



Breathe

A breathing pacer that taps your wrist to breathe in, hold and breathe out, so you can do a whole session with your eyes closed. Four patterns ready to go, or write your own.



A session about to begin



The breath at its fullest



The breath let out

8 pattern slots, four filled

3 wrist cues, told apart by count

1 button runs a session

0 accounts, network or tracking

Reading the face

The disc is the breath

It grows while you breathe in, holds while you hold, and shrinks while you breathe out. Inside it, the seconds left in this phase; under it, the phase in a word. Turn Show counts off and both go.

Two rings

The ring just outside the disc runs down the phase you are in, so a hold, with the disc perfectly still, never looks frozen. The ring at the rim runs down the whole session, so how much longer is a shape.

The taps

Two short taps to breathe in, one soft nudge to hold, one longer buzz to breathe out. They are told apart by count and length rather than strength: once you know the three, you stop looking at the watch.

Patterns

- BOX is 4-4-4-4, for composure. CALM is 4-7-8, for bedtime. COHERENT is 5.5 in and 5.5 out. RELAX is 4 in, 6 out.
- All four are yours to change, and there are four more slots for patterns of your own.
- A pattern is letters and seconds: P for Prepare, I for in, H for hold, O for out. So box breathing is P5I4H4O4H4.
- Any order works: P3I4H1I2O8 is a stacked inhale, in, a beat, in again, then a long slow exhale.
- A session ends on a whole breath rather than mid-exhale, so three minutes of box breathing is three minutes twelve.

Buttons

DOWN	tap	start, pause, carry on, or begin again
SELECT	hold	the next pattern; two seconds, the wrist cues
UP	hold	invert, the wrist light, the info pages
BACK		leave

It measures nothing: no heart rate, no history, nothing kept. It cannot tell whether you actually breathed.

Free, no accounts, no network, nothing collected.

In the UNA app store. Settings explained at curator.fossistheway.click/#app=breathe

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