

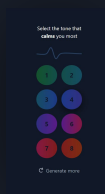
MEDITONE

Hear your inner peace

Find the perfect tone for meditation with the assistance of our deep learning algorithm, which monitors heart rate and breathing to make live adjustments for maximal tranquility

HUMAN-IN-THE-LOOP

Choose from a set of seed tones



Manual tone adjustment & locking



Customize your theme



Look & feel responds to tonal changes



Minimal but expressive menu design (video)



Adjustment dial breathes with you (video)



DESIGN TO CREATE CALM

Choose from a set of seed tones

Select the tone that
calms you most



1

2

3


4

5

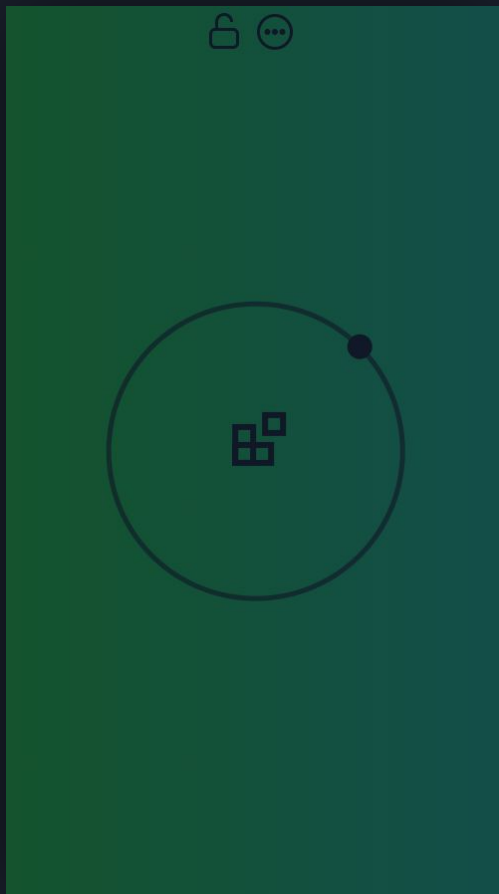
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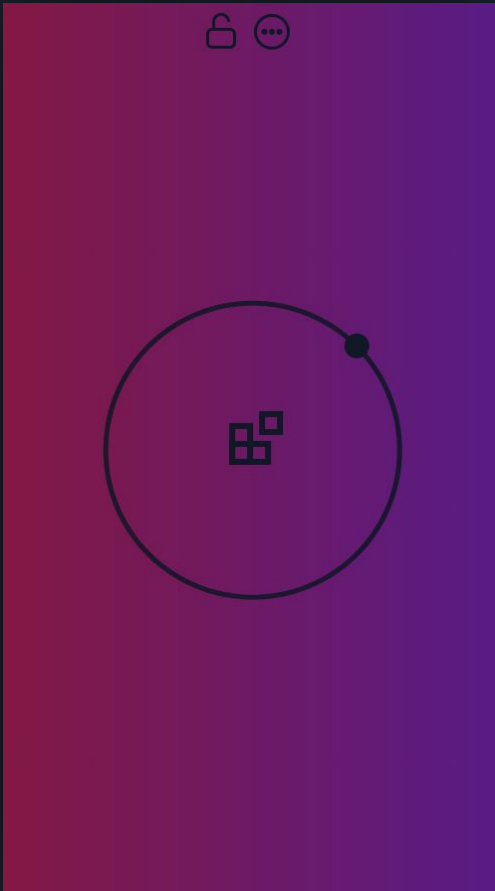
8

 Generate more

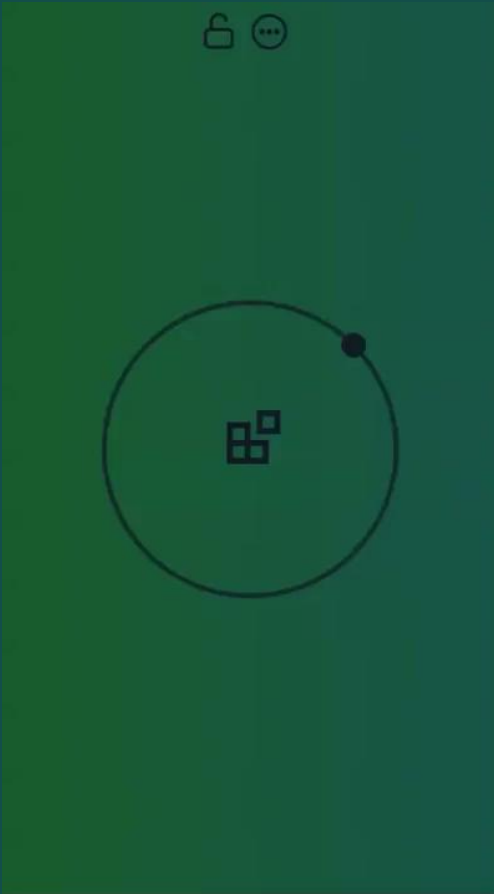
Manual tone adjustment & locking



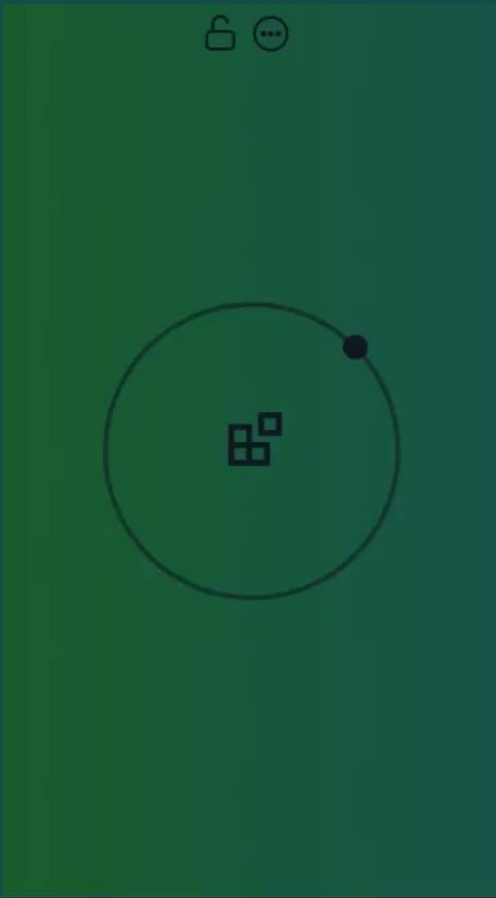
Look & feel responds to tonal changes



Minimal but expressive menu design

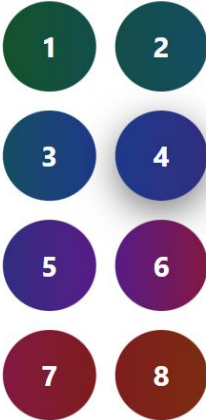


Adjustment dial breathes with you

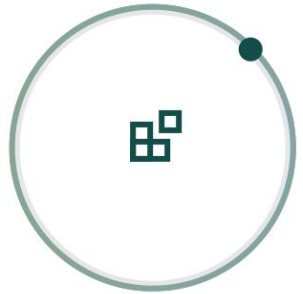


Customize your theme

Select the tone that
calms you most



 Generate more



MEDITONE

USER MANUAL

GETTING STARTED

Begin by downloading the Meditone app from the Google Play Store (Android) or App Store (iPhone).

CHOOSING A SEED TONE

When you open Meditone, you will not be confronted with a sign-up form, subscription page, or pop-up ad – maintenance of this app relies only on voluntary donations, so it's yours to keep as a personal mindfulness tool. Instead, you'll see 8 colorful buttons, each of which plays a different, randomly generated tone. Click on each to hear the tones and choose the one you find most calming. If you aren't satisfied with any of the choices presented, click the "Generate more" button at the bottom of the screen to get a new set of options. Once a tone has been selected, you can confirm your choice by pressing the "Confirm" button.

MEDITATION

After selecting a seed tone, you'll see the app's main interface, which consists of a large circular dial against a backdrop with the same color as the button you selected earlier.

CUSTOMIZING APPEARANCE

The dark accents and default color scheme are intended to provide a calming experience to most users, but if the theme isn't to your liking, press the settings button at the top of the screen to switch to light mode or change the color palette.

LIVE TONAL ADJUSTMENTS

Before you begin meditating, it is recommended that you wear a device like a FitBit or smartwatch to provide accurate heart rate readings. Once you begin meditation, these, as well as breathing patterns, will be monitored by a deep learning algorithm in order to make live adjustments to the sound you're hearing. This sound begins as the seed you selected earlier, and the algorithm's goal is to gradually make changes that lower heart rate and steady breathing with the hope that these are good physical indicators for your internal sense of calm. This may not be the case, though, so you can override live adjustment by pressing the lock icon at the top of the screen. This puts you in full control, and you can move the central dial to adjust a variety of tonal qualities. The quality you're currently adjusting is represented by the icon in the middle of the dial, with a verbal description omitted to keep the interface simple. Pressing the icon will show its description, and swiping left or right allows other qualities to be selected.

As the tone is adjusted, either manually or by the algorithm, the theme color of the app will shift. Additionally, the color of the dial will fade in and out in synchronization with your breathing to make the main interface feel more relaxing and natural. This animation can be changed to correspond with heart rate in the settings menu.