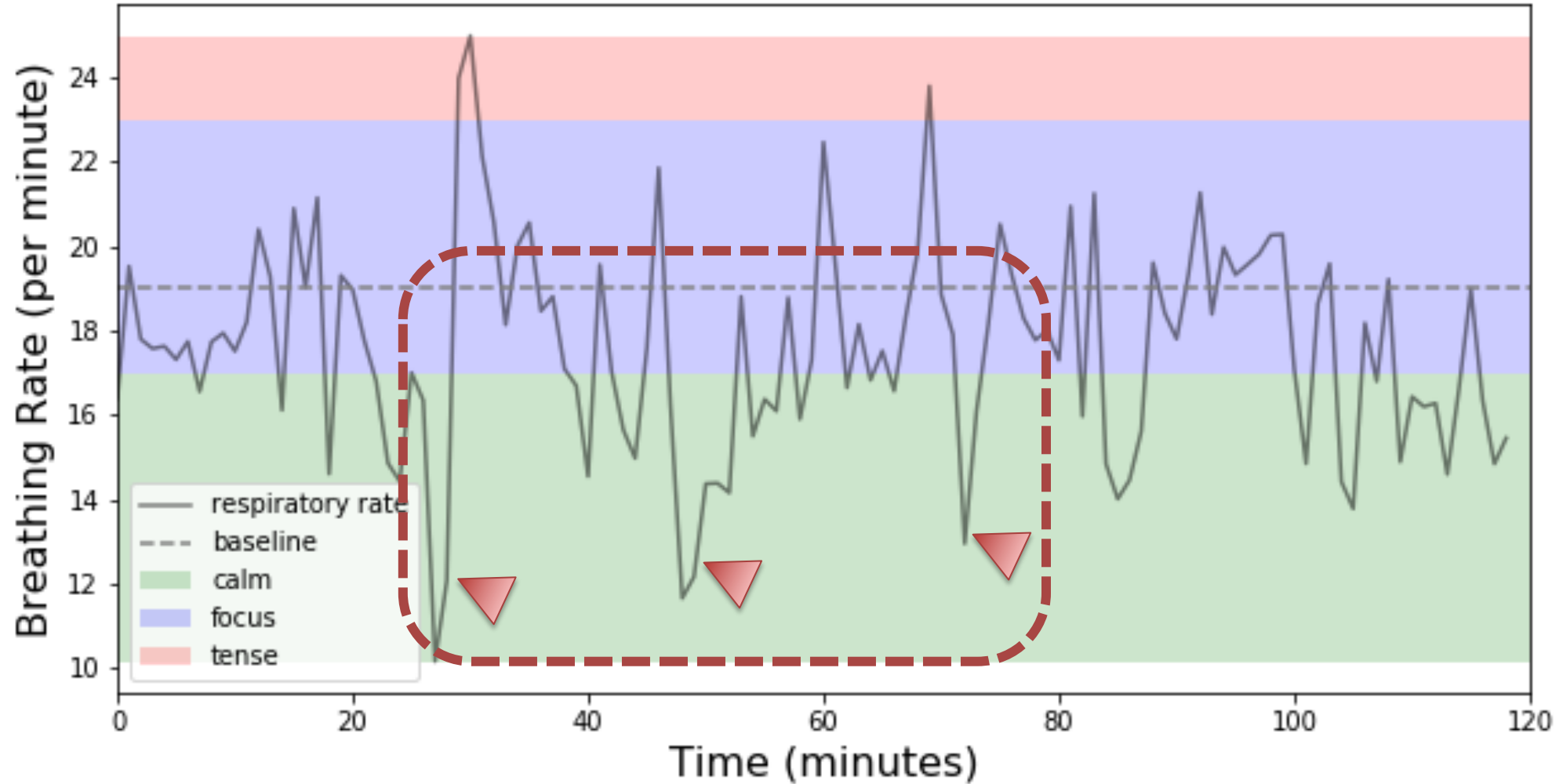
## Breathing rate over a 3-hour study session



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



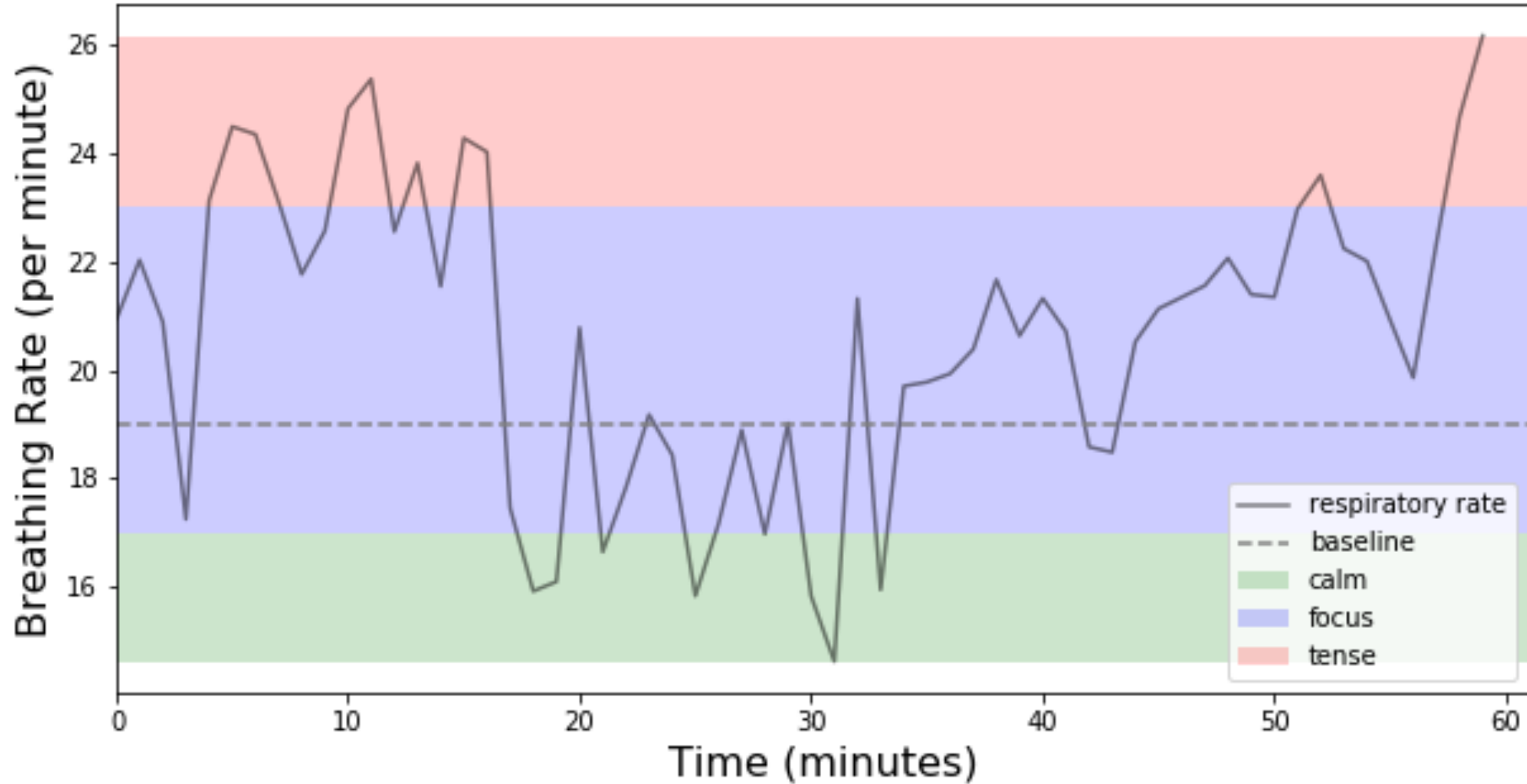
## Breathing rate over a 2-hour study session



It's hard for me to focus in the morning.



## Breathing rate over a 1-hour study session



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.



A close-up, slightly blurred photograph of a person's hands working at a wooden desk. The person's left hand, wearing a silver-toned wristwatch with a black dial and a black strap, rests on a small, open notebook with handwritten notes. Their right hand is positioned near a laptop keyboard. The background is out of focus, showing more of the desk and the laptop. The overall lighting is soft and warm, with a dark, semi-transparent overlay across the entire image.

# What's Next





Thanks!

**ANY  
QUESTIONS?**