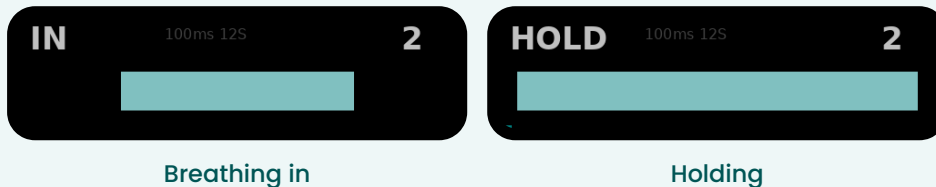




# Breathe Glance

A breathing pacer in your glances: a bar that grows and shrinks with each breath, and a tap on your wrist at every change. Nothing to press.



**0** buttons to press

**3** wrist cues, told apart by count

**10** steps a pattern can hold

**0** accounts, network or tracking

## On the strip

### The bar

A bar grows from the middle of the strip while you breathe in, holds while you hold, and shrinks while you breathe out. Above it, the phase in a word and the seconds left in it.

### The taps

Two short taps to breathe in, one soft nudge to hold, one longer buzz to breathe out. That is the part worth having, because it means you do not have to watch the strip at all.

### The session

Opening the glances starts it and leaving them ends it. A hairline at the foot runs down the session, and the longest a session runs is a setting; it always finishes the breath it is in.

## The pattern

- One setting, written as letters and seconds: P for Prepare, I for Breath In, H for Hold Breath, O for Breath Out.
- BOX:P5I4H4O4H4 is the default: five seconds to prepare, then equal quarters with holds at both ends.
- CALM:P5I4H7O8 is 4-7-8. COHERENT:P5I5.5O5.5 is about five and a half breaths a minute. RELAX:P5I4O6 is 4 in, 6 out.
- Any order, up to ten steps: I4H1I2O8 stacks a second inhale on the first.
- The word before the colon is the name shown on the strip, and it is yours to choose.

## No buttons

- A glance does not receive button presses; they belong to the carousel you scrolled with.
- Opening the glances starts a session; leaving them ends it.
- Everything else is set in the phone app, and a change takes effect within a few seconds.
- Breathe, the Utility version, adds a round face, four patterns to change from the wrist and a pause.

The watch runs every glance while the glances are open, so it paces and taps even behind another glance; set Wrist cues to silent if that bothers you.

Free, no accounts, no network, nothing collected.

In the UNA app store. Settings explained at [curator.fossistheway.click/#app=breatheglance](https://curator.fossistheway.click/#app=breatheglance)

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