



# Kyrill Potapov

Teacher and Researcher

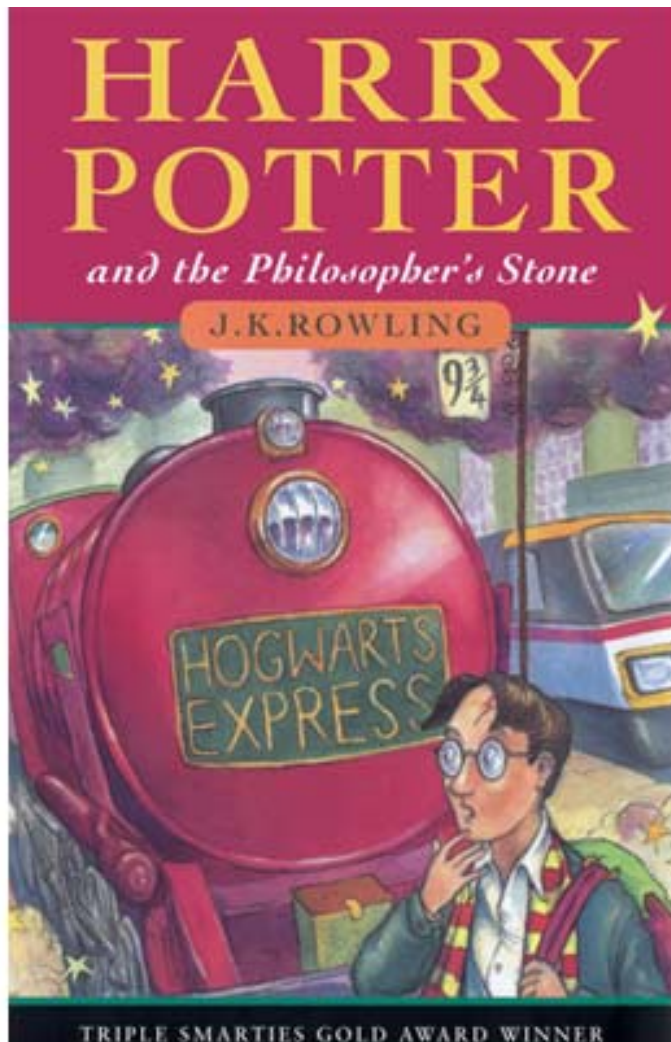




Spritz

powered by  
**spritz**

500wpm ▼

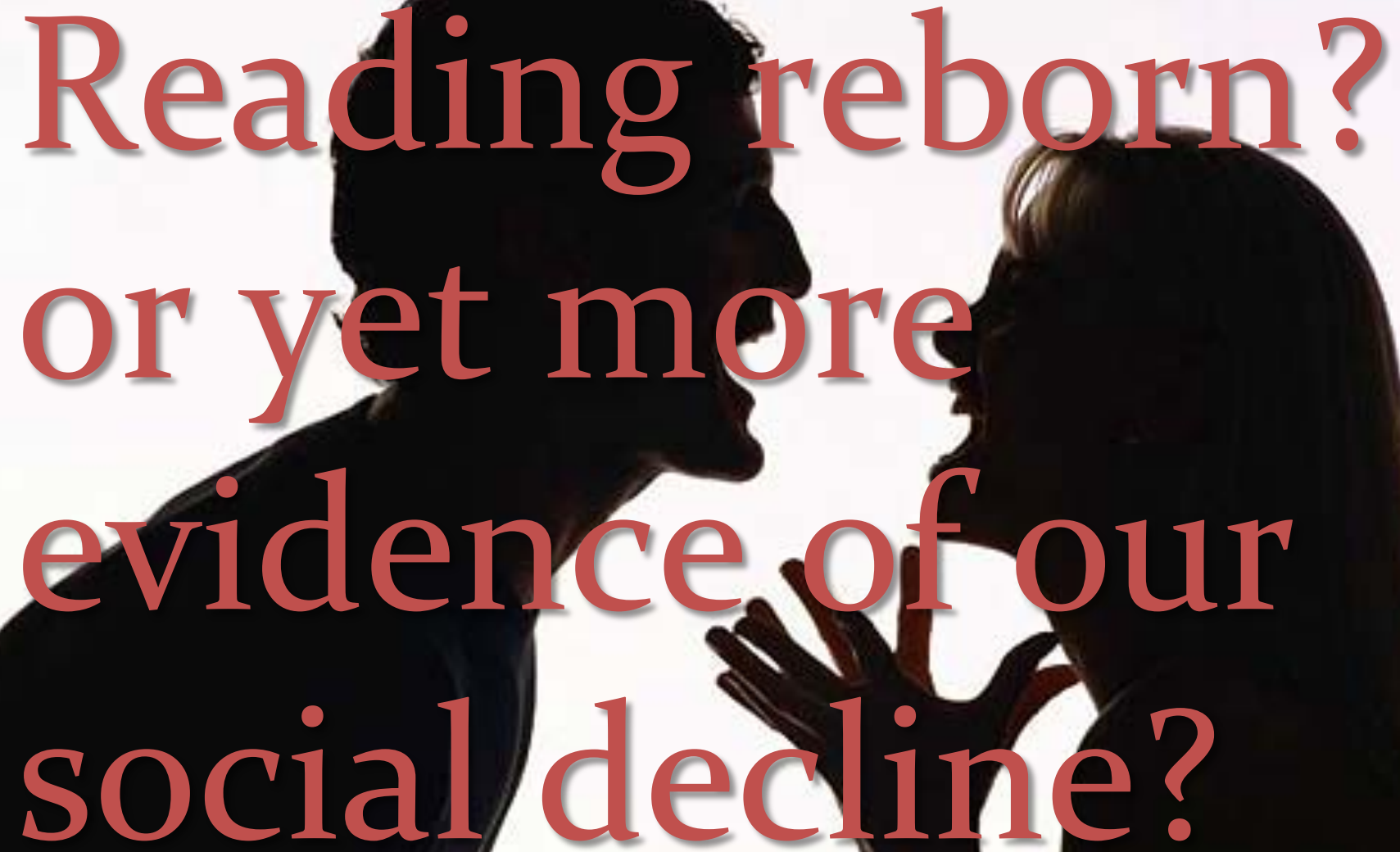


Harry Potter  
in 3 hours!

fallen  
in the tall grasses - the old apple tree  
blossoms

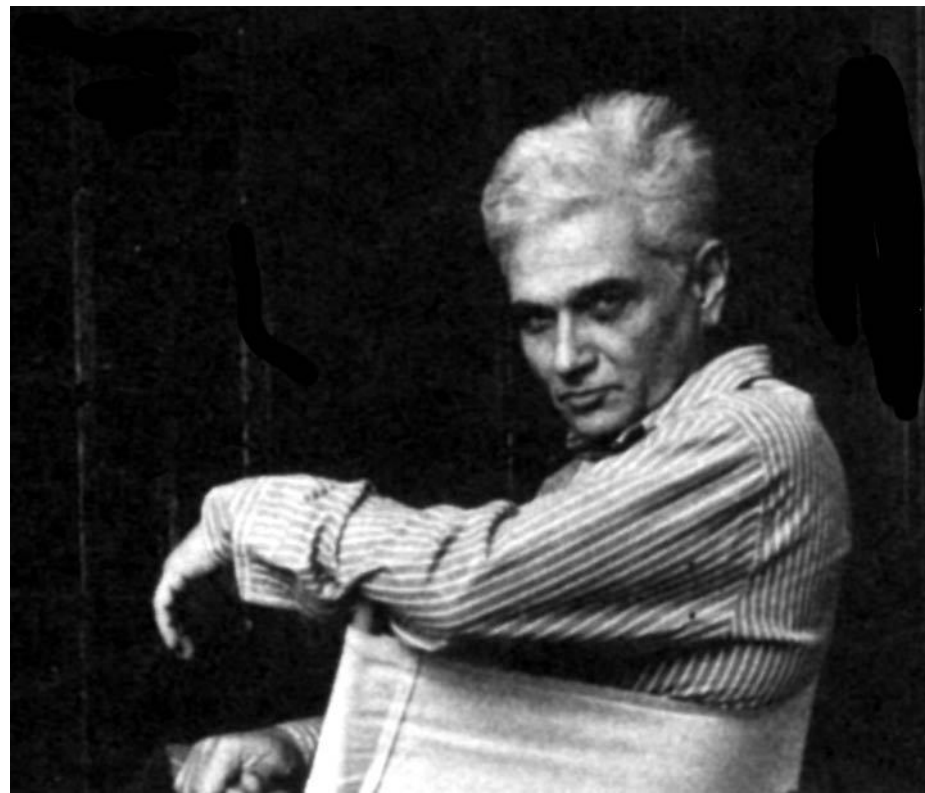


**25 Milliseconds!**

The image features the dark silhouettes of a man and a woman in profile, facing each other as if in conversation. The man is on the left, and the woman is on the right, with her hands raised near her face. The background is a plain, light color. Overlaid on this scene is large, red, serif text.

Reading reborn?  
or yet more  
evidence of our  
social decline?

“We can pronounce not a single destructive proposition which has not already had to slip into the form, the logic, and the implicit postulations of precisely what it seeks to contest. In this sense, language itself has a speed and hence a momentum which cannot be absent from the act of signification.”



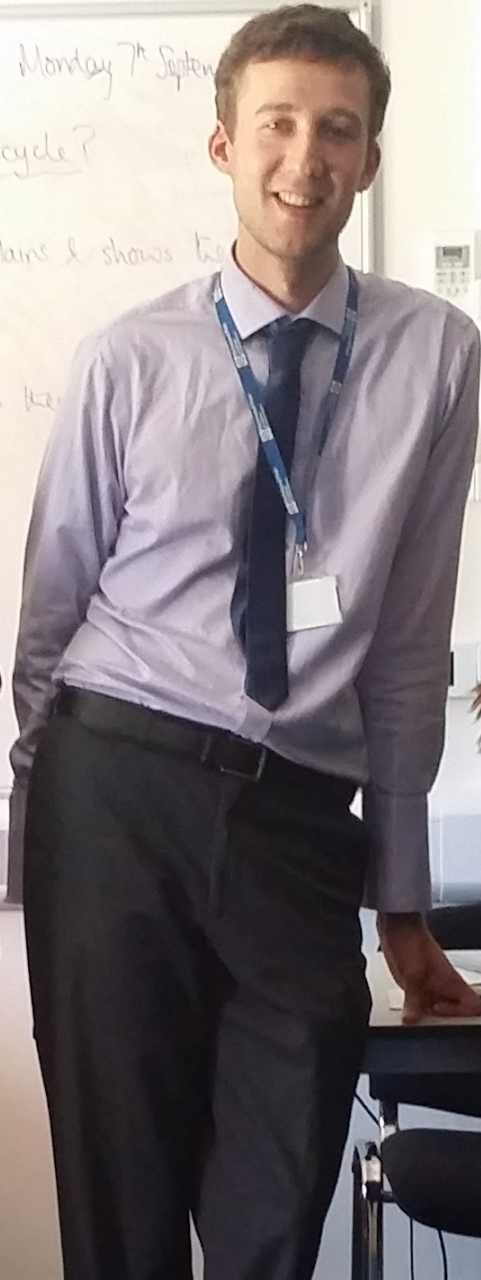


**Quantify!**

Olqmag? Monday 7<sup>th</sup> Septem

What is the rock cycle?

- P... which explains & shows the
- Y... include & explain the



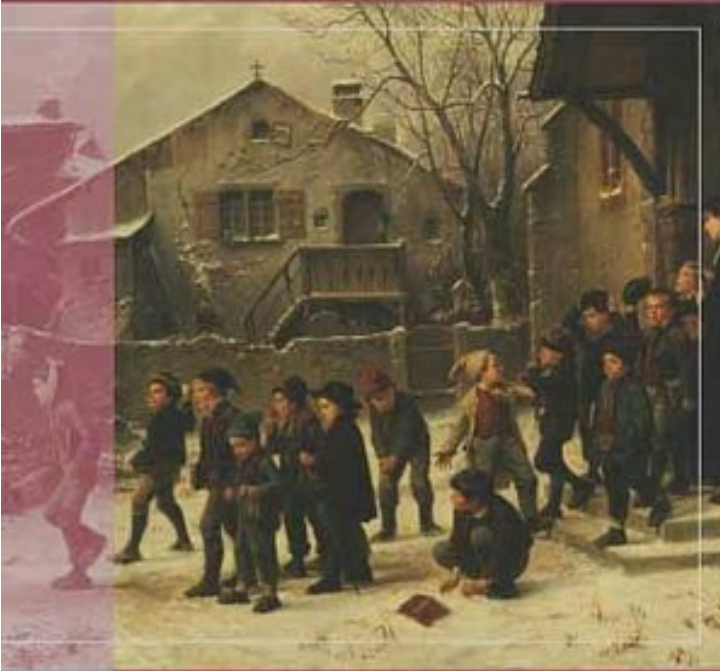




# Accelerated Reader®

- Database of standardised reading comprehension
- Used across Secondary Schools in the UK quizzes

NICHOLAS NICKLEBY  
Charles Dickens



  
BARNES  
& NOBLE  
CLASSICS

Introduction and Notes by Jill Muller



**THE RECRUIT**  
Robert Muchamore



800  
gripping  
pages !

(Except the last bit in  
Amsterdam, sorry)



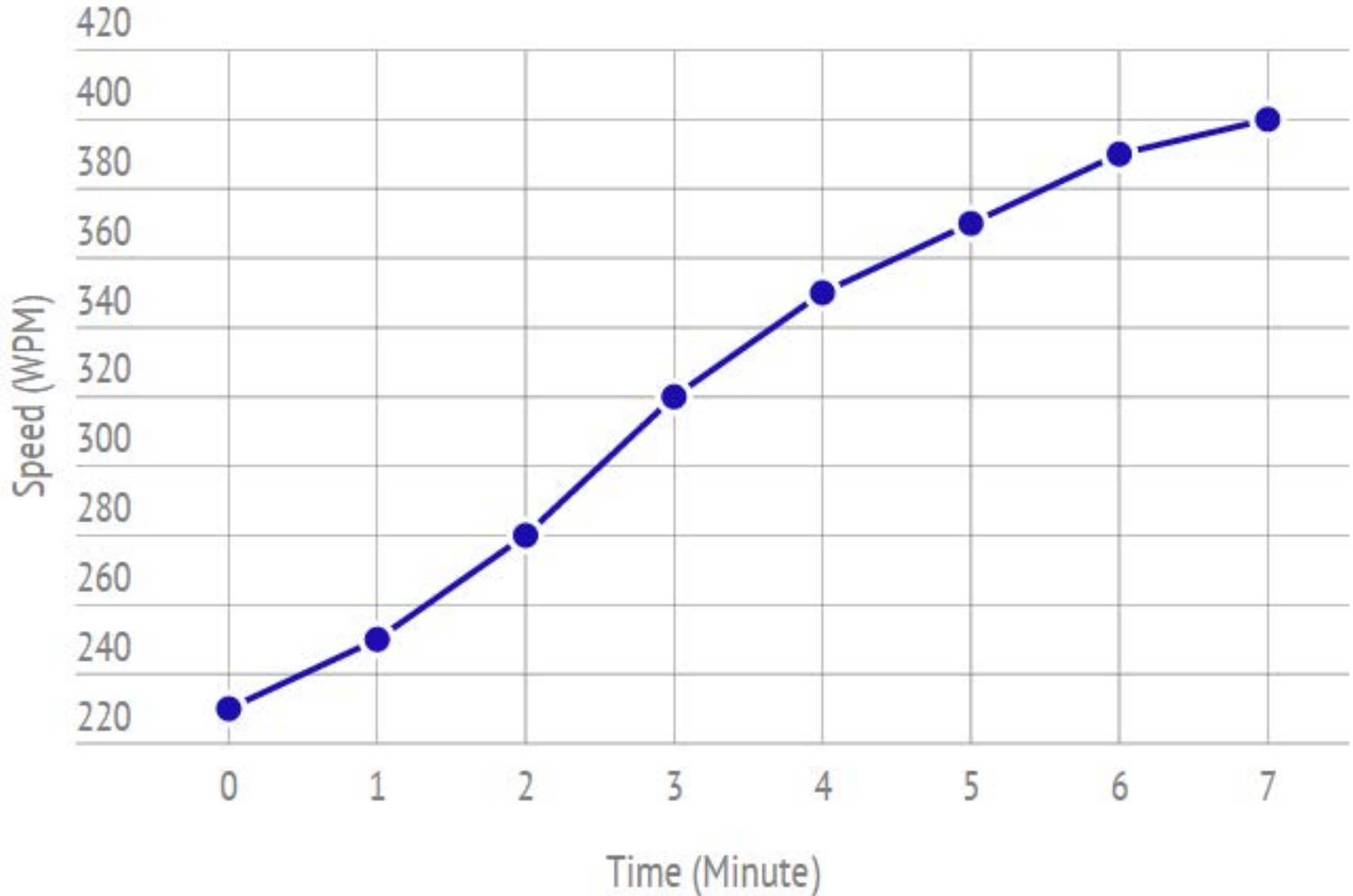
# MY READING JOURNEY

- Before Spritz: 230 wpm
- When I found Spritz: 350 wpm
- Using Spritz for a couple of months: 450 wpm





# I INCREASED THE SPEED ON SPRITZ



# GREATER SPEED MORE CALMING?

Active



Tap To Zoom

Neutral

Calm

Minute:



1

2

3

4

5

6

7



# OR DID IT JUST GET BORING?

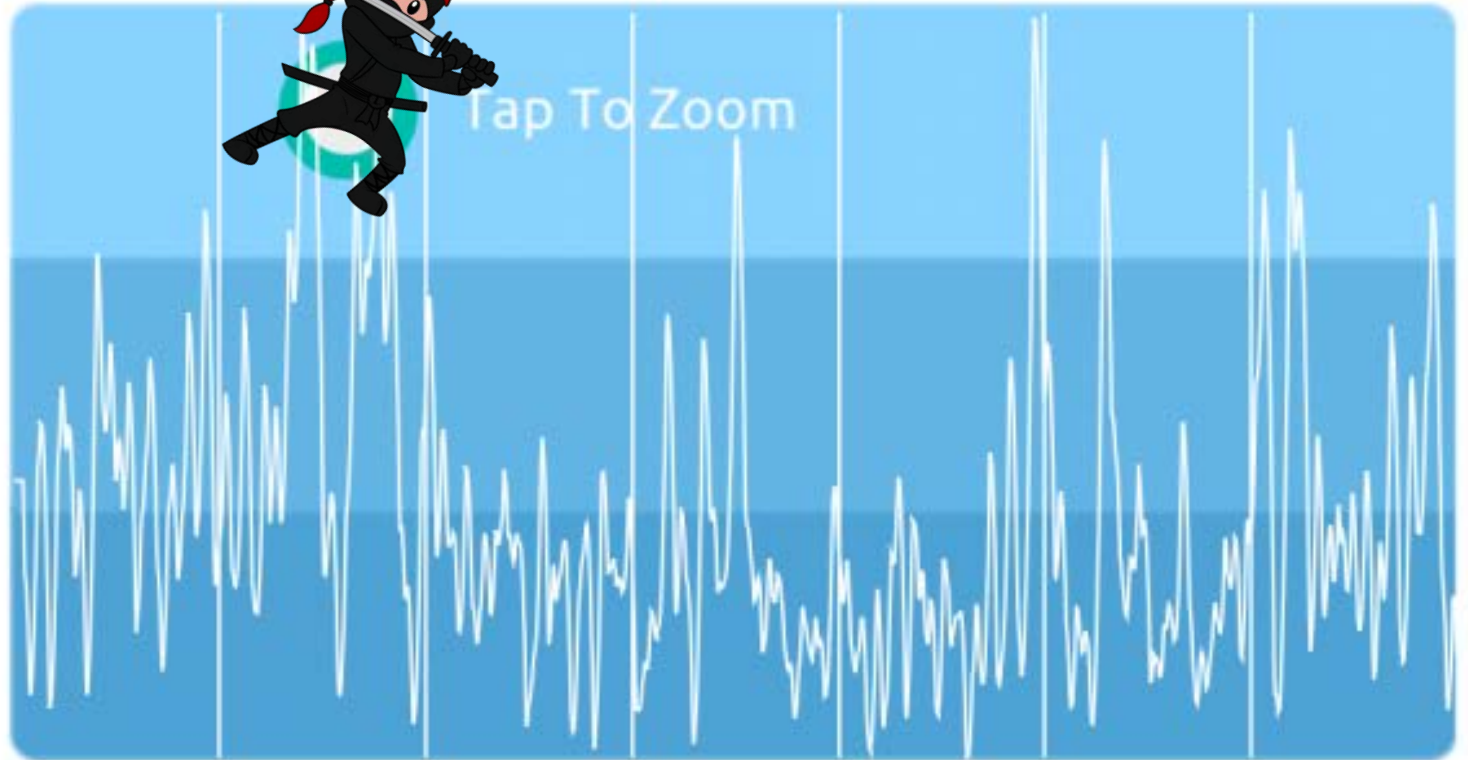


Active

Neutral

Calm

Minute:



1

2

3

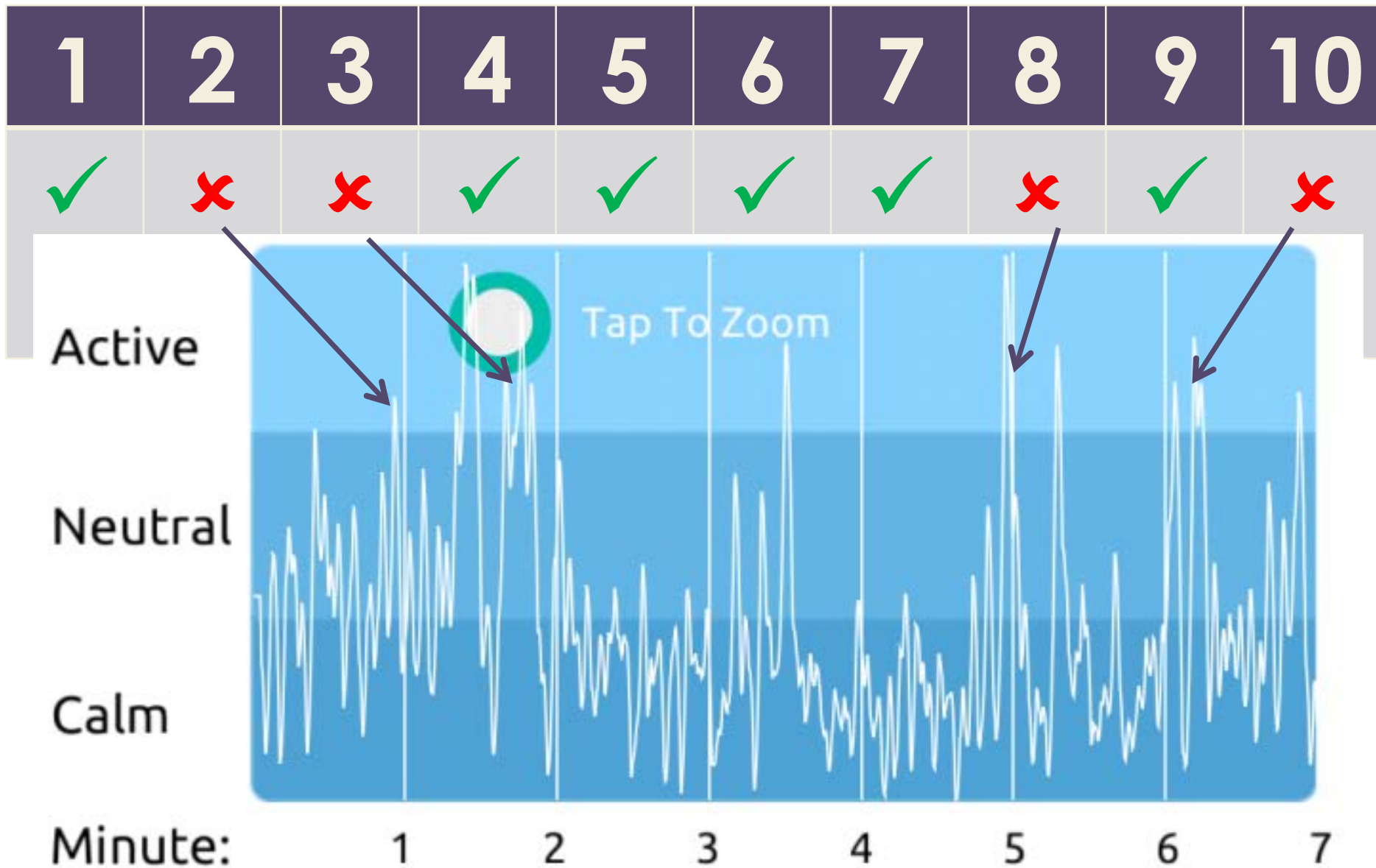
4

5

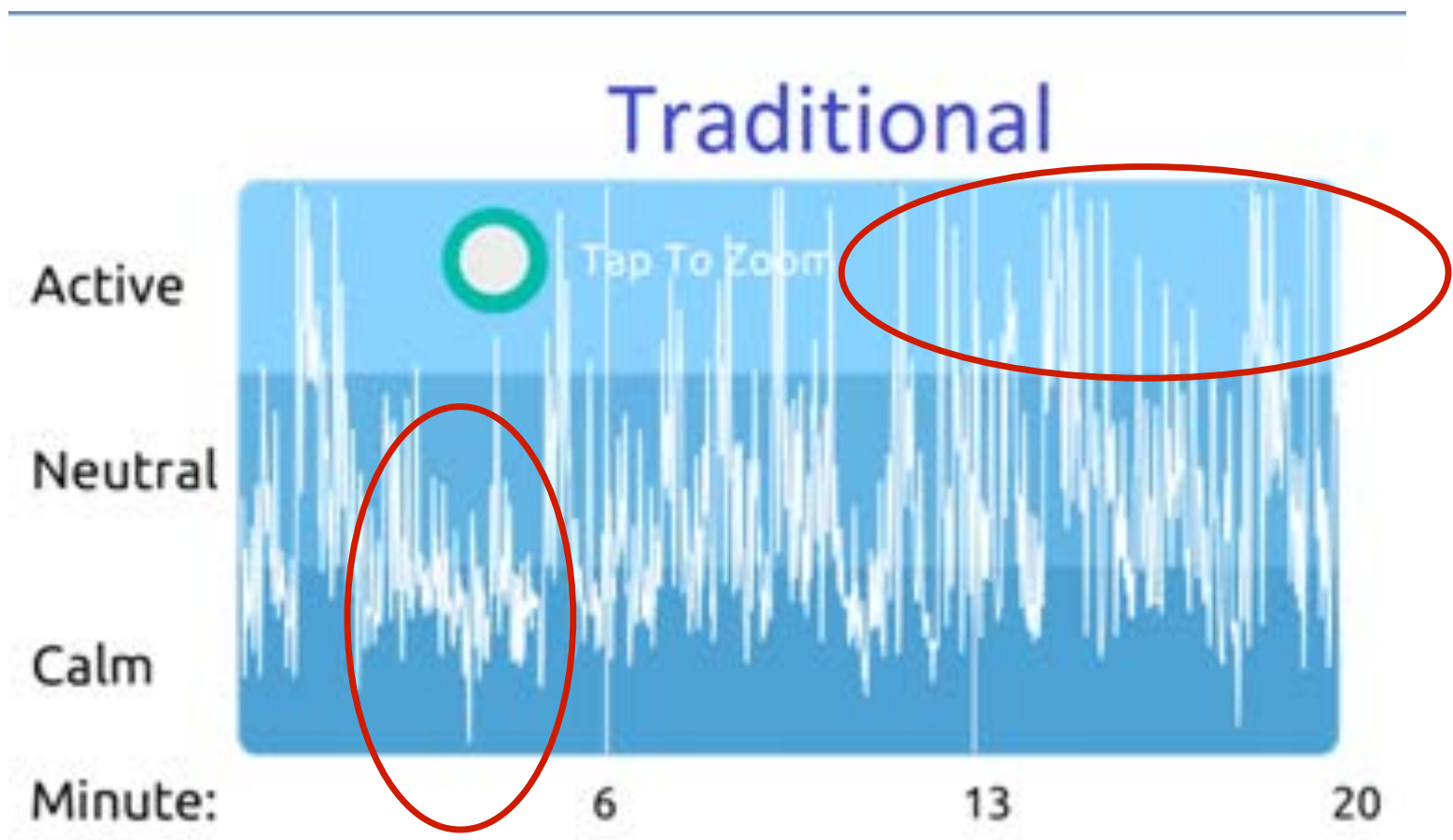
6

7

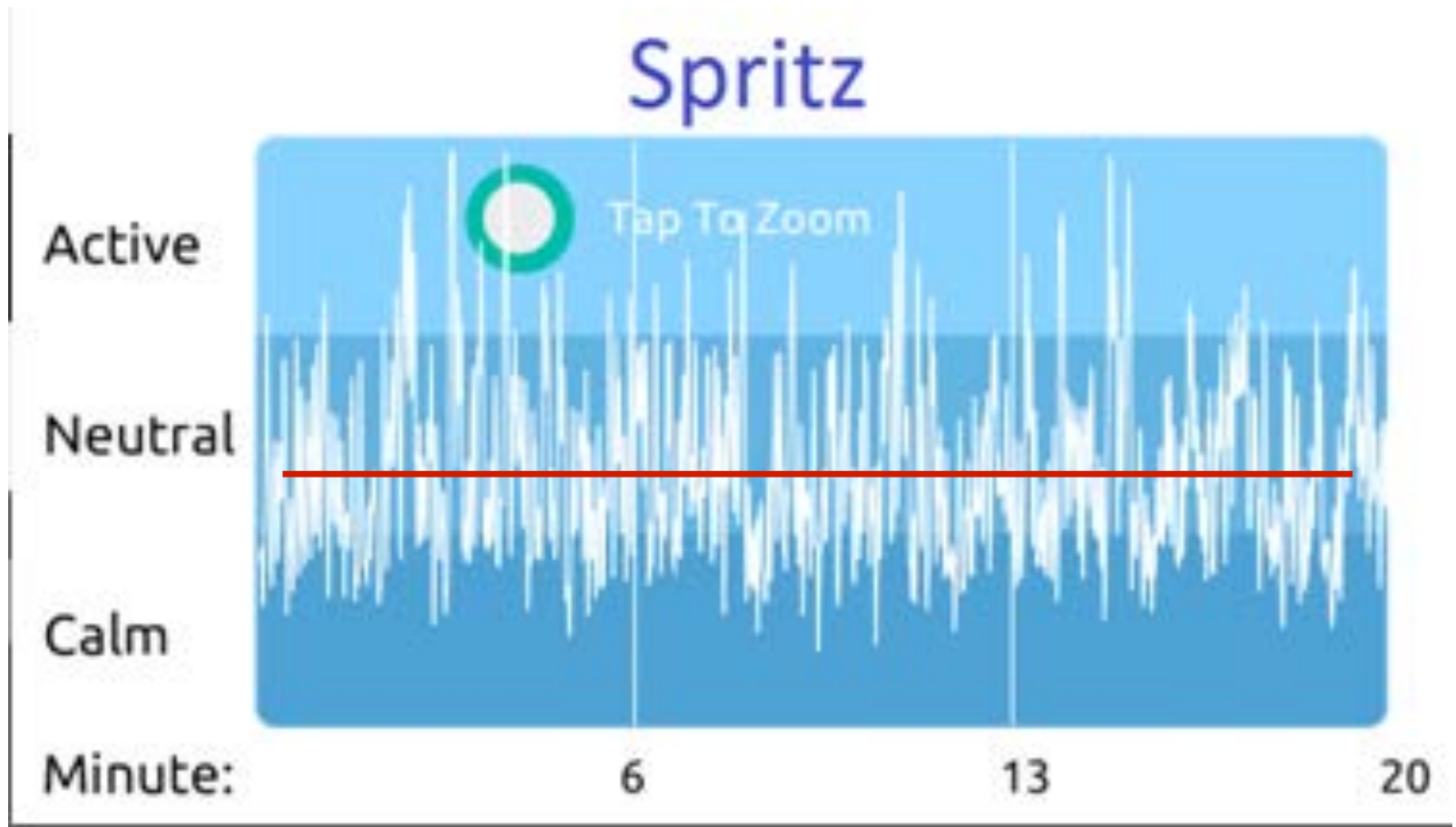
# Comprehension scores for this short story



# HOW DOES IT MEASURE UP TO TRADITIONAL READING?



# HOW DOES IT MEASURE UP TO TRADITIONAL READING?





# THE SPRITZ EXPERIENCE

- Less deep / immersive overall
- Sustained calm reading experience
- You can sustain high speeds if necessary



# THE SPRITZ EXPERIENCE

- Less deep / immersive overall
- Sustained calm reading experience
- You can sustain high speeds if necessary
- Feels less effortful
- Far more thorough than “skimming” (you don’t miss any ideas)
- Allows you to track exactly how much you’ve read



# DIFFERENT KIND OF READING

Why are you reading?

- To acquire content
- For pleasure

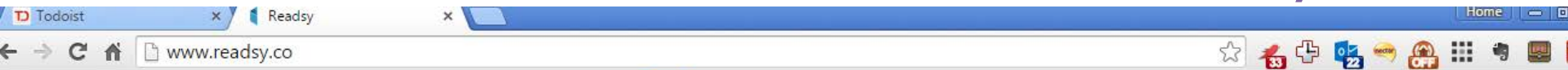
# I was able to Spritz a number of studies, whilst teaching full time

## References

- Ams, M., Peters, S., et al. (2007). Different Brain Activation Patterns In Dyslexic Children: Evidence From Eeg Power And Coherence Patterns For The Double-Deficit Theory Of Dyslexia. *Journal of Integrative Neuroscience*, 06(01), pp.175-190.
- Bosse, M., Tainturier, M. and Valdois, S. (2007). Developmental dyslexia: The visual attention span deficit hypothesis. *Cognition*, 104(2), pp.198-230.
- Buchholz, J. and Aimola Davies, A. (2008). Adults with dyslexia demonstrate attentional orienting deficits. *Dyslexia*, 14(4), pp.247-270.
- Cornelissen, P. and Hansen, P. (1998). Motion detection, letter position encoding, and single word reading. *Annals of Dyslexia*, 48(1), pp.155-188.
- Dubois, M. and Valdois, S. (2010). Visual span as a sensory bottleneck in learning to read. *Journal of Vision*, 10(7), pp.952-952.
- Eden, G., Jones, K., Cappell, K., Gareau, L., Wood, F., Zeffiro, T., Dietz, N., Agnew, J. and Flowers, D. (2004). Neural Changes following Remediation in Adult Developmental Dyslexia. *Neuron*, 44(3), pp.411-422.
- Hari, R. and Renvall, H. (2001). Impaired processing of rapid stimulus sequences in dyslexia. *Trends in Cognitive Sciences*, 5(12), pp.525-532.
- Hoeff, F., Hernandez, A., McMillon, G., Taylor-Hill, H., Martindale, J., Meyler, A., Keller, T., Siok, W., Deutsch, G., Just, M., Whitfield-Gabrieli, S. and Gabrieli, J. (2006). Neural Basis of Dyslexia: A Comparison between Dyslexic and Nondyslexic Children Equated for Reading Ability. *Journal of Neuroscience*, 26(42), pp.10700-10708.
- Jeddi, E. and Ali Nazari, M. (2013). Effectiveness of EEG-Biofeedback on Attentiveness, Working
- Ray, N., Fowler, S. and Stein, J. (2005). Yellow Filters Can Improve Magnocellular Function: Motion Sensitivity, Convergence, Accommodation, and Reading. *Annals of the New York Academy of Sciences*, 1039(1), pp.283-293.
- Reynolds, L. and Walker, S. (2004). 'You can't see what the words say': word spacing and letter spacing in children's reading books. *J Research in Reading*, 27(1), pp.87-98.
- Schneps, M., Thomson, J., Chen, C., Sonnert, G. and Pomplun, M. (2013). E-Readers Are More Effective than Paper for Some with Dyslexia. *PLoS ONE*, 8(9), p.e75634.
- Schneps, M., Thomson, J., Sonnert, G., Pomplun, M., Chen, C. and Heffner-Wong, A. (2013). Shorter Lines Facilitate Reading in Those Who Struggle. *PLoS ONE*, 8(8), p.e71161.
- Simos, P., Fletcher, J., Bergman, E., Breier, J., Foorman, B., Castillo, E., Davis, R., Fitzgerald, M. and Papanicolaou, A. (2002). Dyslexia-specific brain activation profile becomes normal following successful remedial training. *Neurology*, 58(8), pp.1203-1213.
- Stein, J. (2012). The Neurobiological Basis of Dyslexia: The Magnocellular Theory. *Faust/The Handbook of the Neuropsychology of Language*, pp.938-962.
- Temple, E., Deutsch, G., Poldrack, R., Miller, S., Tallal, P., Merzenich, M. and Gabrieli, J. (2003). Neural deficits in children with dyslexia ameliorated by behavioral remediation: Evidence from functional MRI. *Proceedings of the National Academy of Sciences*, 100(5), pp.2860-2865.
- Temple, E., Poldrack, R., Salidis, J., Deutsch, G., Tallal, P., Merzenich, M. and Gabrieli, J. (2001). Disrupted neural responses to phonological and orthographic processing in dyslexic children: an fMRI study. *Neuroreport*, 12(2), pp.299-307.
- Valdois, S., Lassus-Sangosse, D. and Lobier, M. (2012). Impaired Letter-String Processing in Developmental Dyslexia: What Visual-to-Phonology Code Mapping Disorder?. *Dyslexia*, 18(2), pp. 77-92



I read these on  
readsy.co



spritz

Kyrill

building



360 wpm

Karen's birthday was on Tuesday and Mr Naven said his birthday present to her has also been recovered unscathed from the building. Market Hill remains closed to traffic as engineers make the affected buildings safe and Suffolk Fire Service investigates the cause.

Sample

Clear

Readsy!



TRY IT YOURSELF!



A screenshot of a speed-reading application interface. The main display area shows the word "Welcome" in a large, black, sans-serif font, with a vertical red bar highlighting the letter "l". The word is centered between two horizontal black lines. Below the word, the text "powered by spritz" is visible in a smaller font. To the right of the logo, there are two dropdown menus: the first shows a small American flag icon, and the second shows the text "250wpm".

250 wpm

TRY IT YOURSELF!



350 wpm

TRY IT YOURSELF!



A screenshot of a speed-reading application interface. The word "Look" is displayed in a large font, with the letter "o" highlighted in red. Below the word, there are two horizontal lines. At the bottom left, it says "powered by spritz". At the bottom right, there are two dropdown menus: one showing the United States flag and another showing "500wpm".

500 wpm

# FIND OUT MORE, IT'S FREE



You can get a Spritz Chrome extension.

I like “**Readline**”

Paste in whatever you want on **readsy.co**



**BEEMINDER**

# THE FUTURE?

**Spritz + Beeminder?** Pledge to read 1000 words



**Spritz + Exist?** Check the impact of sleep and the music you listen to on how much you read

**Thank You**