

# IMPROVING FOCUS THROUGH LIFE LOGGING

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Justin Lawler – 2015/09/19

THE



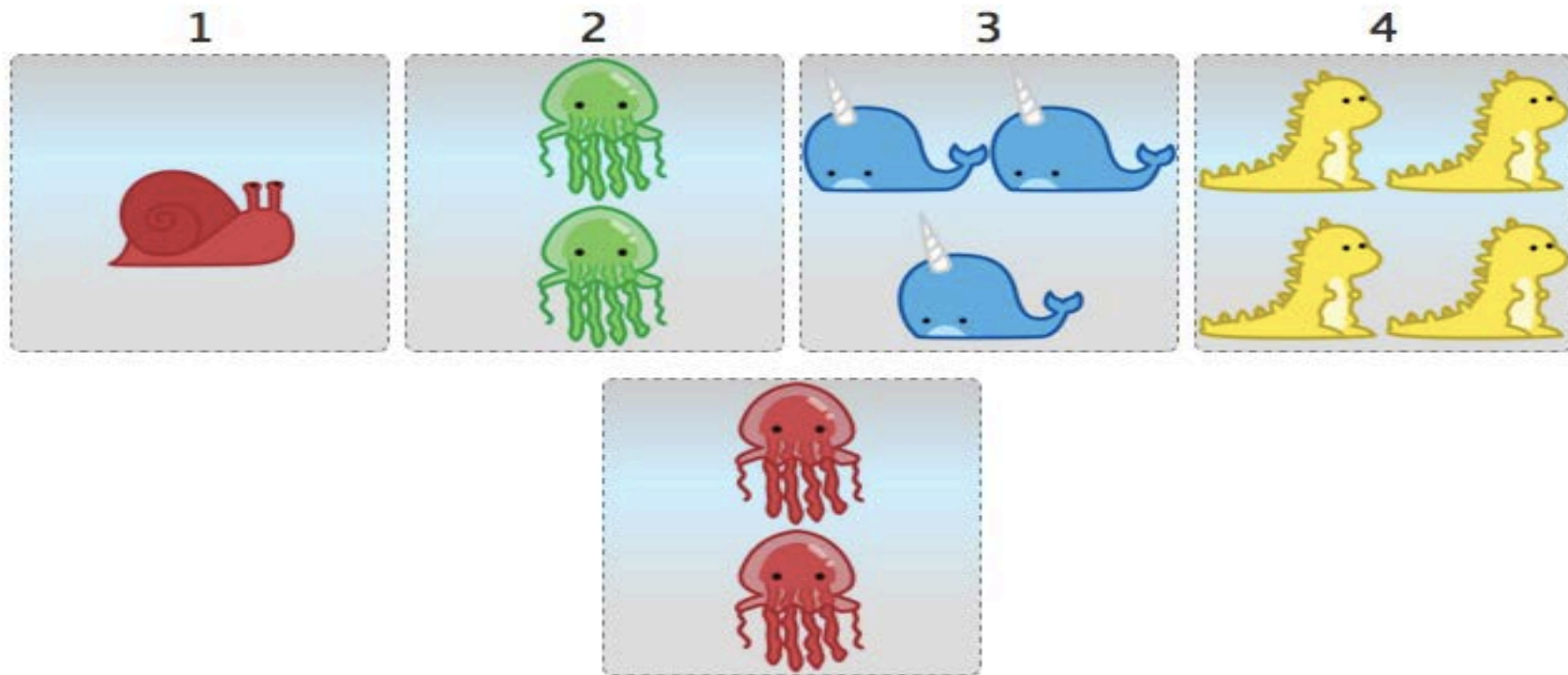
DIET

# Quantifying Focus – Quantified Mind

- Reaction Times
- Executive Function
- Short Term Memory
- Cognition Skills
- Visual Perception Skills
- Motor Skills

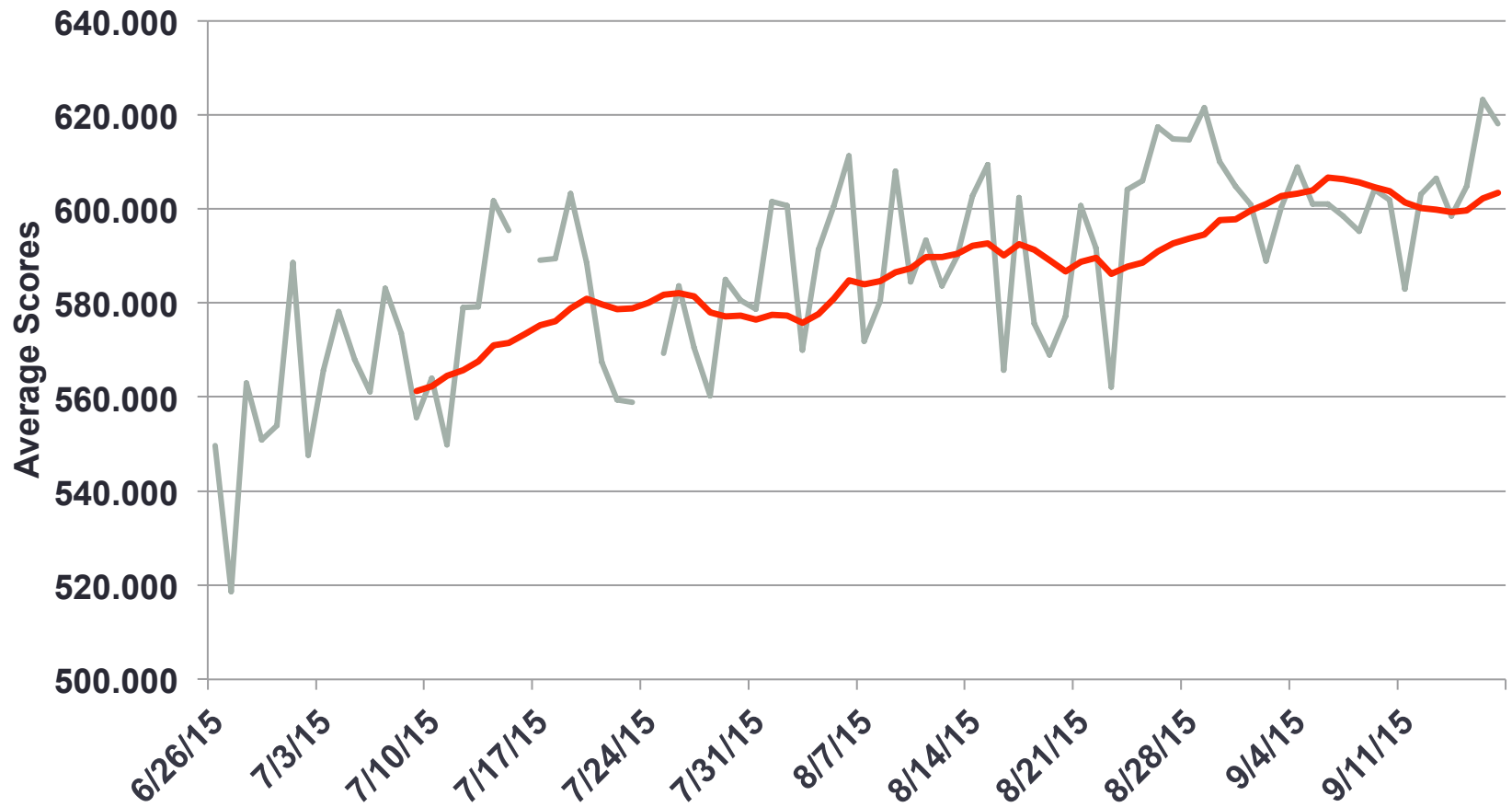


# Quantified Mind – Sorting Test



Executive Function & Context Switching

# Quantified Mind – 2.5 Months Results

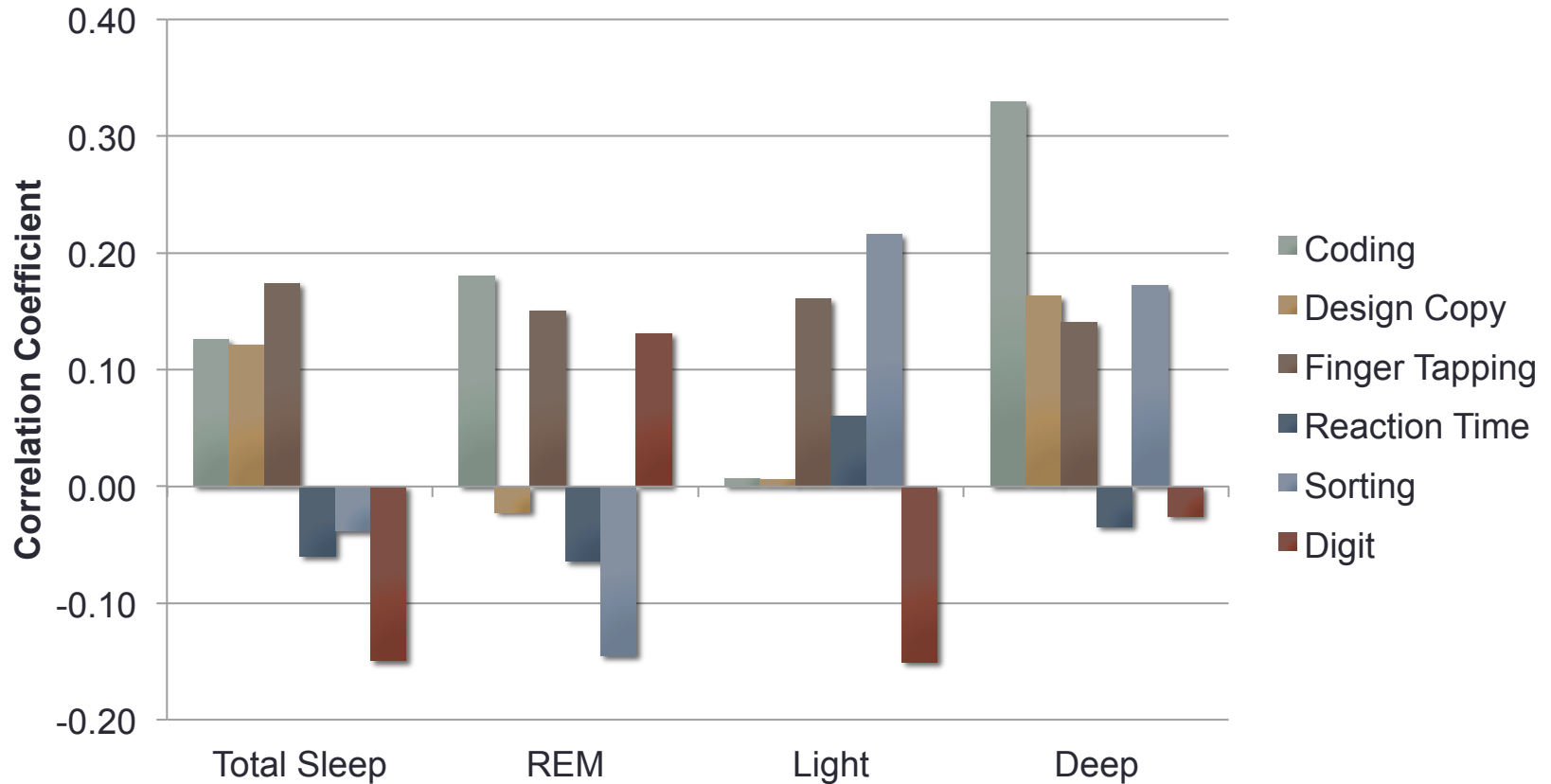


Average Scores & 14 Day Moving Average

# Quantifying Externalities - Sleep

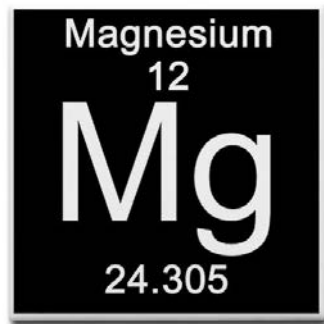


# Quantified Mind – Sleep



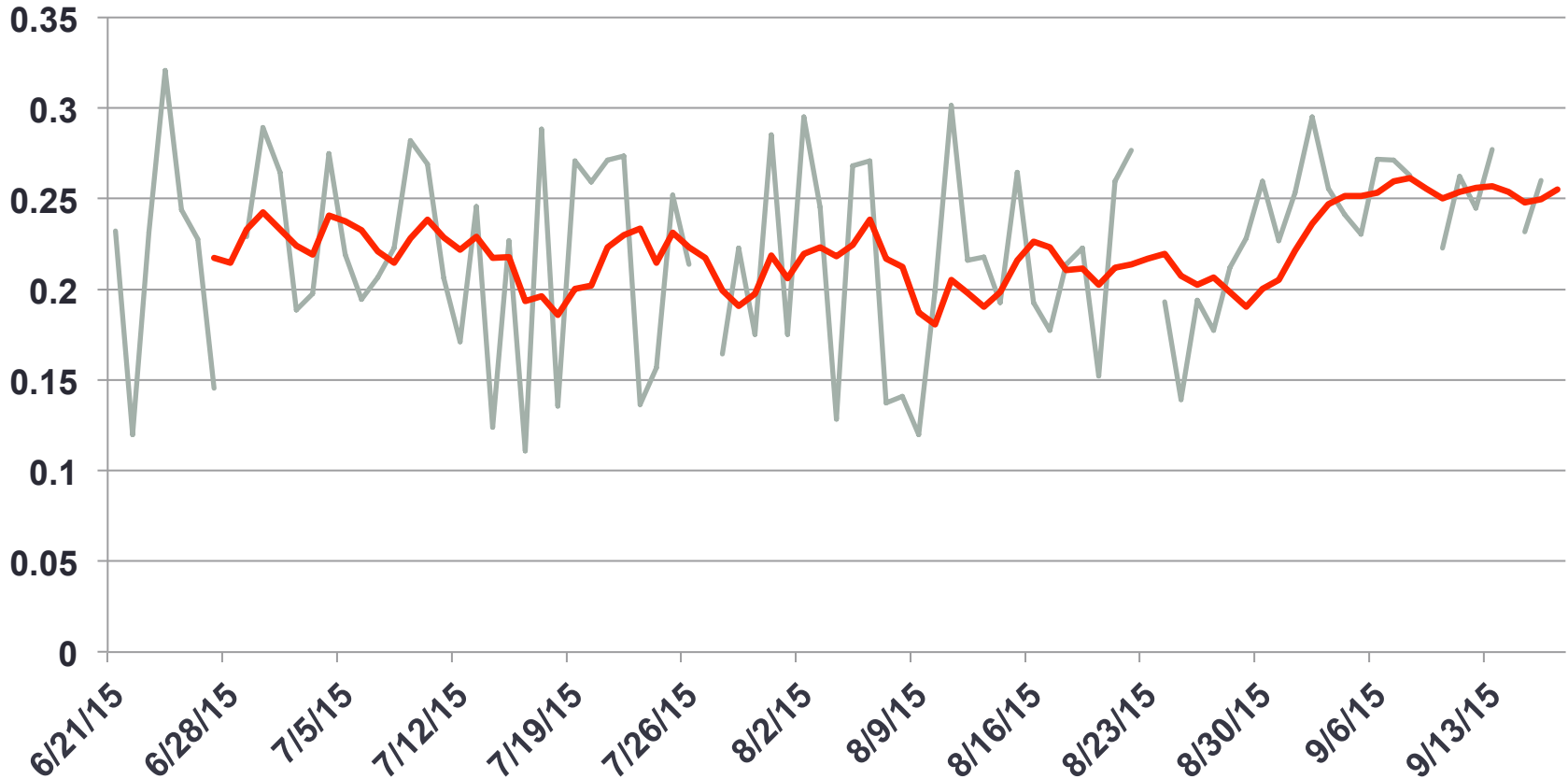
Calculated over 14 Day Moving Average

# Hacking Sleep





# Basis Band - % in Deep Sleep

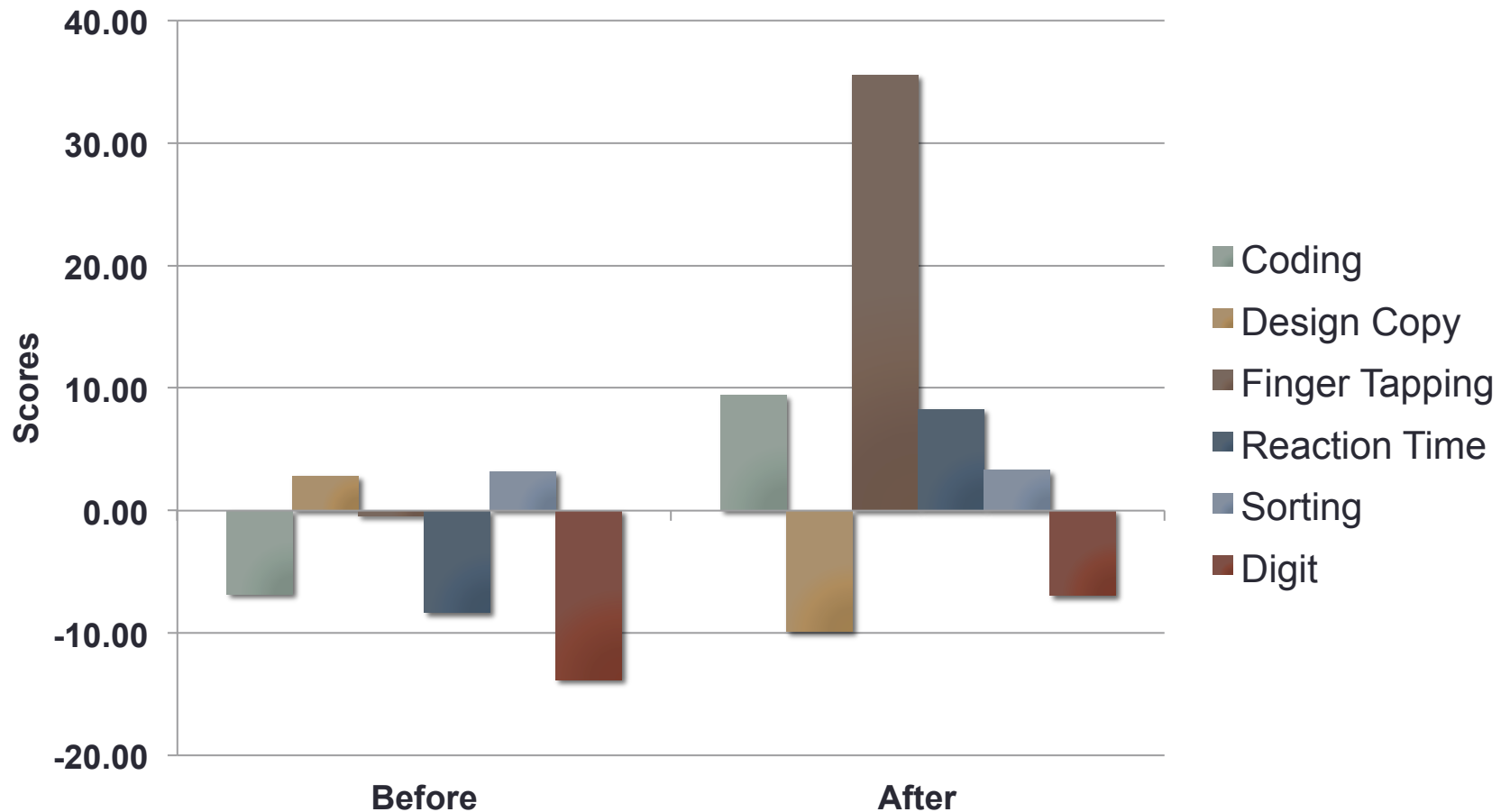


Percentage – Raw & 7 Day Moving Average

# Quantified Mind – Coffee

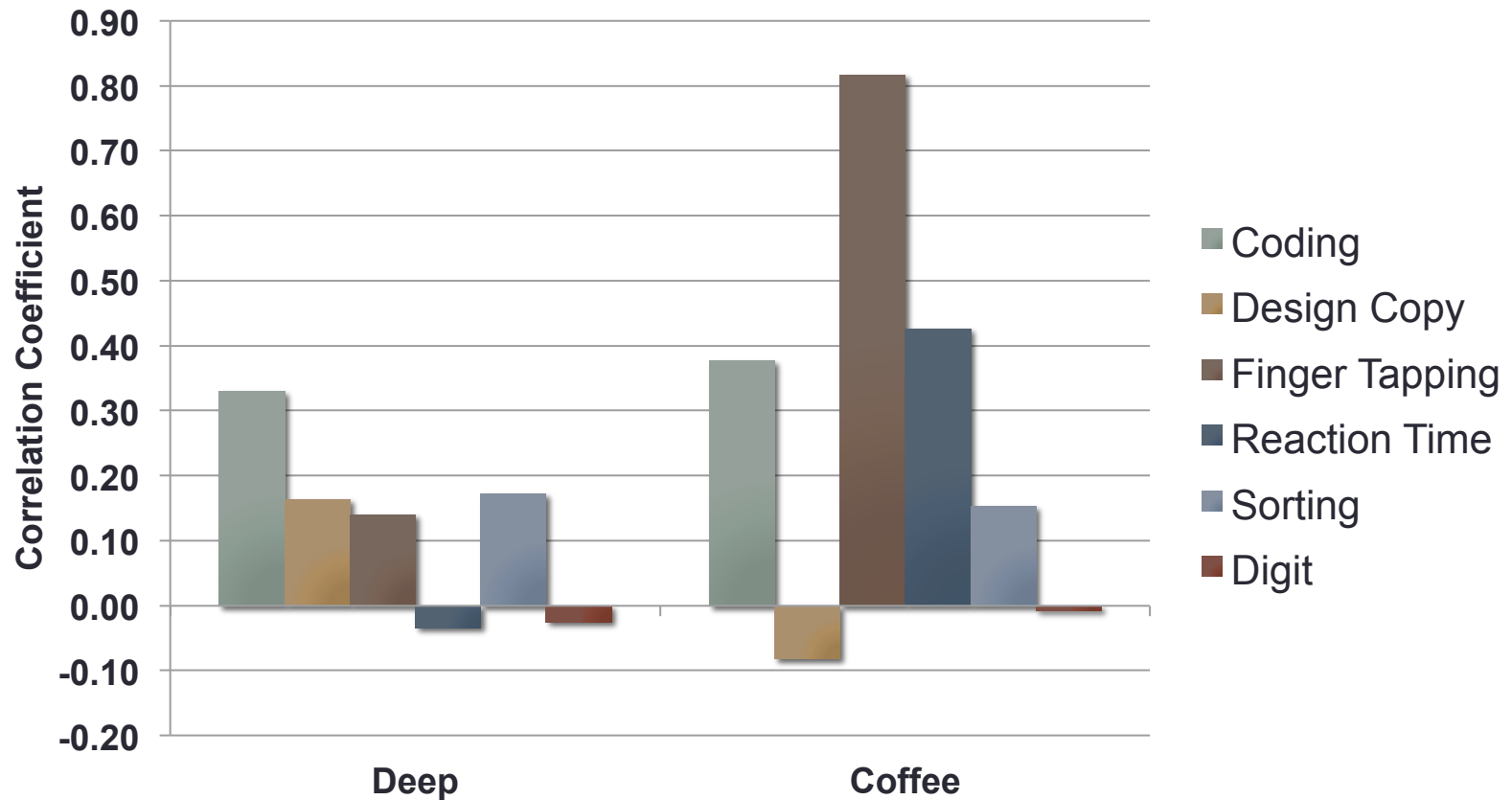


# Quantified Mind – Coffee



Average Score Difference from 14 Day Moving Average

# Quantified Mind – Sleep vs Coffee

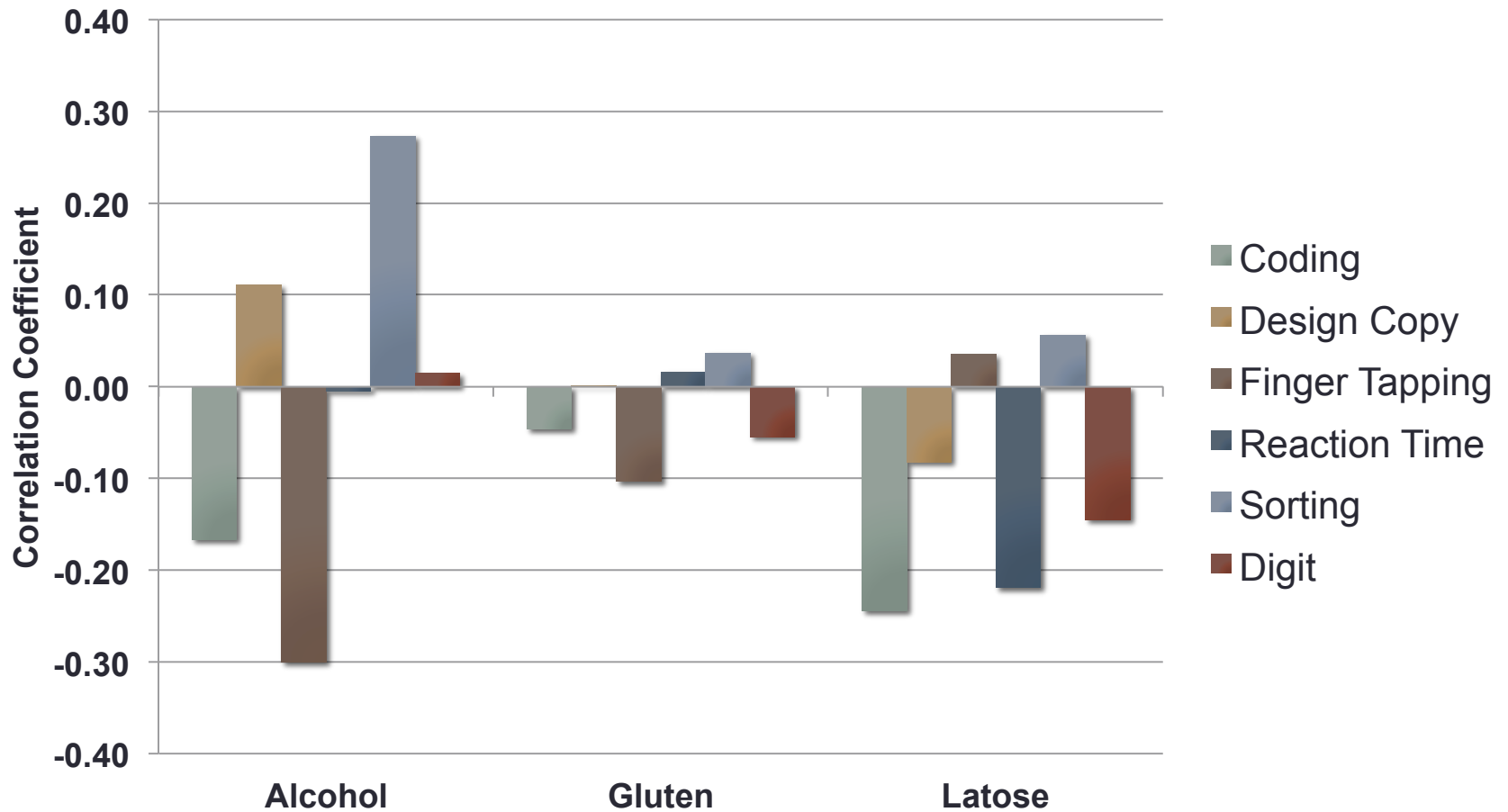


Calculated over 14 Day Moving Average

# Quantifying Externalities - Diet



# Quantified Mind – Diet



Calculated over 14 Day Moving Average

# Quantified Mind – Issues with Analysis

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- Experiment Quality



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- Experiment Quality
- Tracking Devices
- **Limited Data Set**

# Quantified Mind – Issues with Analysis

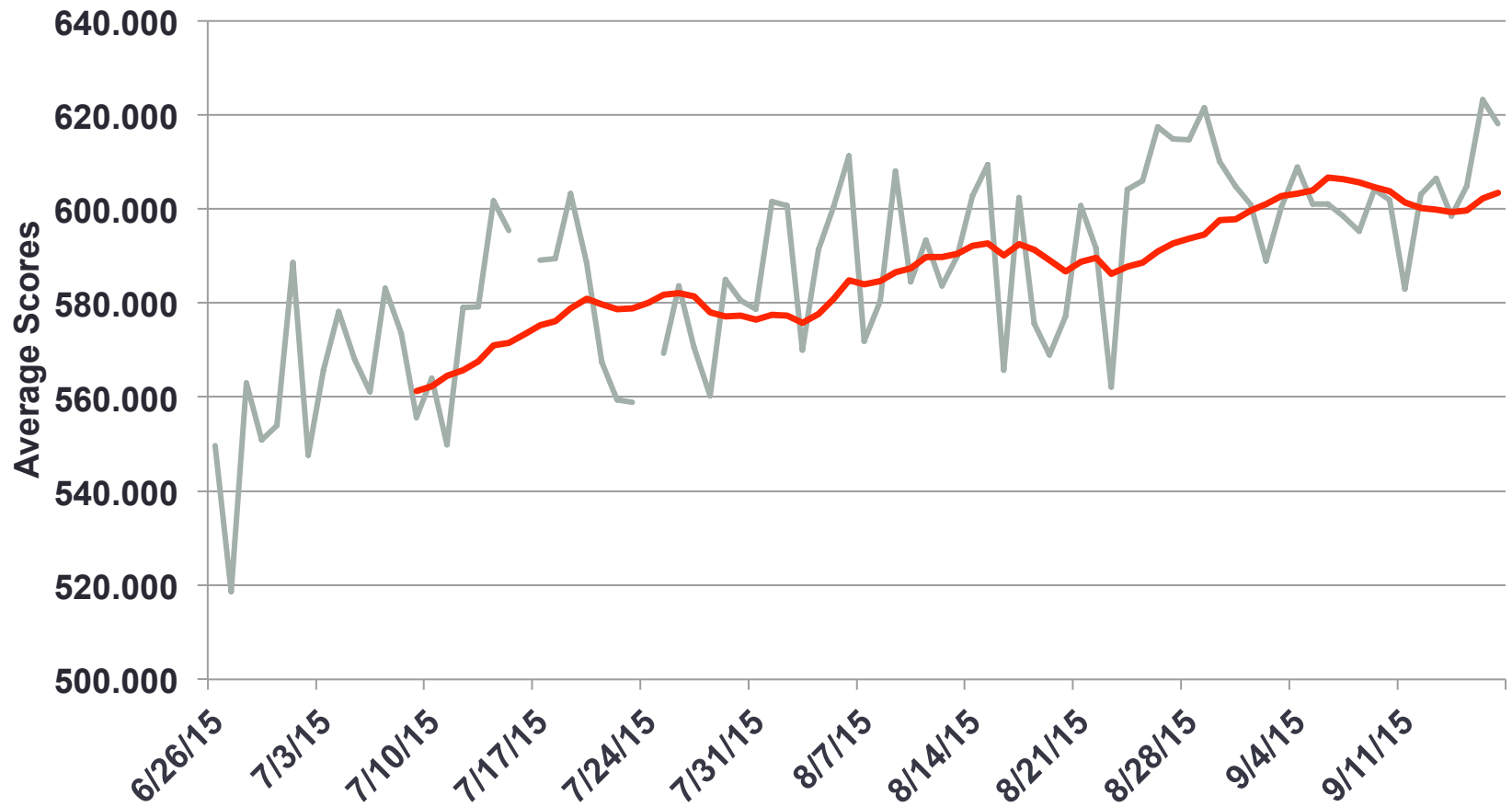
- Experiment Quality
- Tracking Devices
- Limited Data Set
- **Causation vs. Correlation**

# Quantified Self - Benefits

# Benefits – Diet



# Benefits – Diet

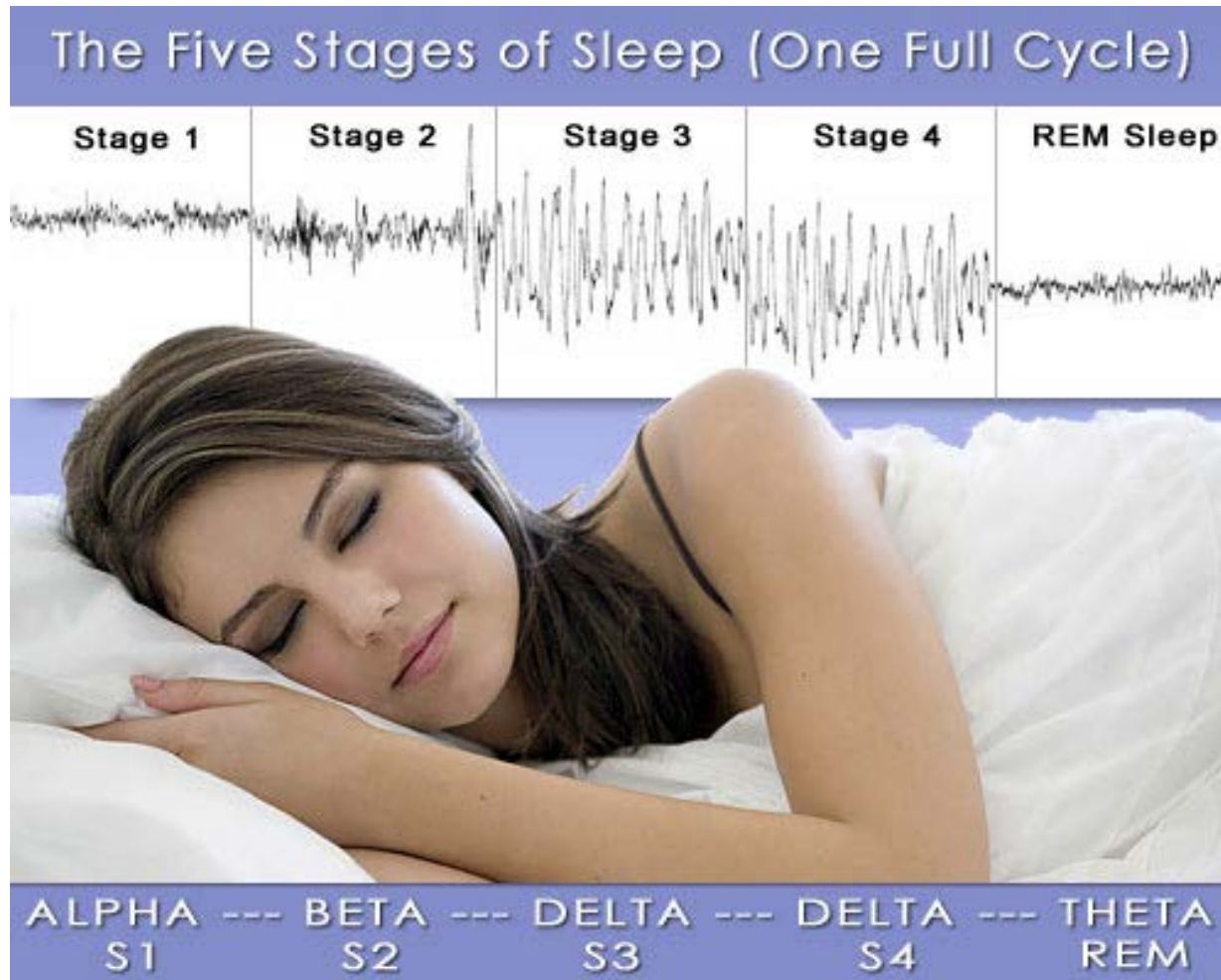


Average Scores & 14 Day Moving Average

# Benefits – Food Intolerances



# Benefits





# Benefits



# Benefits



# Life Logging



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