



mirrors tell you one thing

data can tell you another

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aug 2, 2010



seattle, wa

minneapolis, mn

portland, or

ames, ia

orange county, ca











mirrors tell you one thing

data can tell you another

reflections



see the world differently





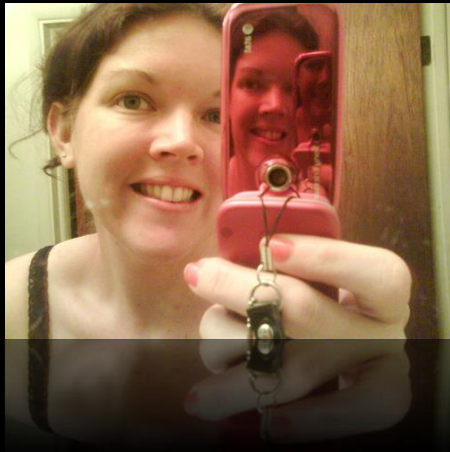
see things we cannot otherwise see



help us **practice**



see ourselves differently



new reflections of self with
technology

**new
insights**

{
our behaviors
our routines
our past actions
our social connections

a simple
example

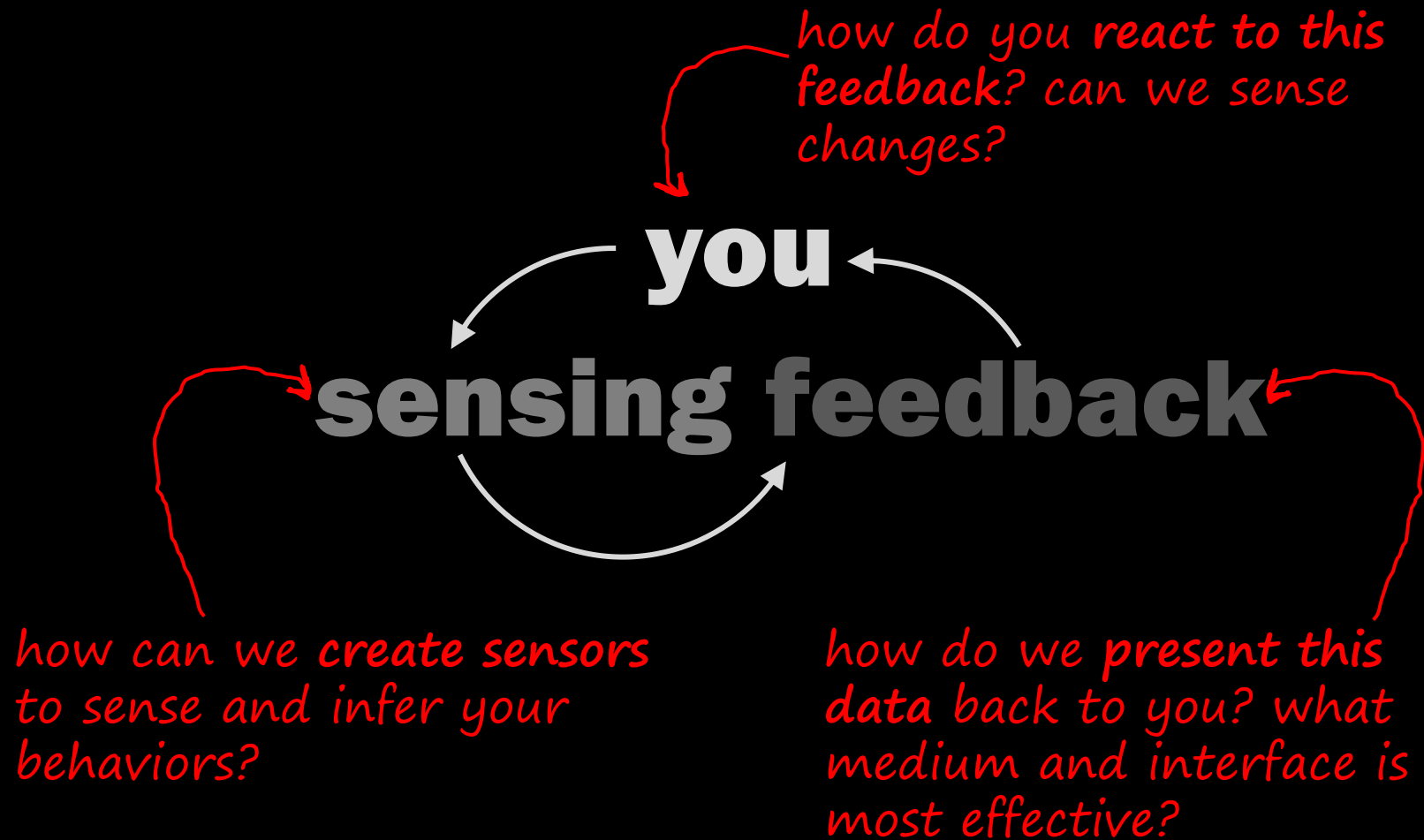
objective vs. subjective self







thanks,
great clips!



**human-computer
interaction**



computer science

why?

1. i want to make the world better
2. now is the time...

running



lester et al., ijcai 2005
choudury et al., ieeepervasive 2008



walking

lester et al., ijcai 2005
choudury et al., ieee pervasive 2008

A man with dark hair, wearing a dark grey t-shirt and blue jeans, is sitting on a light-colored concrete sidewalk. He is seen from behind, looking down a city street. The street is paved with dark asphalt and has white crosswalk markings. On the right side of the street, there is a red brick sidewalk, a green fire hydrant, and a blue sign that says "PUBLIC PARKING" with a white arrow pointing left. Several cars are parked along the right side of the street, including a red pickup truck and a gold sedan. In the background, there are buildings and more cars. The overall scene is a typical urban street intersection.

sitting

lester et al., ijcai 2005
choudury et al., ieee pervasive 2008

transit modes



patterson et al., ubicomp 2003
zheng et al., ubicomp 2008
reddy et al., sensor networks 2009

A close-up photograph of a man with curly brown hair and black-rimmed glasses, wearing a blue shirt. He is holding a sandwich with both hands and taking a bite. The background is slightly out of focus, showing an outdoor setting with greenery and a wooden fence. A dark grey banner with the word 'eating' is in the top left corner. A speech bubble on the right contains text about a microphone in the ear. At the bottom right, there is a dark grey box with citation information.

eating

microphone in ear
detects **when** a
person is eating
with **99%** accuracy

amft et al., ubicomp 2007
cheng et al., pervasive 2010

identifying fluids

A close-up photograph of a woman's face, partially visible in the background, looking down at a glass of red juice. She is holding a green celery stalk with both hands, and a straw is inserted into the glass. The glass is filled with a vibrant red liquid, likely juice. The background is softly blurred, focusing attention on the woman and the drink.

instrumented cup

79% classification accuracy

68 different fluids including
sodas, juices, beers, wines

lester et al., pervasive health 2010

coughing



liu et al., *in submission*

ok, we have all this data...

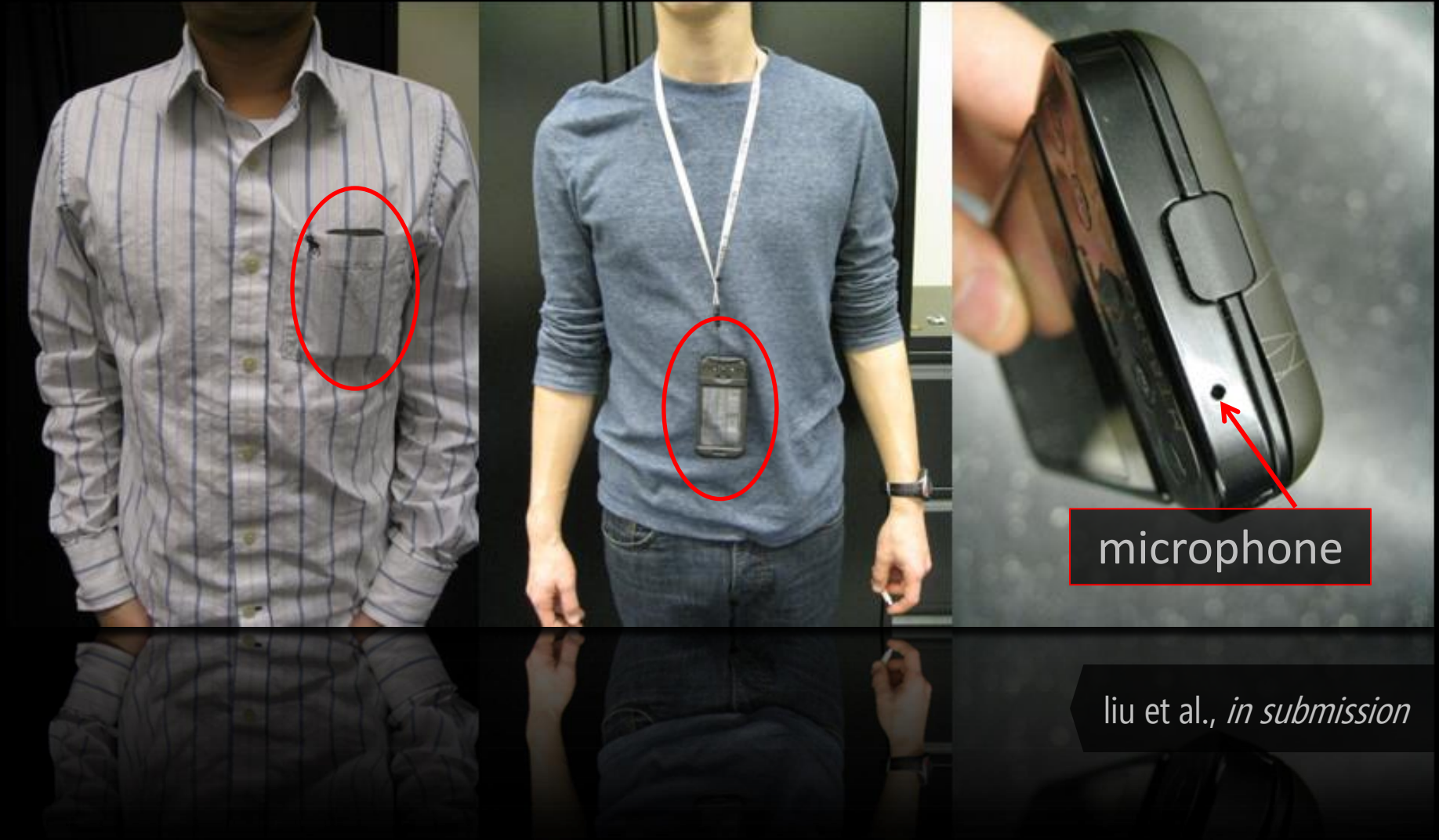
now what?

coughing



liu et al., *in submission*

automatically detecting coughs with a commodity mobile phone



collecting and analyzing the cough dataset



17 participants

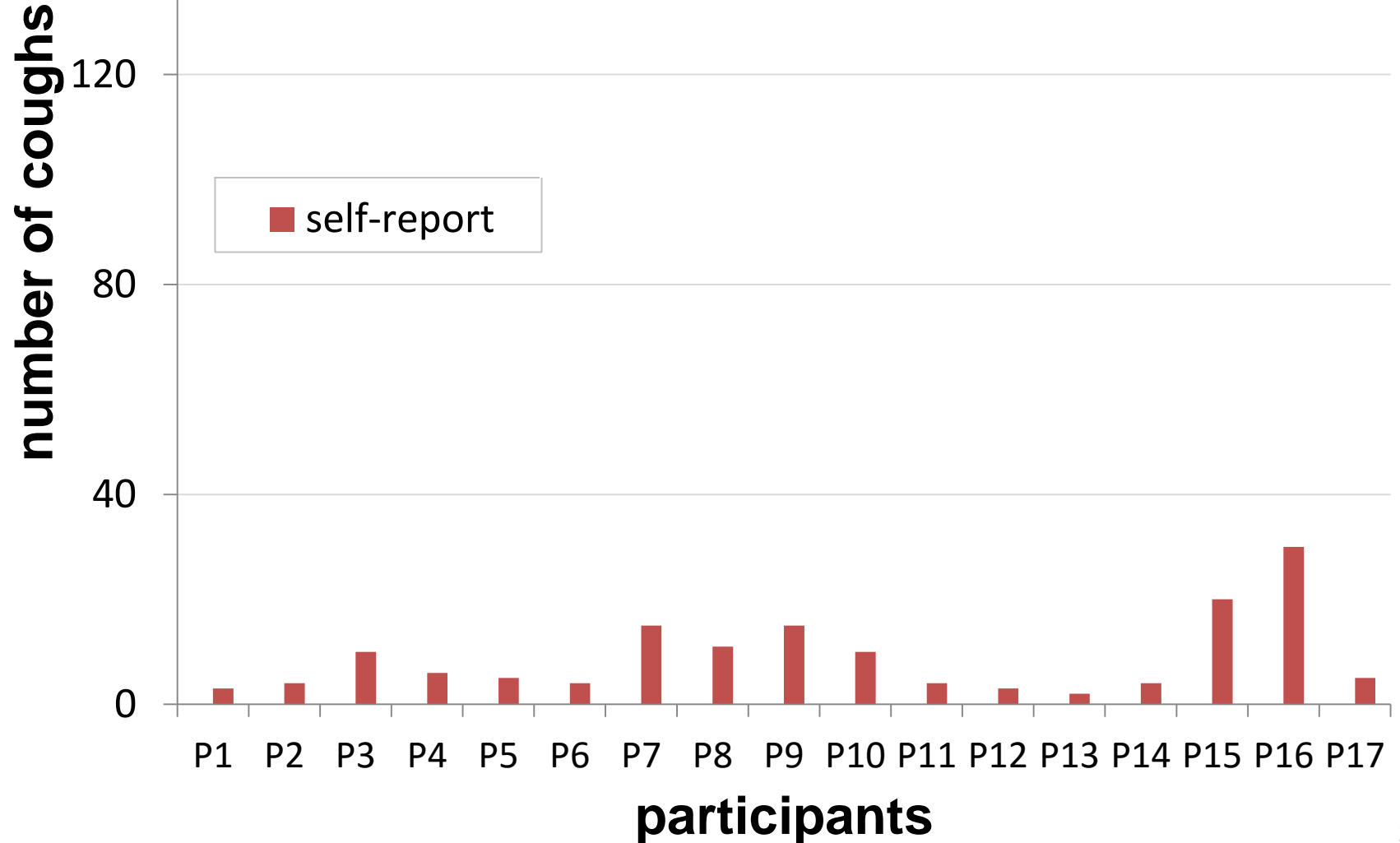
72 hours of naturalistic audio recording

6 graduate students annotated recordings

2542 coughs labeled by annotators

84.4% of coughs were correctly classified
0.7% false positive rate (3.3/hr)

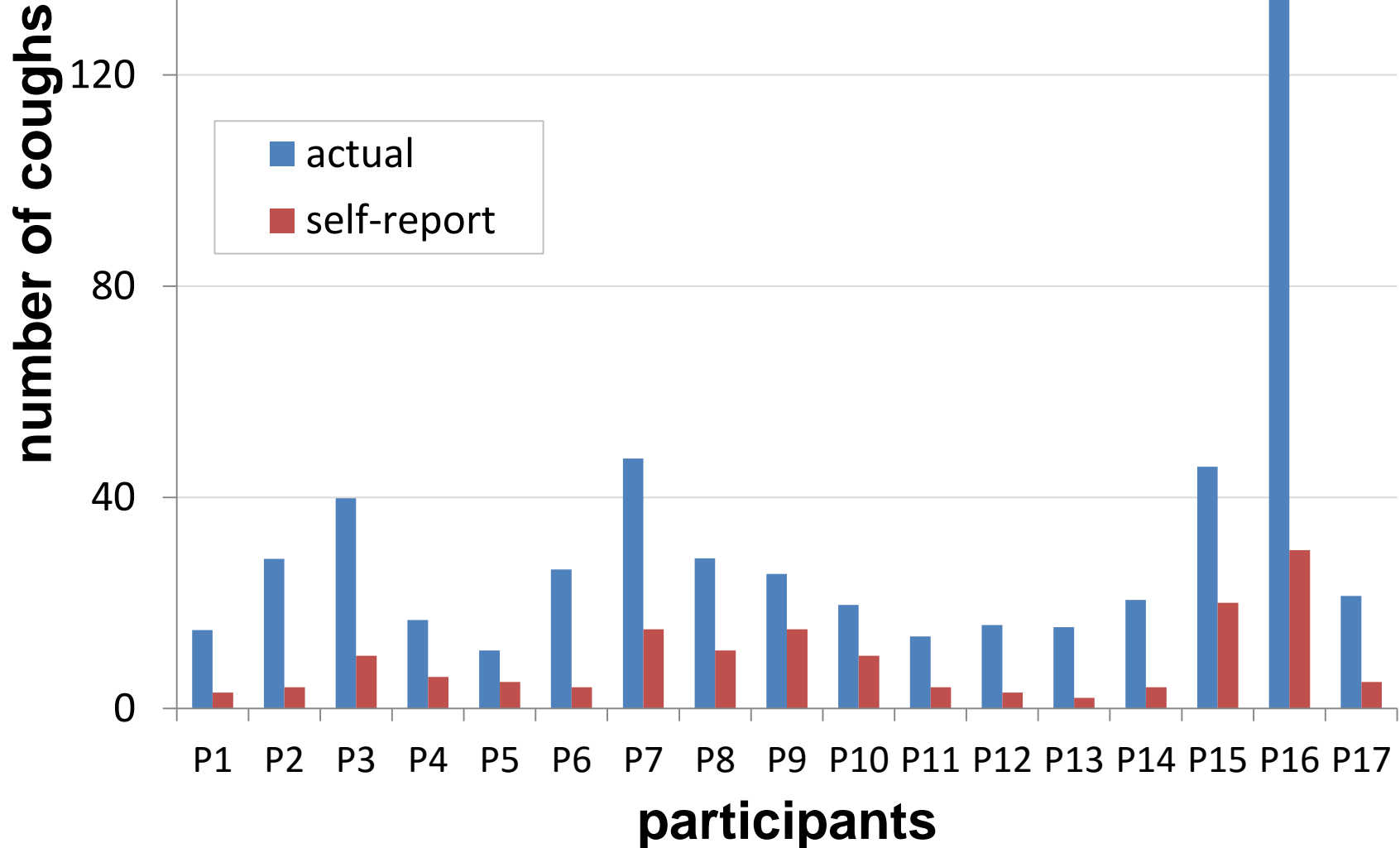
number of coughs



number of coughs

measured vs. self-report

diff: mean (**22.8/hr**), std (**33/hr**)



nike+ipod



nike+ interface

NIKE.COM

PRODUCT DOWNLOADS

WELCOME JON

LOGOUT

MY ACCOUNT

NEWSLETTER

andicolortoo
EDIT



I have **138** workouts for a total of **897.78**km. My average pace is **4'47"** per km.

trophies

blog

forums

Runs

View: **BY RUN**

OPTIONS

SHARE

08/08/09 at 5:29 PM

10.03 km
RUN

49'14"
DURATION

4'54"/km
PACE

773
CALC



See your runs in the new Nike+ ▶

My Runs



Challenges



Community

155,730,166 mi



Gear & Music



Support



COUNTRY SELECTOR

STORE LOCATOR

CUSTOMER SERVICE

PRIVACY POLICY

TERMS OF USE

©2009 NIKE ALL RIGHTS RESERVED

toyota prius





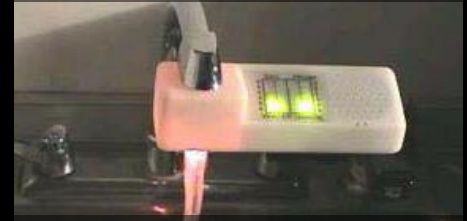
eco-feedback

sensing behavior paired with feedback to
reduce environmental impact

eco-feedback

a brief history

Arroyo et al., *CHI2005*



Kuznetsov et al., *CHI2010*



hci/ubicomp

2003

2010

Fogg, B.J., *Persuasive Technology*, 2003



eco-feedback

a brief history

environmental
psychology

1970

1976



Kohlenberg et al.,
*J. Applied Behavior
Analysis*, 1976

Arroyo et al., *CHI2005*



Kuznetsov et al., *CHI2010*

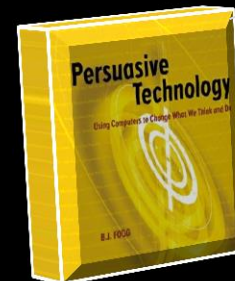


hci/ubicomp

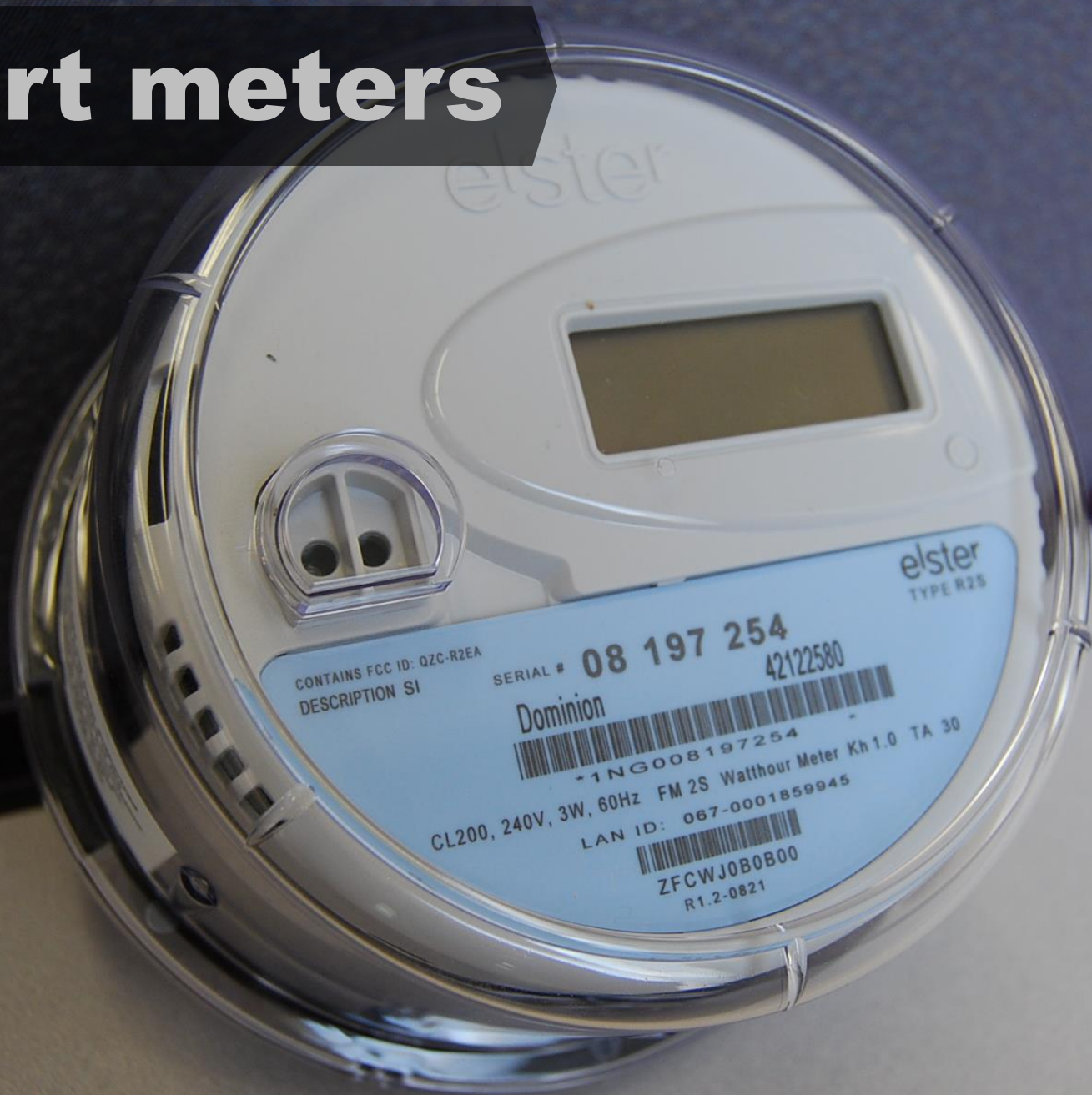
2003

2010

Fogg, B.J., *Persuasive
Technology*, 2003



smart meters




A photograph of a modern desk lamp with a black adjustable arm and a black conical shade. The lamp is illuminated, casting a warm glow. A power cord is plugged into a white power strip on the desk. The power cord is highlighted with a bright blue, wavy, pulsating light effect that follows its path from the power strip towards the lamp. The background is a plain, light-colored wall.

power-aware cord

cord light pulsates &
varies in intensity
based on power draw

jetsam



visualization allows
pedestrians to view
amount and type of
garbage at-a-glance

Paulos and Jenkins, *CHI2005*

toyota prius




toyota prius

what makes this design effective?

- **immediacy** – relevant information accessible
- **constrained environment** – few distractions
- **reason to care** – gas mileage is important
- **simple** – interface is easy to understand
- **educates** – immediacy combined with history can teach efficient driving practices

feedback improves performance

low-level

REVIEW 13  All Star! Test

Name Deak

Home Remedies

How (1) am I going to (2) stop my hiccups? Eat a sugar cube. I (3) can't get rid of my sore throat. Drink (4) strong tea with a (5) piece of lemon and some honey. People to whom you (6) talk think differently as to (7) whether these (8) really work. Of (9) course, some home remedies (10) probably work (11) fine for (12) common problems, but for serious illnesses, a doctor (13) usually gives the best advice. Survey your friends and (14) family for (15) their home remedies that have (16) shown good results (17) through the years. Compile these get-well (18) ideas into a (19) class book, (20) complete with illustrations.

Skill Test

Write the word with the ing suffix.
begin beginning drop dropping mail mailing

Write the word without the suffix.
skipped skip spelling spell sunny sun

Turn your paper over and write the rule.

130 LEVEL FOUR May be reproduced for students within your classroom. All rights reserved. SPELLING SOURCEBOOK Series © 2002 Egger Publishing, Inc. 888-WF-SPELL

high-level

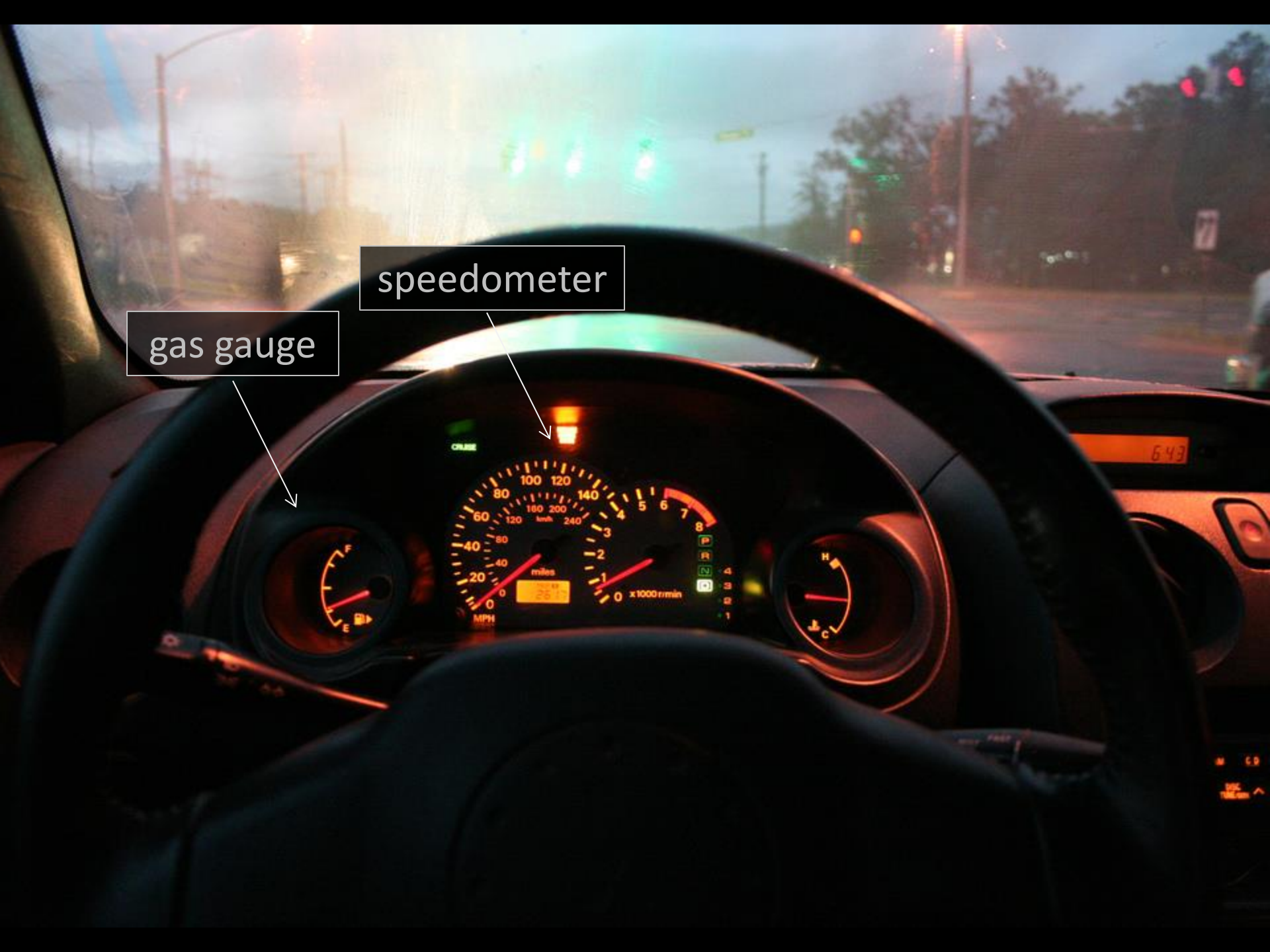
Osceola County Rural Schools

MONTHLY REPORT OF

..... Flossie Peterson a Member of
the first Grade, District No. 8. f. s.
..... Evart Township
191. 3. and 191

	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	March	April	May	June	Average
Times tardy.....	0	1	3	3	1	1	0				
Days absent.....	6	1	4	2	5	3	4				
Department.....	93	93	93	92	90	91	92				
Reading.....	96	94	94	94	93	94	94				
Spelling.....	94	93	93	93	93	94	94				
Writing.....	90	90	91	91	94	95	92				
Numbers.....	93	93	95	95	95	92	93				
Language.....	98	96	97	96	96	96	96				
Arithmetic.....											

Becker, J. of Applied Psychology 1978



speedometer

gas gauge



**but if we have speedometers,
why do we have...**

vehicle activated speed signs



speed cameras



vehicle activated speed signs



the design of vehicle activated speed signs



vas signs



**so an interesting research
question then is:**

how can we design technology to
influence behaviors?

behavior change techniques

information
prompts
goal-setting
comparison
commitment
incentives
feedback



Geller et al., 1990
Health Education Research

behavior change techniques

information

prompts

goal-setting

comparison

commitment

incentives

feedback

**WATER
IS A
PRECIOUS RESOURCE
PLEASE HELP US
CONSERVE IT!!**

do you know
how much **ENERGY** is

AY?

LOOK AROUND YOU

prompts

much more effective!

Winett et al., *Journal of Applied Psychology*, 1978



SWITCH OFF

unnecessary bulbs

SAVE THE PLANET.
ONE SWITCH AT A TIME.

comparison



JAKE 2/6/10

JAKE 11/9/09

JAKE 7/6/09

JAKE 4-12-09

JAKE 2/26/09

JAKE 9/26/08

self comparison

JAKE 1-27-08

JAKE 4/07/07

PLEASE REUSE
THE TOWELS



We invite you to join with us to conserve water by using your towels more than once.

In addition to decreasing water and energy consumption, you help us reduce the amount of detergent waste water that must be recycled within our community.

Please hang the towels up if you wish to participate in the program — if not, simply leave them on the floor.

©1996



We appreciate your help!



Printed on recycled paper.
Laminated to reduce waste.

We invite you to join with us to conserve water by using your towels more than once.

In addition to decreasing water and energy consumption, you help us reduce the amount of detergent waste water that must be recycled within our community.

Please hang the towels up if you wish to participate in the program — if not, simply leave them on the floor.

©1996



We appreciate your help!



Printed on recycled paper.
Laminated to reduce waste.

JOIN YOUR FELLOW GUESTS IN HELPING TO SAVE THE ENVIRONMENT.

Almost 75% of guests who are asked to participate in our new resource savings program do help by using their towels more than once.

You can join your fellow guests in this program to help save the environment by reusing your towels during your stay.



We appreciate your help!



Printed on recycled paper.
Laminated to reduce waste.

standard environmental message

35.1%

descriptive norm message

44.1%

sensing opportunities for mobile health persuasion



sensing opportunities for mobile health persuasion



sensing opportunities for mobile health persuasion



Kairos

technology that suggests
a behavior at the most
opportune moment

-fogg, 2003

two mobile phone examples:



ubifit

encouraging *fitness* behaviors through passive sensing and feedback

consolvo et al., chi 2008
consolvo et al., ubicomp2008



ubigreen

encouraging *proenvironmental* behaviors through passive sensing and feedback

froehlich et al., chi 2009

ubisystem components

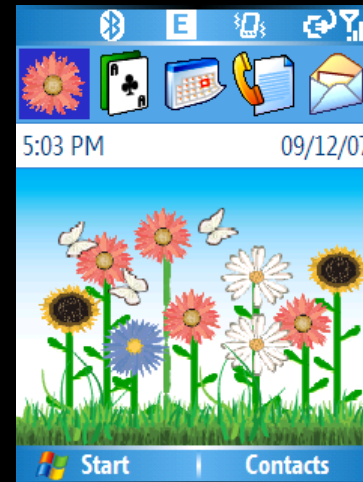
collects data about physical activities

activity recognition device



+

glanceable display



phone wallpaper!



communicates data about physical activities

ubisystem components

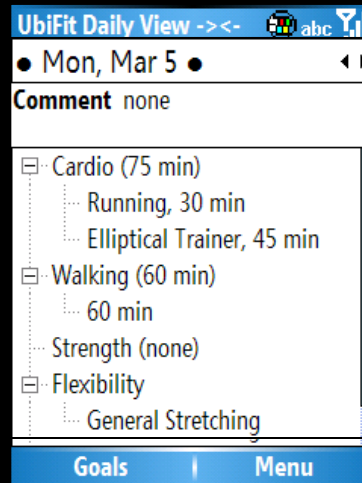
towards zero effort applications

collects data about physical activities

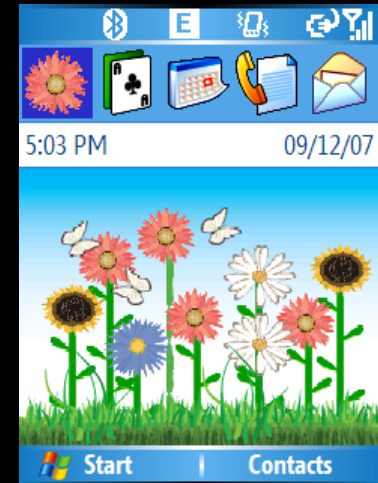
activity recognition device



interactive application



glanceable display



communicates data about physical activities

pedometer cell phone fitness study



Figure 1. a) The Omron HJ-112 pedometer, b) the pedometer in use, and c) the Nokia 6600 mobile phone running Houston.

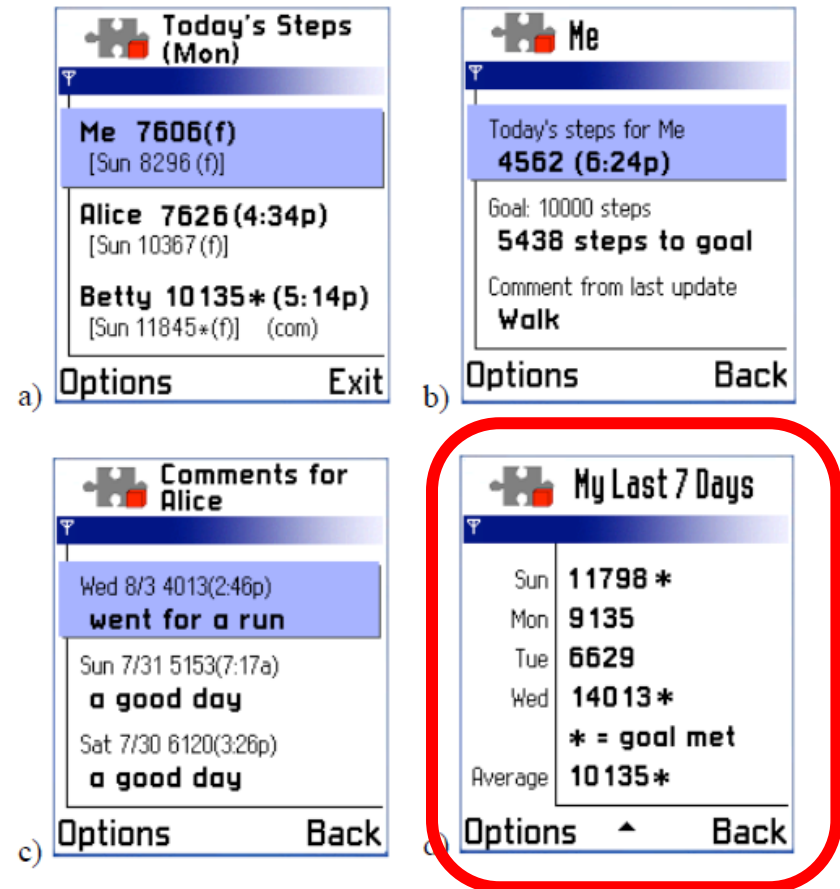


Figure 2: Houston screen shots. (a) Main screen, (b) detail screen, (c) recent comments, and (d) trending information.

ubifit

personal ambient display



walk



cardio



strength



flexibility



primary goal met



alternate goal met



recent goal met



ubigreen

tracked 6 transit activities



minimum activity duration: 7 minutes

ubigreen

personal ambient display

current
activity

value
icon bar

phone
background
(wallpaper)

evolving
image





sense of anticipation for how story would unfold

ubigreen
personal ambient display



tree
design:



everything
resets
on sunday

ubigreen
personal ambient display



polar bear
design:





Saturday

RESEARCH PARTICIPANTS



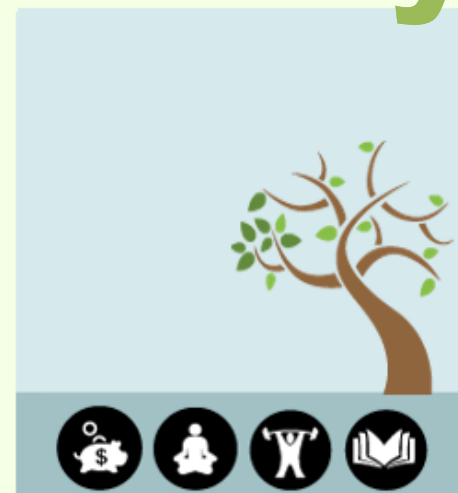
ubigreen1



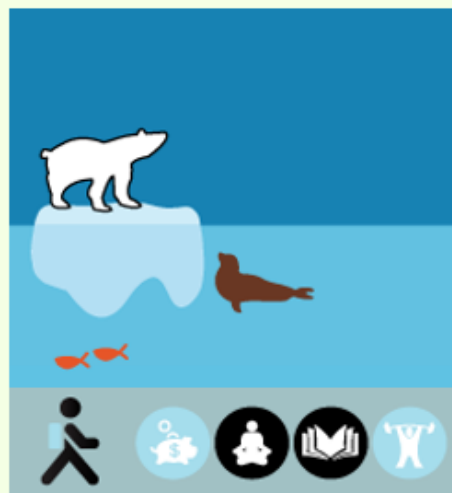
ubigreen2



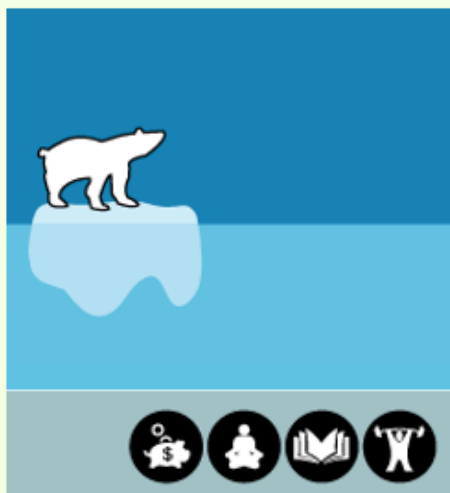
ubigreen3



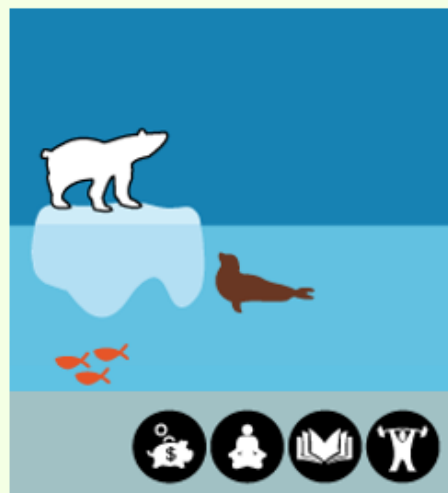
ubigreen4



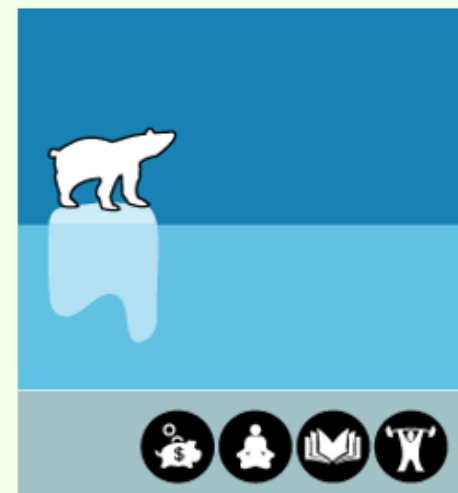
ubigreen5



ubigreen6



ubigreen7



ubigreen8

personal ambient display

impressions of ubifit



If you didn't have a screen [display], I wouldn't think about it [physical activity] as much... I **think about it** maybe subconsciously **every time I look at my phone.**

- P5_{UF}

With a **website**, it's so easy to ignore... it's just out of sight, out of mind. But **on the phone**, you can't really ignore it...

- P9_{UF}

MARIO
000000

0x00

WORLD
1-1

TIME

SUPER MARIO BROS.

©1985 NINTENDO



1 PLAYER GAME

2 PLAYER GAME

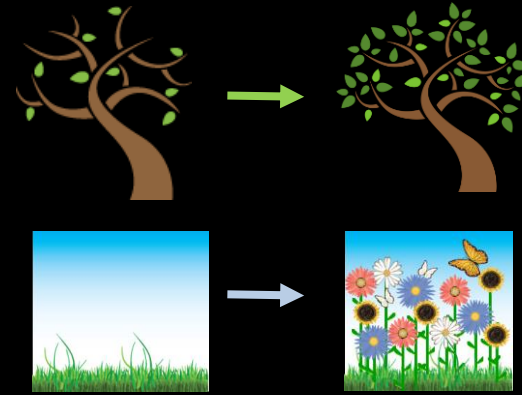
TOP- 000000



game mechanics



playful



measured progress



virtual achievements



collections

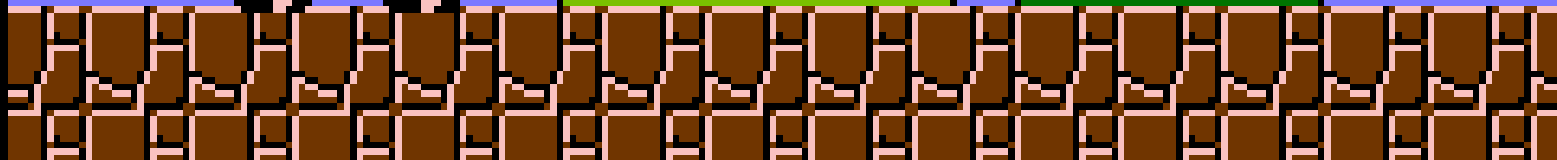
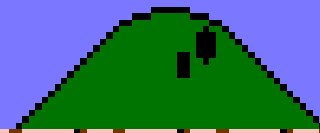
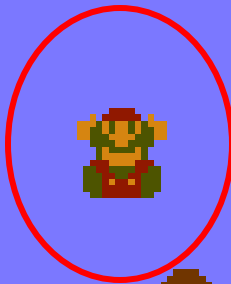
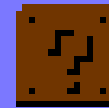
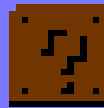
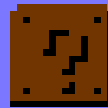
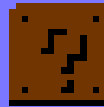
MARIO
002100

×03

WORLD
1-1

TIME
323

loss aversion

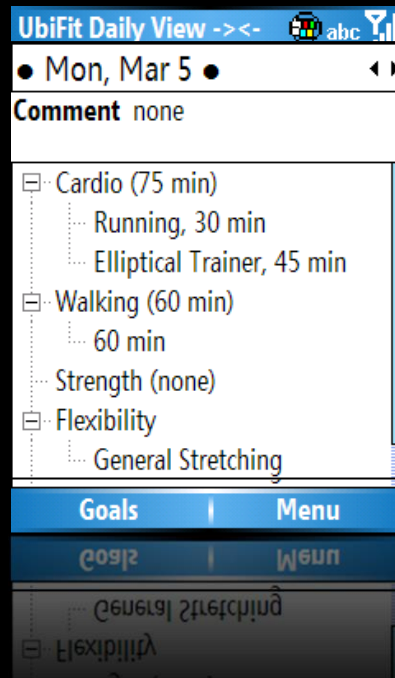


need for quantitative data



I would **like to see some graph** or raw data.

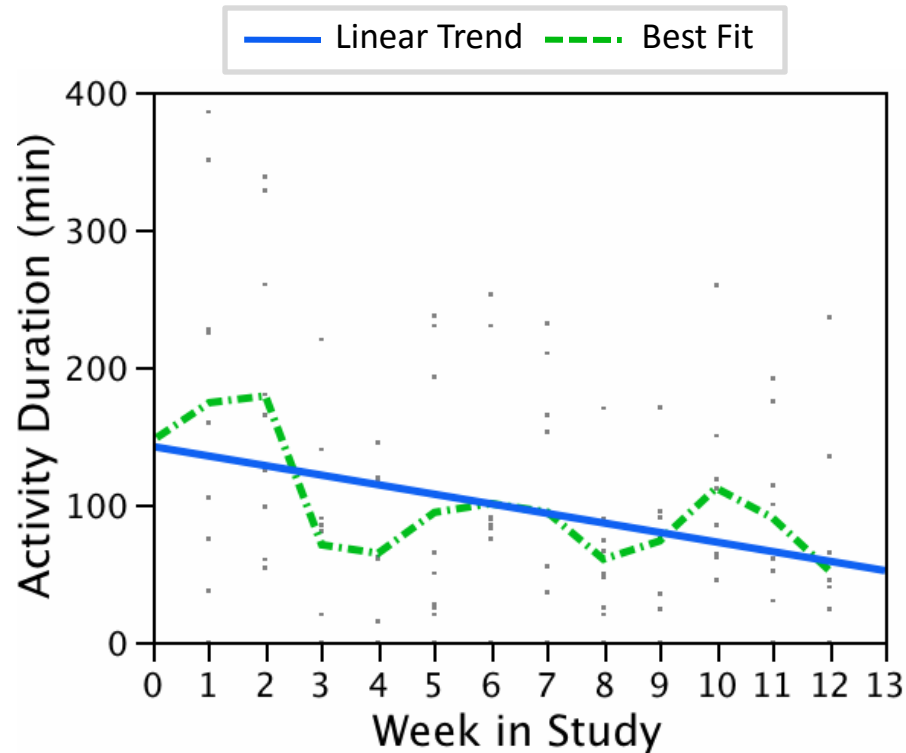
- P13_{UG}



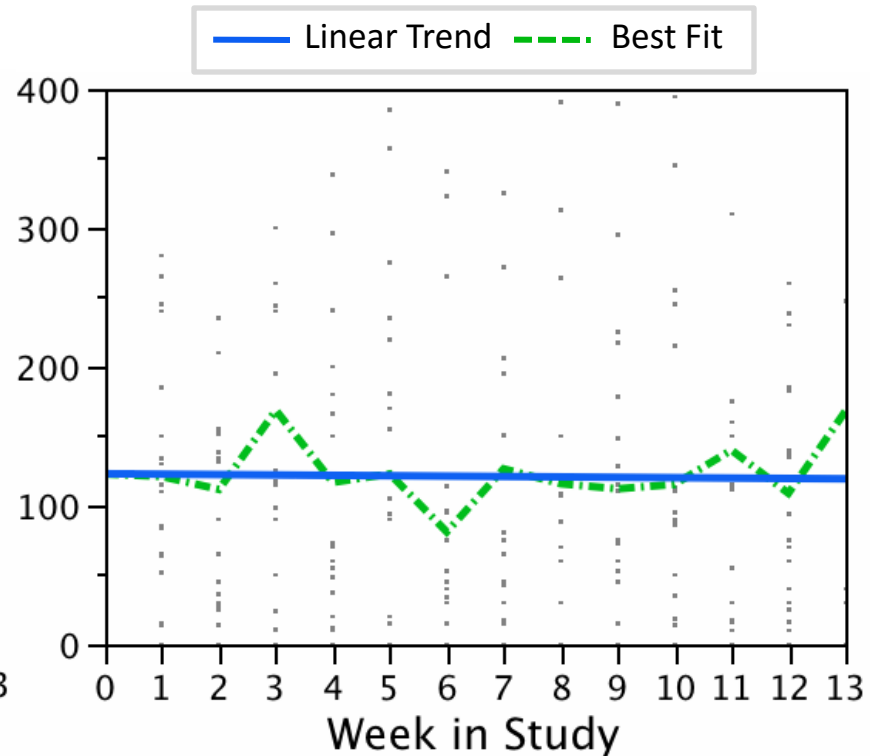
quantitative data

- builds trust system is working
- allows for self-comparison
- some people like it better

effectiveness of the ubifit glanceable display



no glanceable display



glanceable display

study occurred over thanksgiving, christmas, and new years.

mpg?

gpm?

kwh?

**how much water do you
use when you shower?**



how much energy does your dryer use?



why

the

dis-

connect?





KILOWATTHOURS

• 01200 240V 3W • TYPE J55 •

DE 4354628

smart meters



Municipal Services Statement

LINDER HOLLINQUEST
7450 S KENWOOD DR
TEMPE AZ 85283-4921

☐ Mark if address change requested on reverse side



Return the top portion of this statement with your payment.
Keep the bottom portion of this statement for your records.

Account Number: 100687-00154711
Current meter reading: 16507

Billing period: 12/2006
Previous meter reading: 16305

Account Activity

Date	Description	Amount
	Payments Received Thank You	100.00
12/12	Water Quality Fee	0.13
12/12	Tempe City Tax	0.61
12/12	State Tax	2.15
12/12	Sewer Service Charge	7.28

Amount

Date Des

The due date on this bill applies ONLY to VISA, Mastercard, Amex & Discover payments.

Previous Balance	-Payments	-Credits	=Past Due Balance	+Delinquency Fees	=New Charges
153.96	100.00	0.00	53.96	0.40	73.56

Account Number:
Utility Amount Due:
Voluntary Donation:
Total + Voluntary:
Date Due:

Enter Amount Paid
Make check payable to FPL

See reverse side
Service Address
Gallons delivered



Florida Power & Light Company
PO Box 025578
Miami, FL 33102

Please request changes on the back.
Notes on the front will not be detected.

B 2,3,4,7,8 4118 6
#BWNJNO *** AUTO **CO 4501
#01488438Q485818# 116049 Z
DELRAY BEACH FL 33445-3504

The amount enclosed includes the following donation:
FPL Care To Share \$

Make check payable to FPL in U.S. fund
and mail along with this coupon to:

FPL
GENERAL MAIL FACILITY
MIAMI FL 33188-0001

Your electric statement

For: May 27 2008 to Jun 25 2008 (29 days)
Customer name:
Service address:

Account number	Total amount you owe	New charges due by	Amount enclosed
	\$295.43	Jul 16 2008	\$

Account number:

Statement date: Jun 25 2008
Next meter reading: Jul 25 2008

Amount of your last bill	Payments (-)	Additional activity (+ or -)	Balance before new charges (=)	New charges (+)	Total amount you owe (=)	New charges due by
328.10	328.10 CR	0.00	0.00	295.43	\$295.43	Jul 16 2008

Meter reading - Meter 7C18171
Current reading 52489
Previous reading 50153
kWh used 2336

Energy usage

kWh this month	Last Year	This Year
3375	3375	2336
kWh per day	32	29
	105	81

**The electric service amount includes the following charges:
Customer charge: \$5.34
Fuel: (First 1000 kWh at \$0.052270) \$135.46
Non-fuel: (Over 1000 kWh at \$0.041340) \$110.35
(Over 1000 kWh at \$0.051660)

Amount of your last bill
Payment received - Thank you
Balance before new charges

New charges (Rate: RS-1 RESIDENTIAL SERVICE)
Electric service amount 328.10
Storm charge 328.10 C
Gross receipts tax \$0.00
Franchise charge
Utility tax 251.15**
Late payment charge 2.59
Total new charges 6.51
15.75
14.51
4.92

Total amount you owe

\$295.43

* A late payment charge of 1.50% will apply if not paid by July 16, 2008, and your account may be subject to being billed an additional deposit.
* Would you like one less bill to think about & help the environment too? Enroll in FPL Automatic Bill Pay & your bill is always paid on time. Save time, postage, check writing & paper. Plus, cut fuel consumption of cars & trucks that transport checks. Enroll at FPL.com or see authorization form in this bill.



Florida Power & Light Company
PO Box 025578
Miami, FL 33102

Please have your account number ready when contacting FPL.
Customer service: (501) 894-8227
Outside Florida: 1-800-294-8227
To report power outages: 1-800-426-3545
Hearing/speech impaired: 711 (Relay Service)
Online at: www.FPL.com

SAFeway

SAVE MORE AT SAFEWAY

GROCERY

SFWY PRTZLE STICK	1.50 B
RegPrice 1.79	CardSav .29
BLKBERY PRES	3.79 B
SFY CANOLA OIL	2.39 B
CEREAL PNT BUTTER	3.69 B
CHILI SAUCE SWT	3.29 B
CHF-B PIZZA	
LK GRCL SCE	

REFRIG/FROZ

LUC CHEESE	Car
RegPrice 6.79	
SPINACH ARTICHOKE	Ca
RegPrice 3.79	
3S CRWN VEG RSTD	C
RegPrice 3.79	
202.50 SFWY SEL M	
RegPrice 7.58	
MARGARINE	

GEN MERCHANDISE

#SFY BENEHIST TAB

7.99 T

BAKED GOODS

LD COSMIC BROWNIES	1.29 B
DROWEAT RYE	3.14 B
CUSTARD PIE 9IN	4.99 B
RegPrice 5.99	CardSav 1.00
CHOC CREAM PIE	4.99 B
RegPrice 5.99	CardSav 1.00

**** TAX	6.76	BAL	144.25
VF MC XXXXXXXXX			144.25

CHANGE 16.97

TOTAL SAVINGS 16.97

NUMBER OF ITEMS = 35

12/27/06 12:20 1877 02 0150 5145

SAFeway

SAVE MORE AT SAFEWAY

Month: April 2006

Total Food Units: 1527

Total Price:

\$527

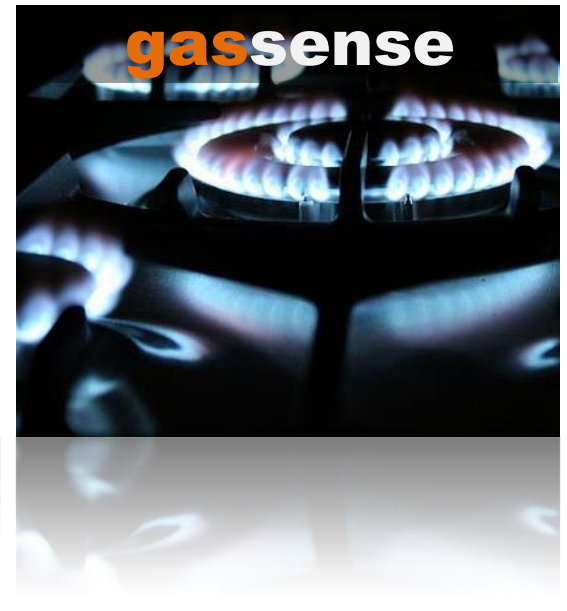
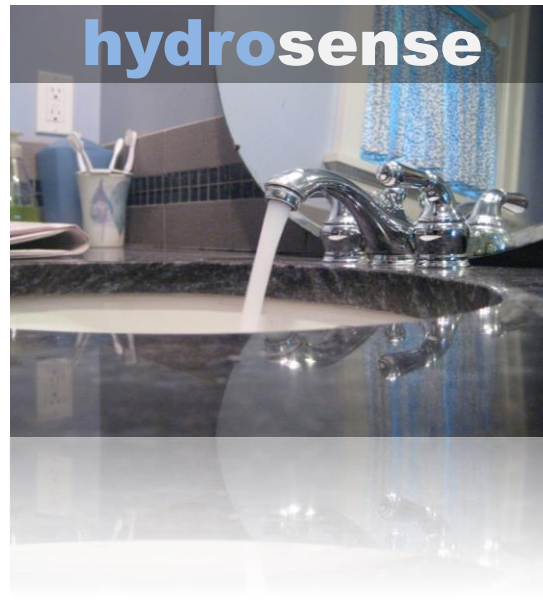
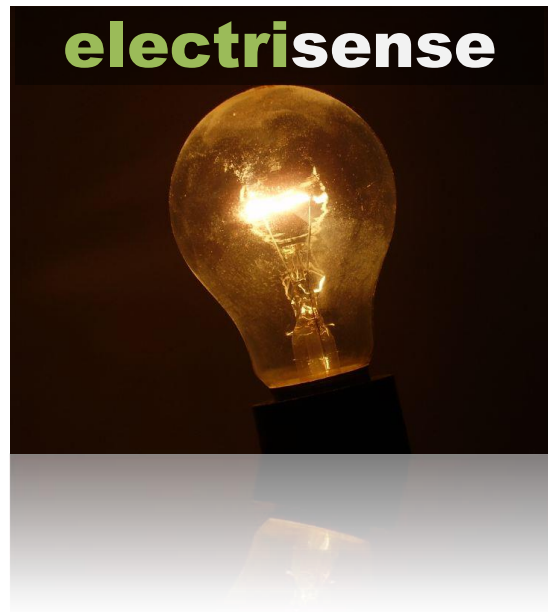
design activity

1. split into groups of 3 or 4
2. identify an activity that you want to change via sensing and feedback (energy usage, fitness, sleep, diet, etc.)
3. design an interface to influence that activity.

think about

1. what does the interface look like?
2. why would someone want to use it?
3. how does the user see the interface?
4. does the interface use social competition? gaming?

high resolution resource consumption sensing for **electricity**, **water** and **gas**



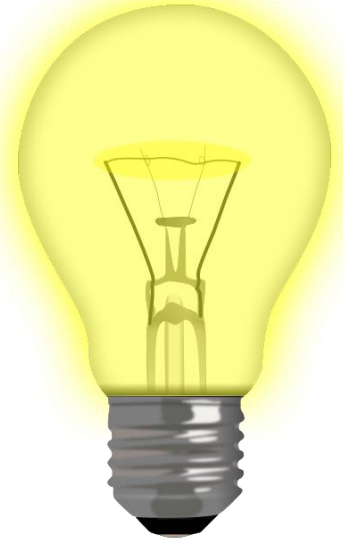
three design goals



low-cost



easy-to-install



device-level
information

how much energy does your dryer use?



appliance

+



sensor

=



appliance-
level data!

distributed direct sensing

overhead
lighting

coffee maker

refrigerator

microwave

stove

convection oven



infrastructure mediated sensing

overhead
lighting

refrigerator

coffee maker

microwave

convection oven



electrisense: appliance level sensing with two sensors

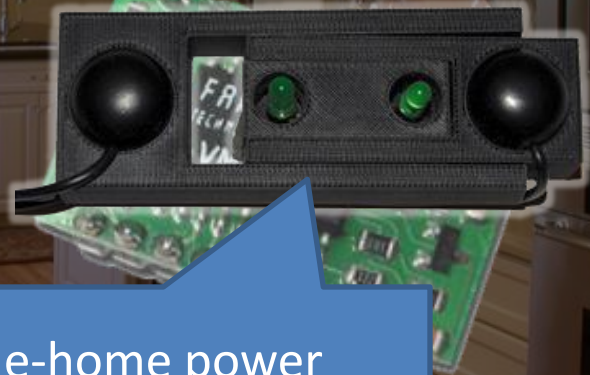
powerline event
detection sensor



automatically detects and
classifies electrical events
on the home powerline

Patel et al., *UbiComp* 2007

contactless power
consumption sensor



whole-home power
consumption sensing from
outside breaker panel

Patel et al., *CHI*2010

demo

my colleague, sidhant, will walk around using various electrical switches/appliances

currently detected event

list of recently activated events

graph of power consumption over time

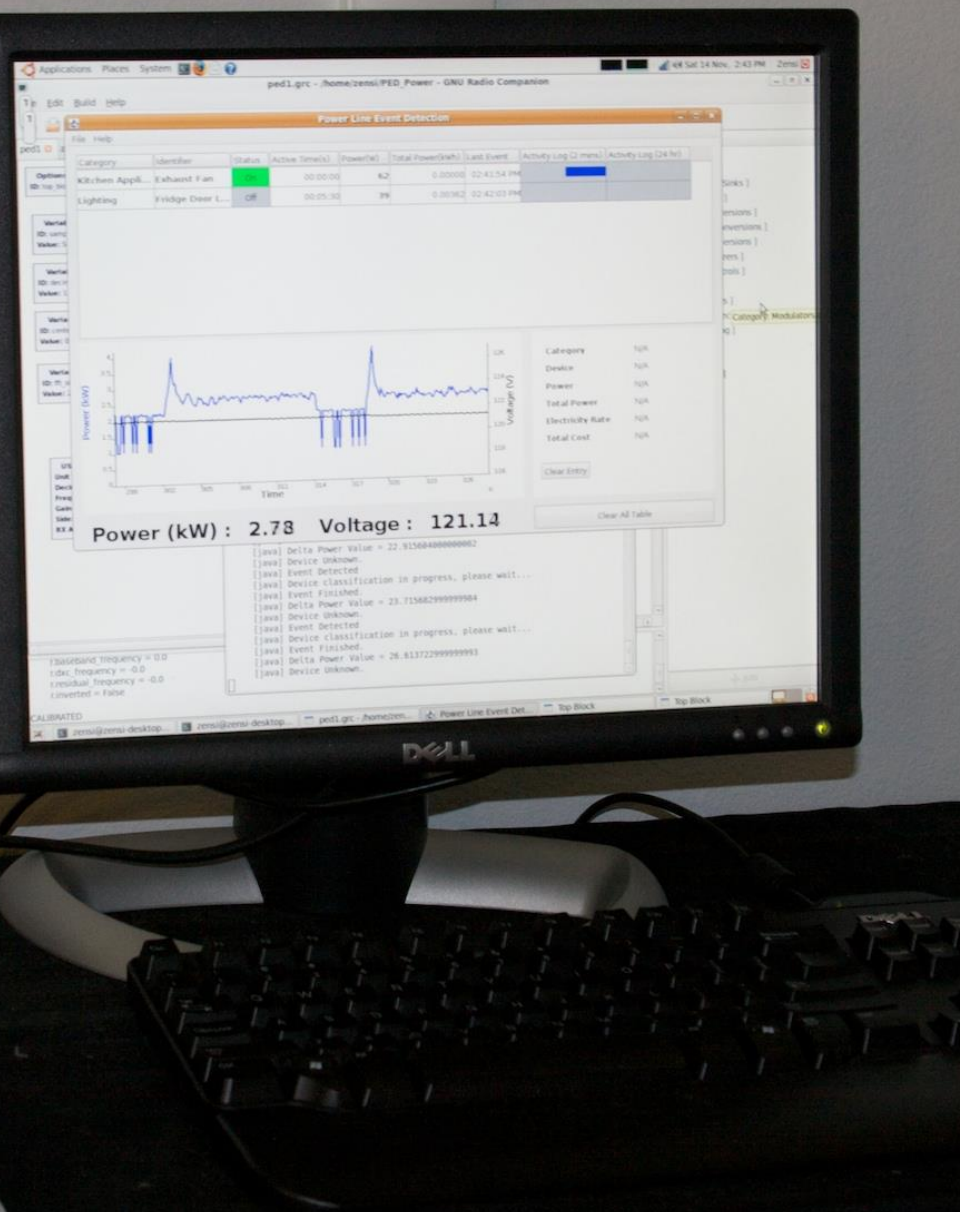
total power being consumed in real-time

CFL Torch Lamp ON

Power (kW): 0.50 Voltage: 120.93

not for end users

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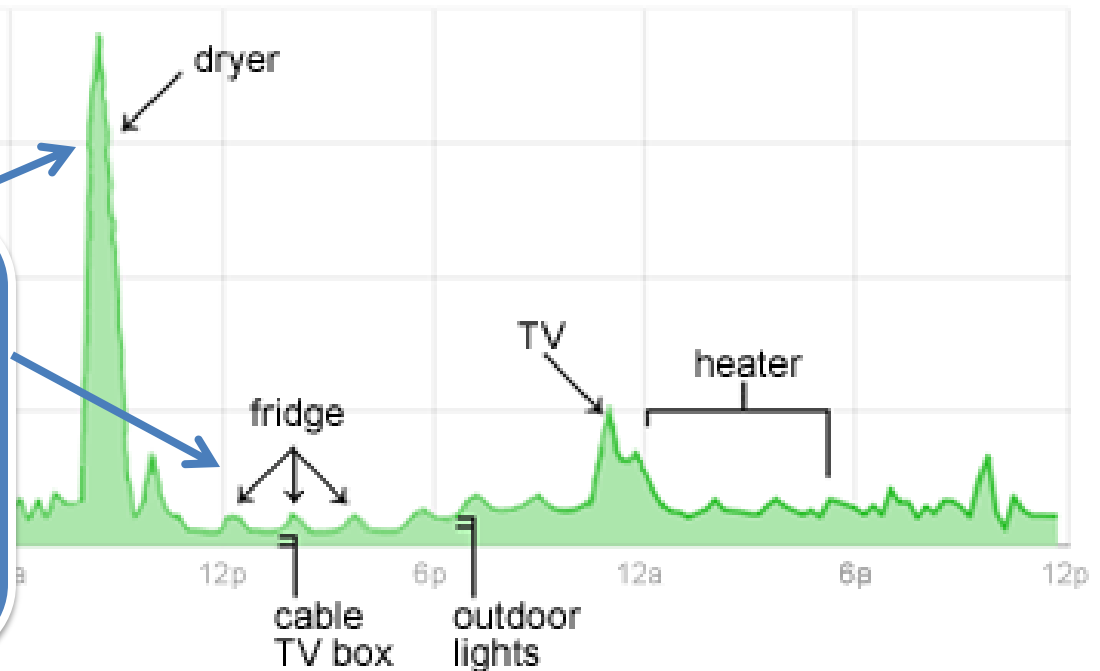


how
does
this
work?



PowerMeter

Home Electricity Use



power consumption
spikes and temporal
patterns correlate
to usage

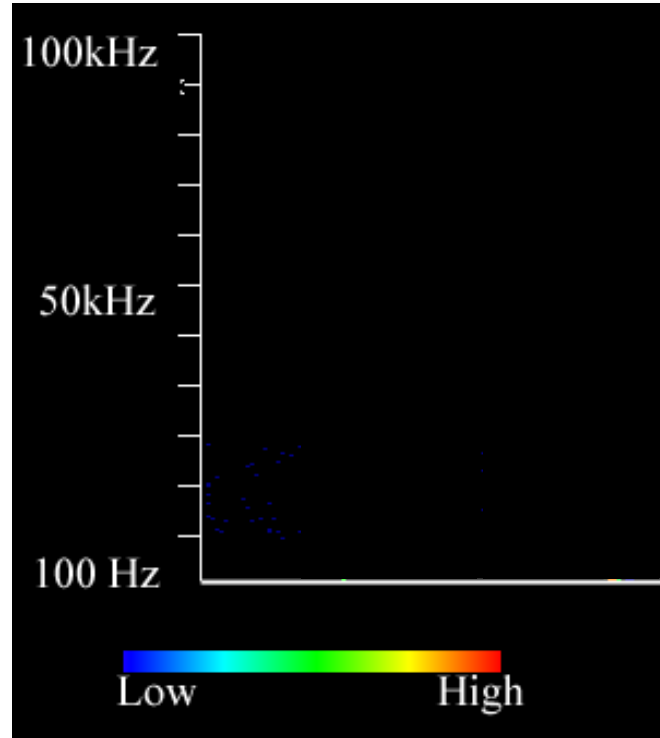
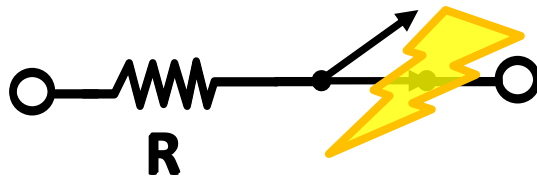
this is only **one** input feature into our machine learning algorithm!

your noise is our signal



how **ped** works

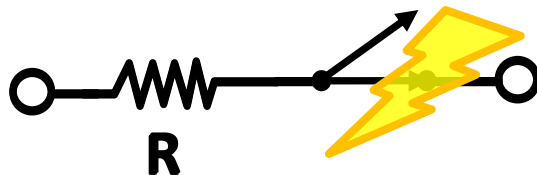
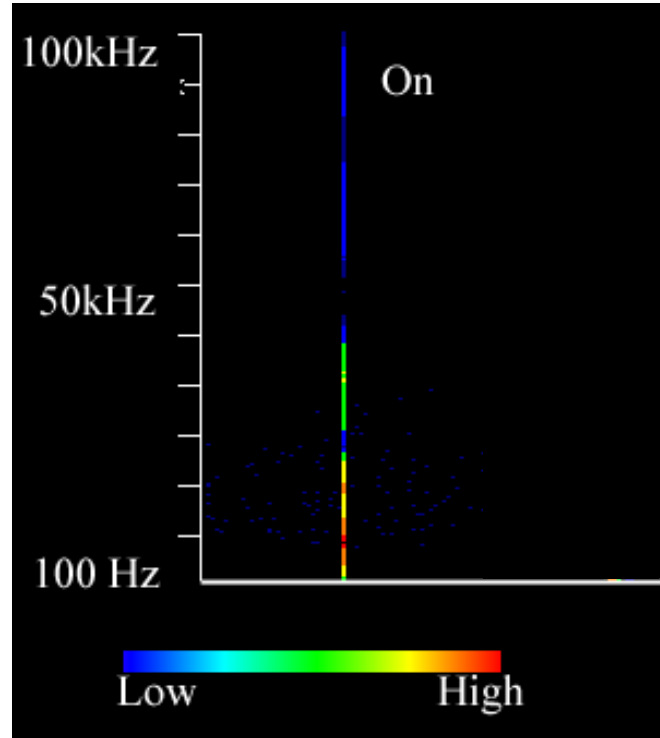
mechanical switches



electrical noise transient

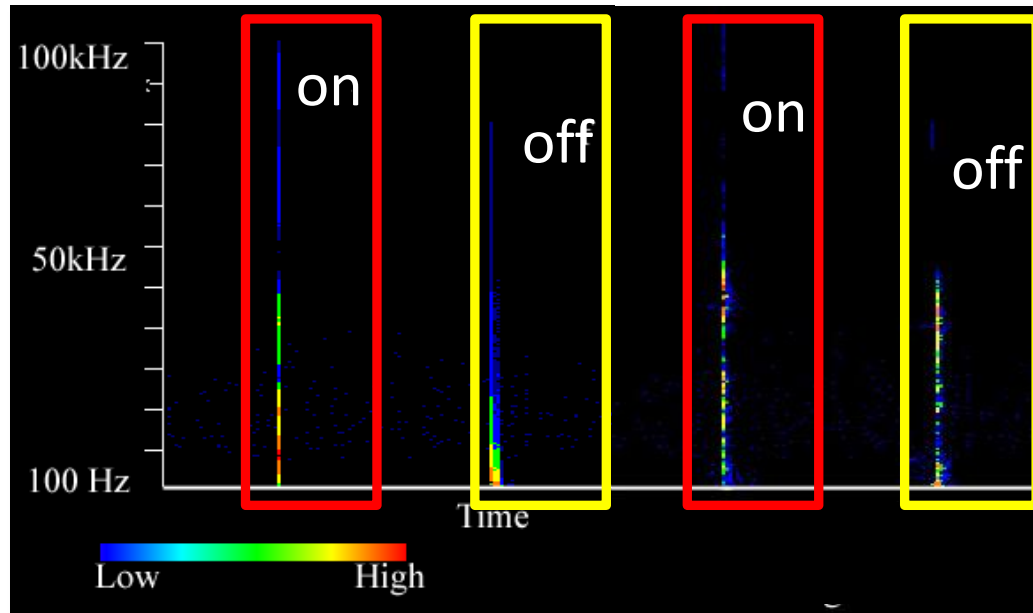
how **ped** works

mechanical switches



electrical noise transient

each switch has a unique transient signature



based on:

1. switching mechanisms
2. load characteristics
3. position on transmission line

switch 1

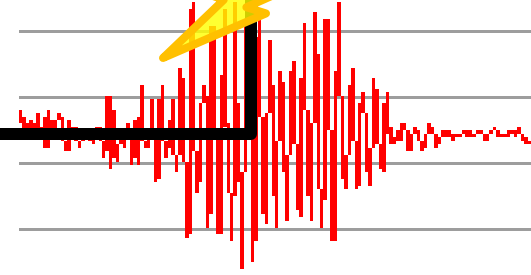
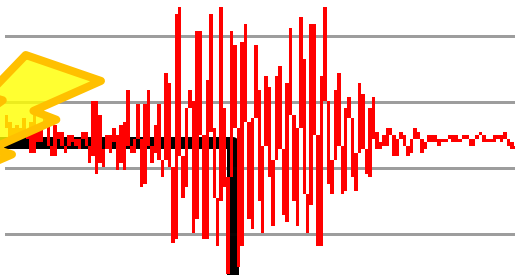
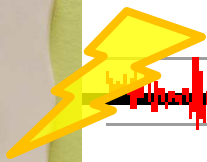


switch 2



transmission line shapes signal

allows us to identify identical
devices, which are in different
locations in the home

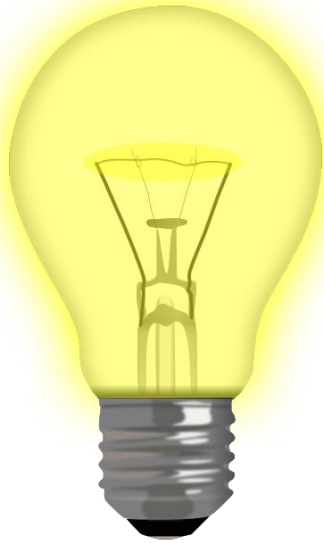


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how **ped** works

three classes of noise

generates continuous noise



resistive

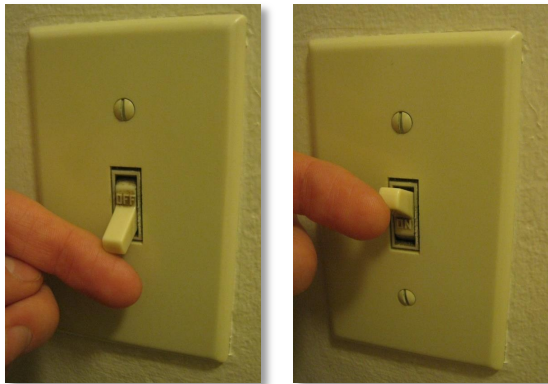
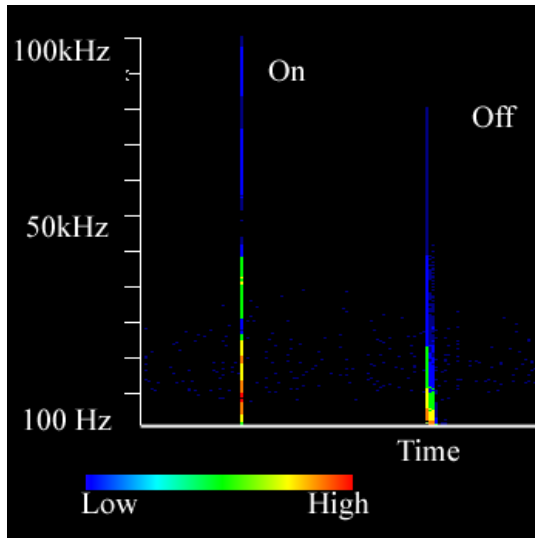


inductive loads
(e.g., from motors)



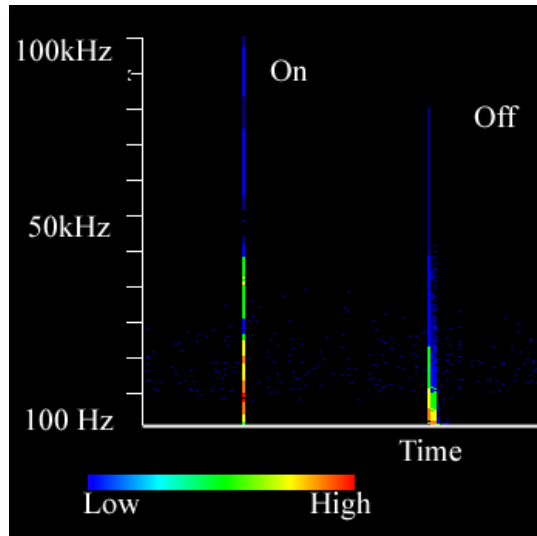
loads with solid
state switching
(e.g., tvs, cfls,
computers)

transients



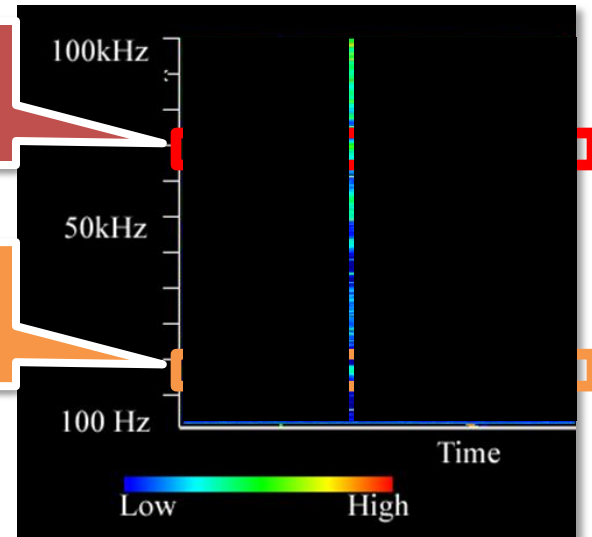
transients

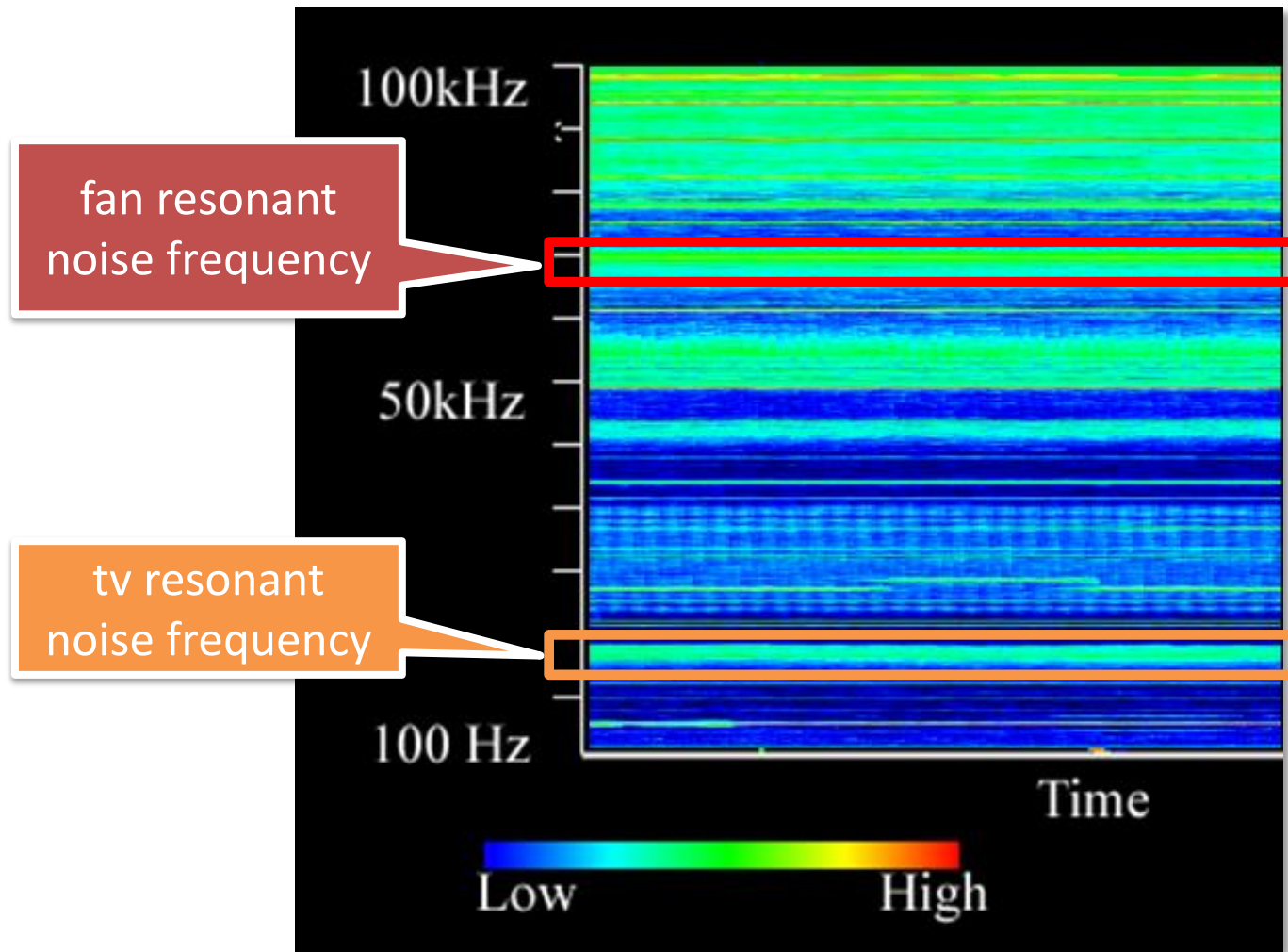
continuous noise



fan resonant
noise frequency

tv resonant
noise frequency





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HYDRSENSE

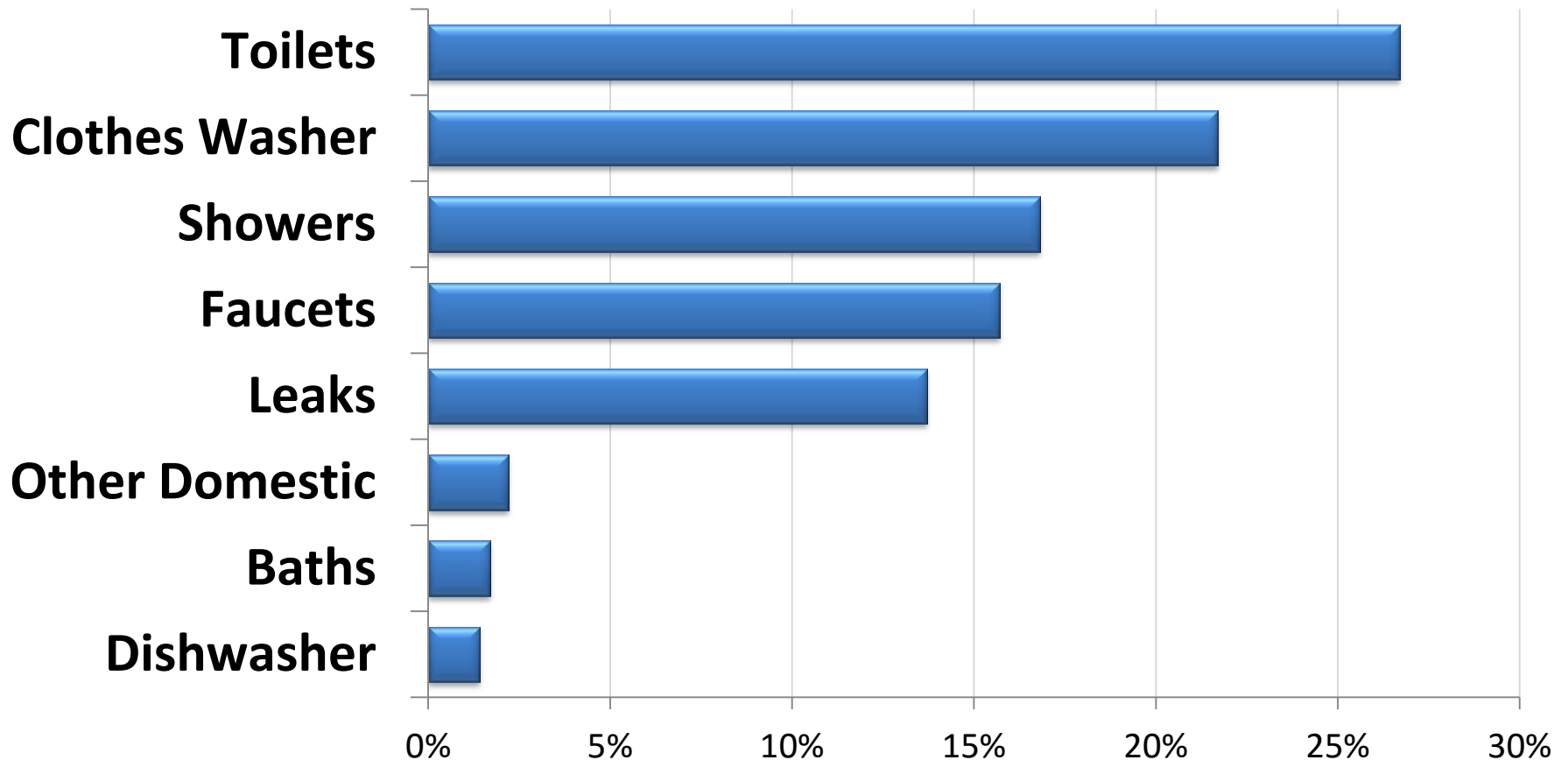
Infrastructure-Mediated Single-Point Sensing of Whole-Home Water Activity

Jon Froehlich¹, Eric Larson², Tim Campbell³, Conor Haggerty⁴, James Fogarty¹, Shwetak N. Patel^{1,2}

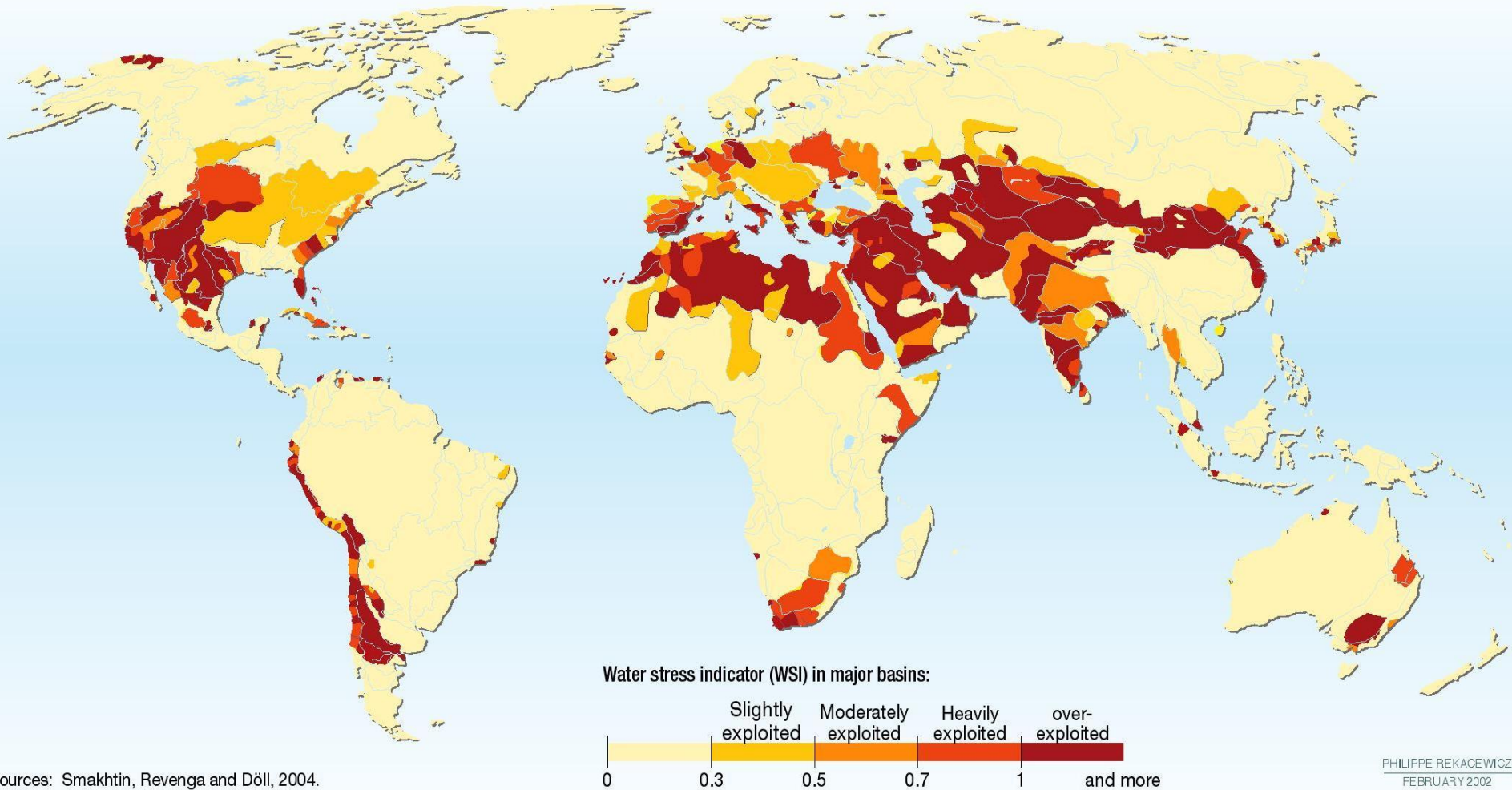
¹Computer Science & Engineering, ²Electrical Engineering,
³Mechanical Engineering, ⁴Community, Environment, and Planning

what are the most consuming water activities in your home?

average indoor household water usage per person/day (70 gpd)



water scarcity



Sources: Smakhtin, Revenga and Döll, 2004.

PHILIPPE REKACEWICZ
FEBRUARY 2002

barcelona, spain



lake mead, nevada



hydrosense



single-point pressure-based
sensor of water usage

identifies water usage
activity down to fixture level
(e.g., toilet)

provides estimates of flow
at each fixture



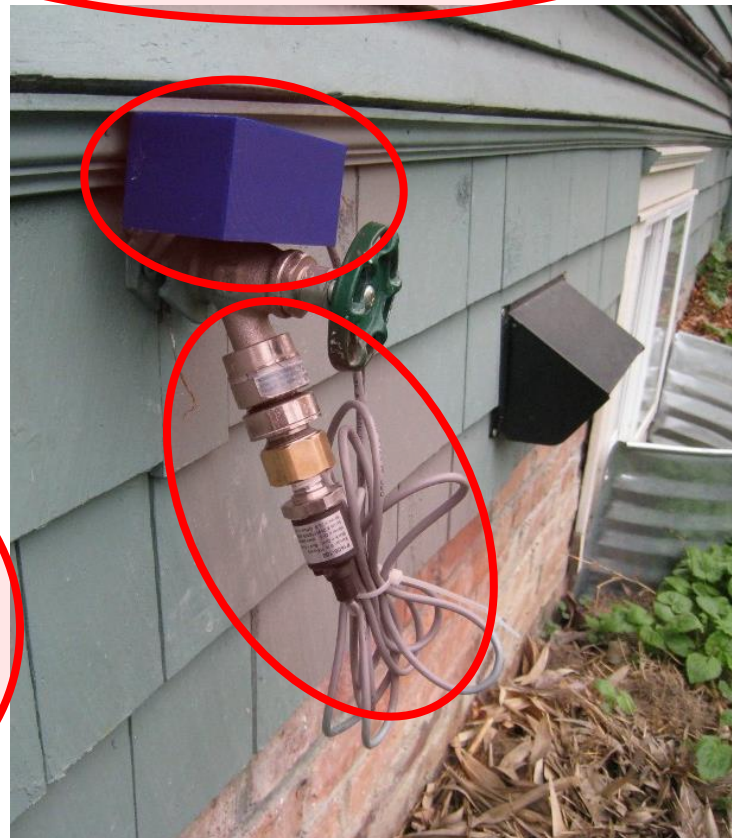
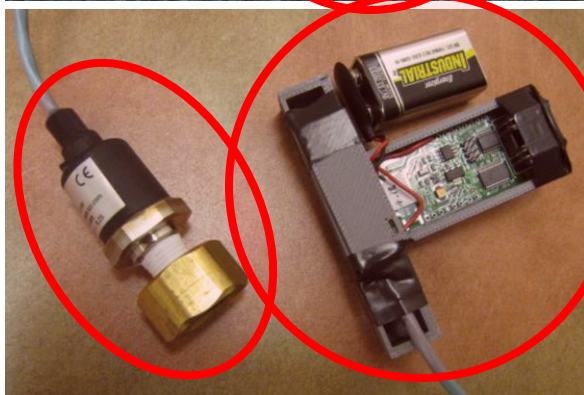
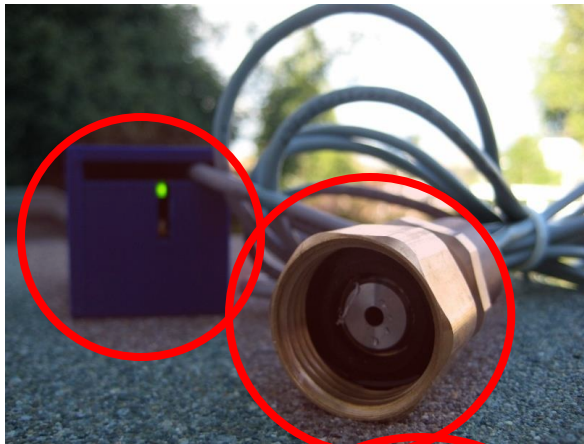
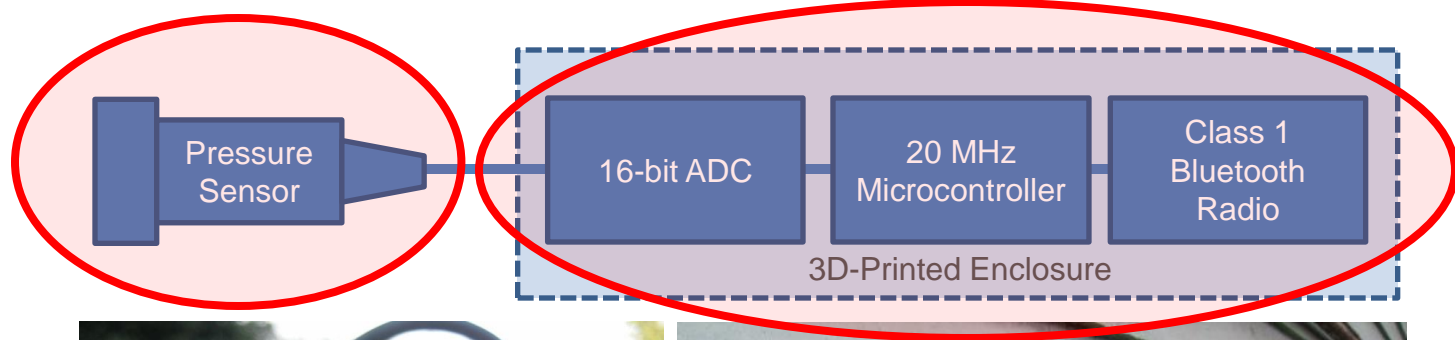
typical water meters

- only provide aggregate information on water usage
- require pipe modification for installation

traditional inline
water meter

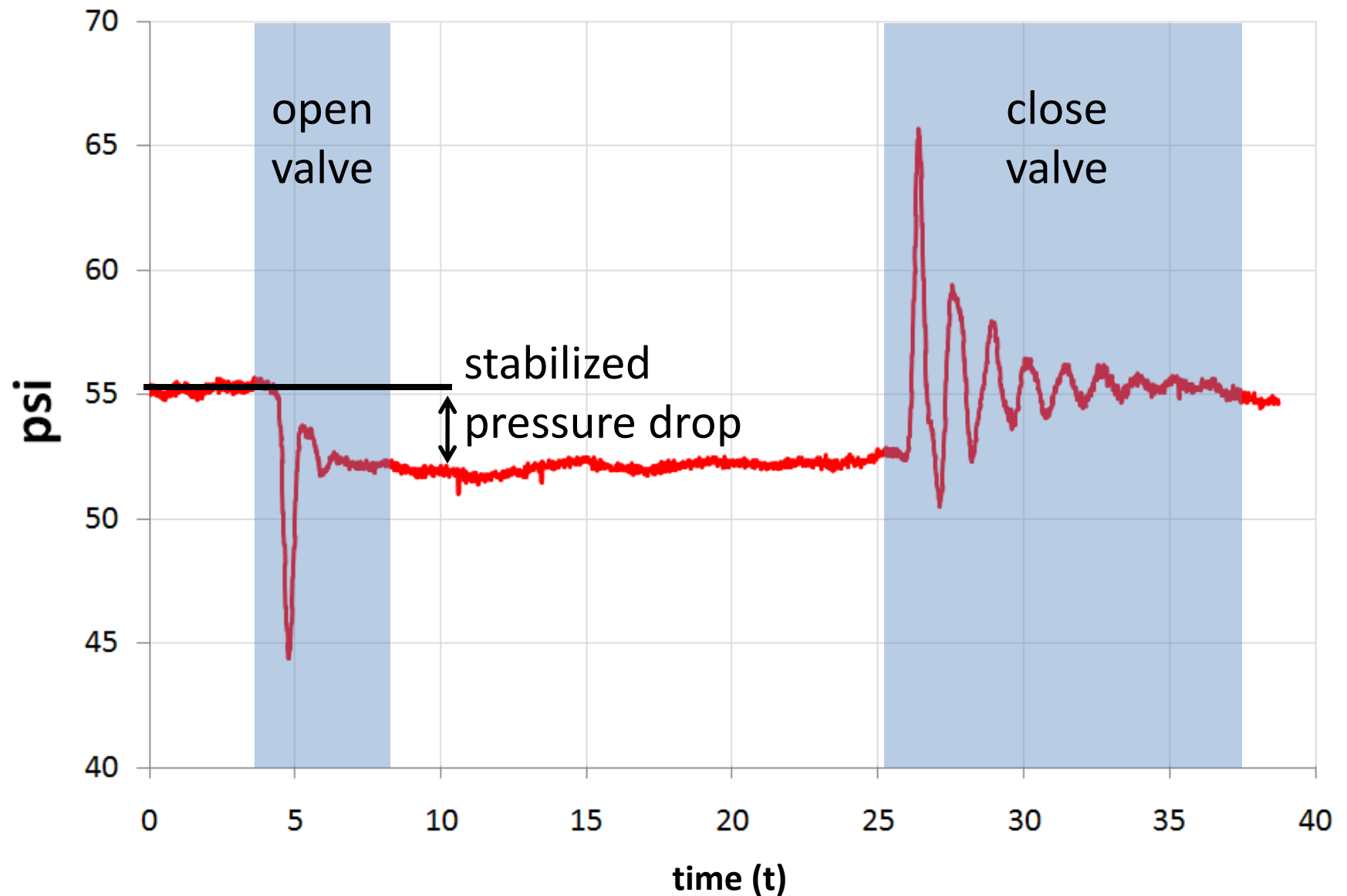
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the hydrosensor prototype



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raw bathroom sink signal





water tower

brief plumbing primer



water tower

brief plumbing primer

incoming cold
water from
supply line



40 psi

100 psi

pipe layout



water tower

incoming cold
water from
supply line

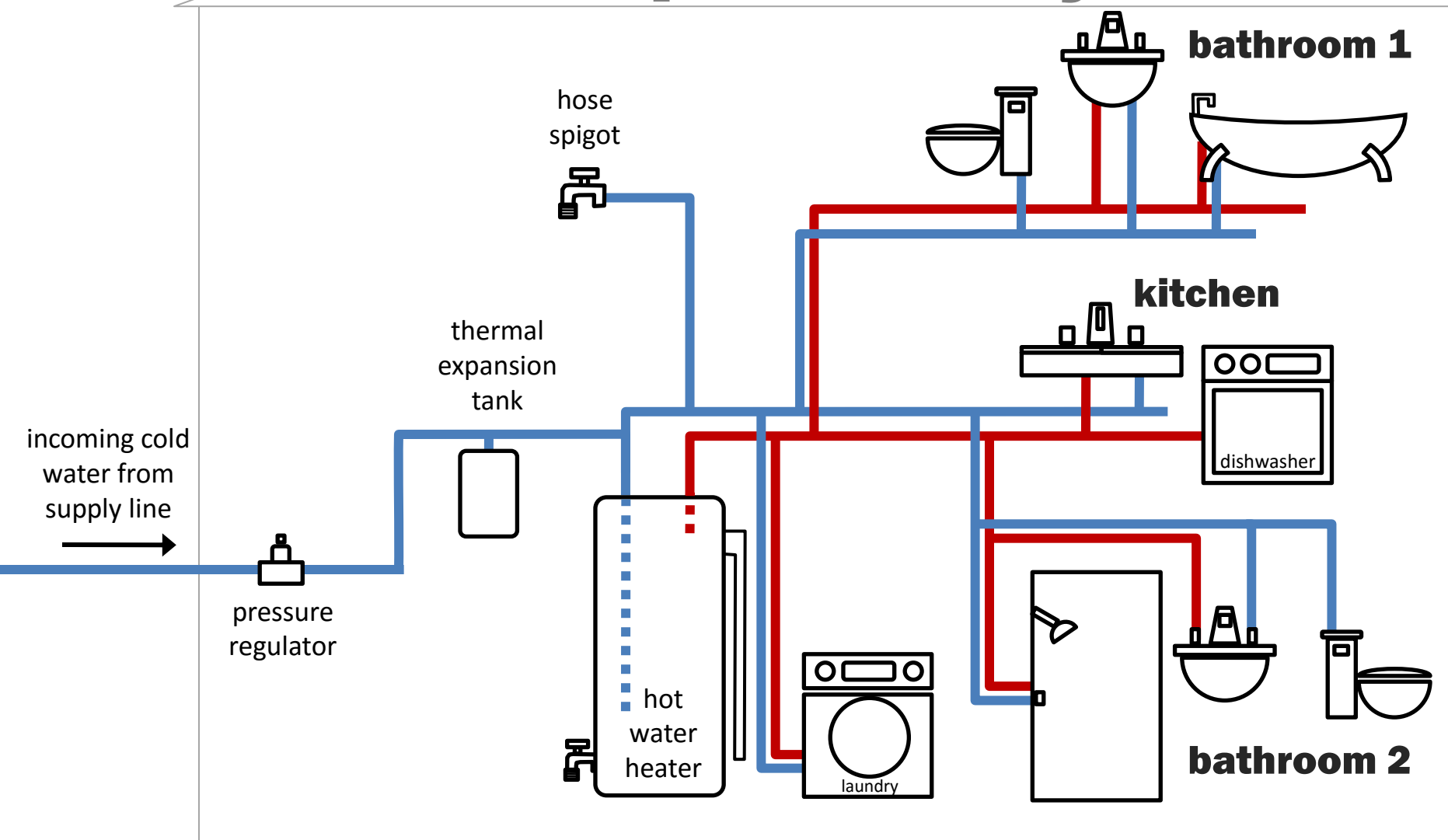


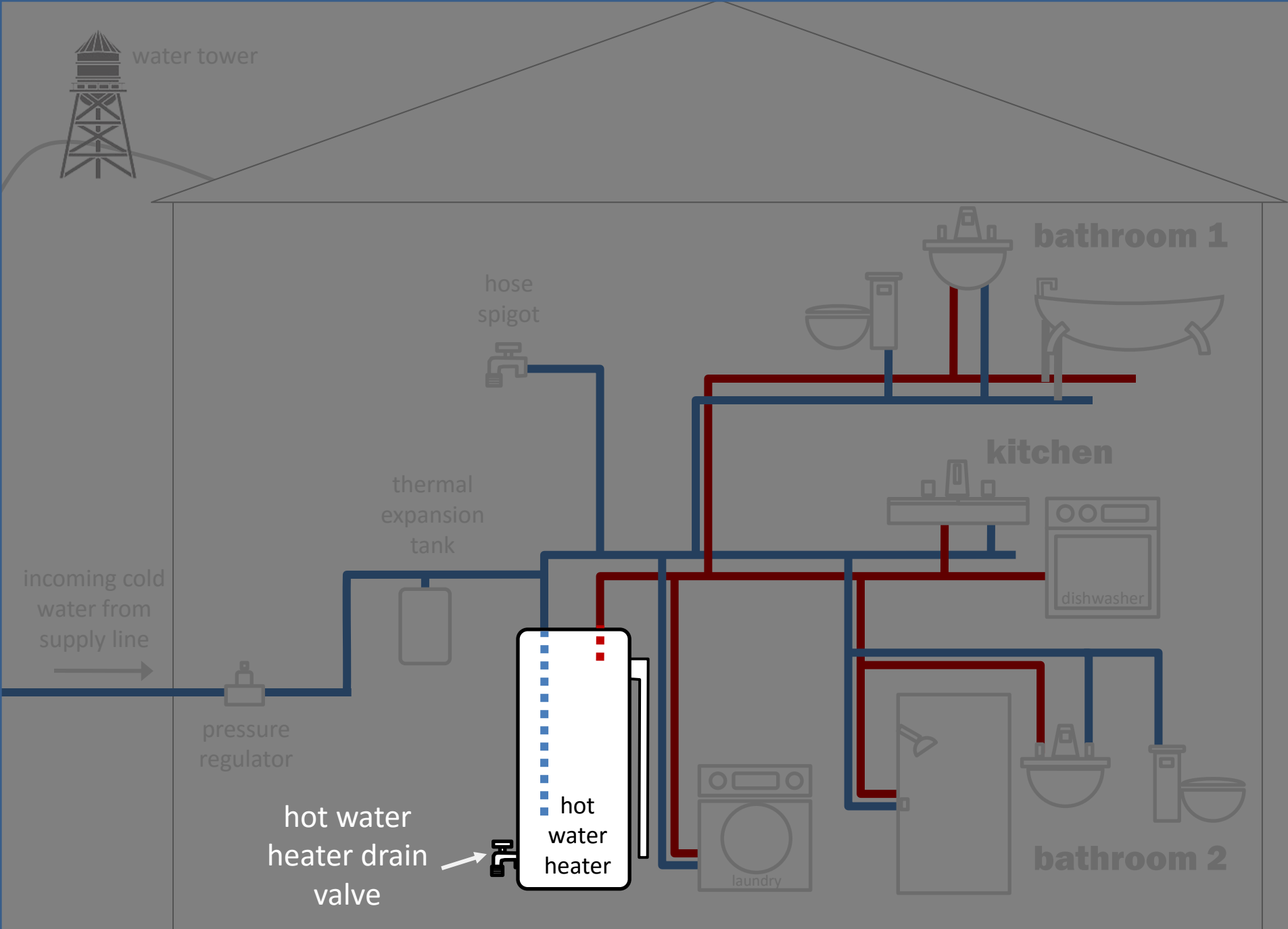
pressure
regulator



water tower

closed pressure system

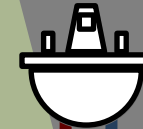




some possible installation points



hose
spigot



bathroom 1



kitchen



dishwasher



hot
water
heater



bathroom 2

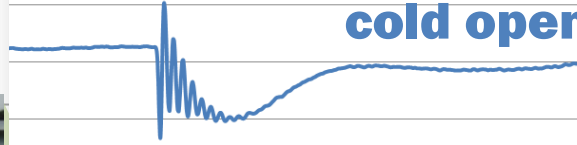


laundry

incoming cold
water from
supply line
→

thermal
expansion
tank

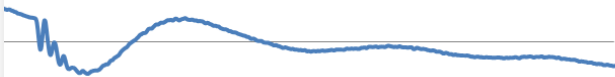
**bathroom sink
cold open**



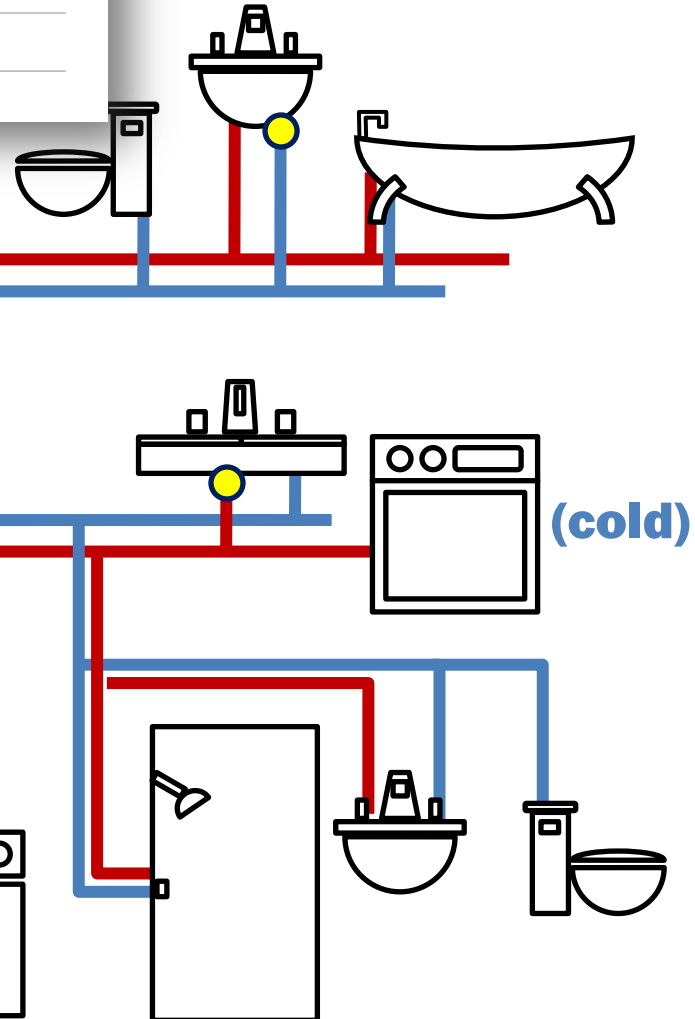
hose
spigot

thermal
expansion
tank

**kitchen sink
hot open**



hot
water
heater



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in-home data collection



home profiles

ten locations

- 8 houses
- 1 apt / 1 cabin

size

- avg: 2,300 sq ft
- min: 750 sq ft
- max: 4,000 sq ft

install point:

- 8 hose bib
- 1 water heater
- 1 utility faucet

experimental protocol

- **controlled experiments**
 - **2 researchers per site**
- **5 trials per valve**
 - **e.g., 5 cold / 5 hot for bathroom sink**
- **for each trial, valve open for 5 seconds, then closed**



collecting flow data



- 4 / 10 homes gathered flow data

- measure time to fill 1 gallon in a calibrated bucket

- this provides Q , allowing us to solve for R_f

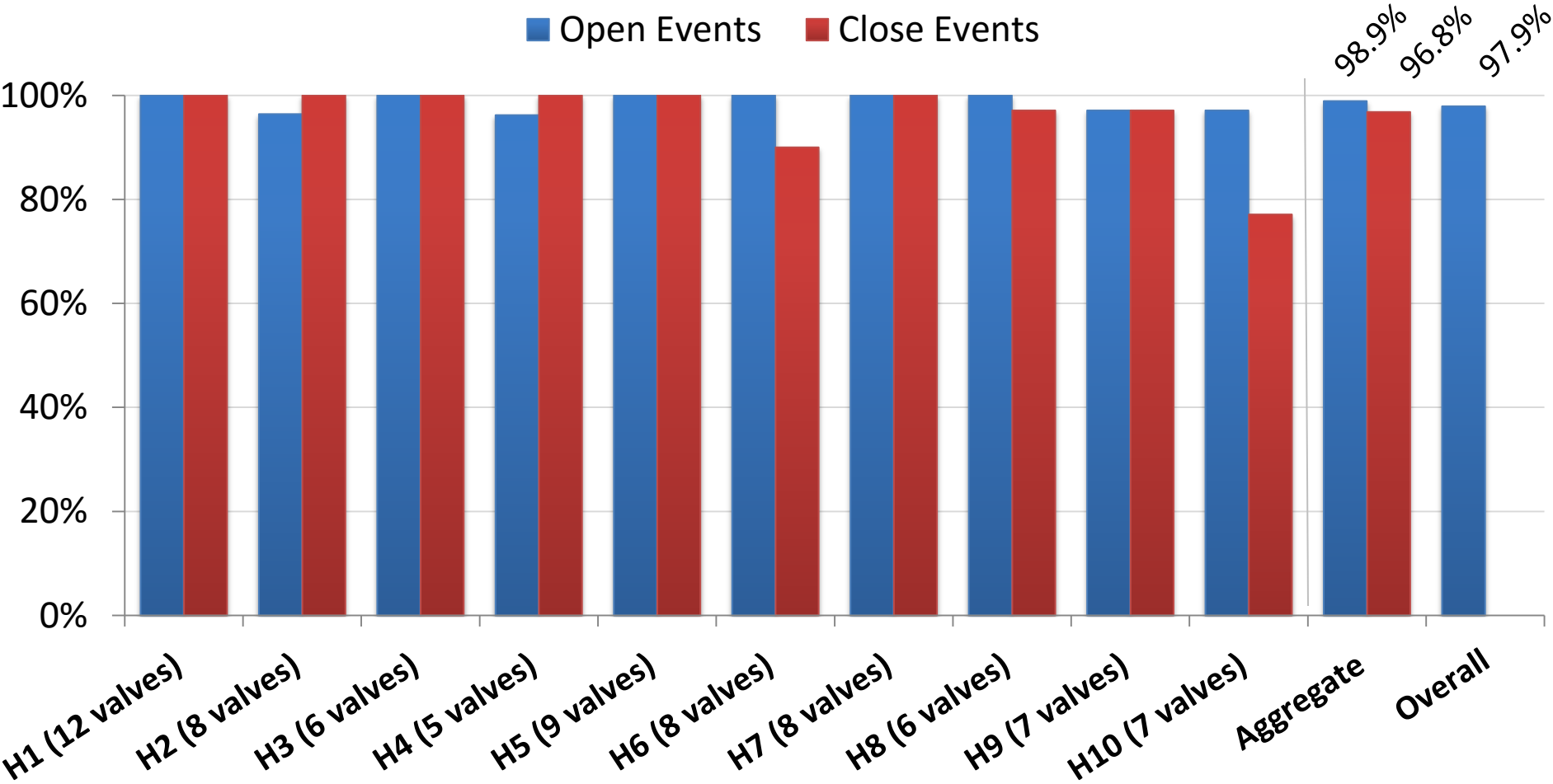
- $R_f = \Delta P / Q$

data collection stats

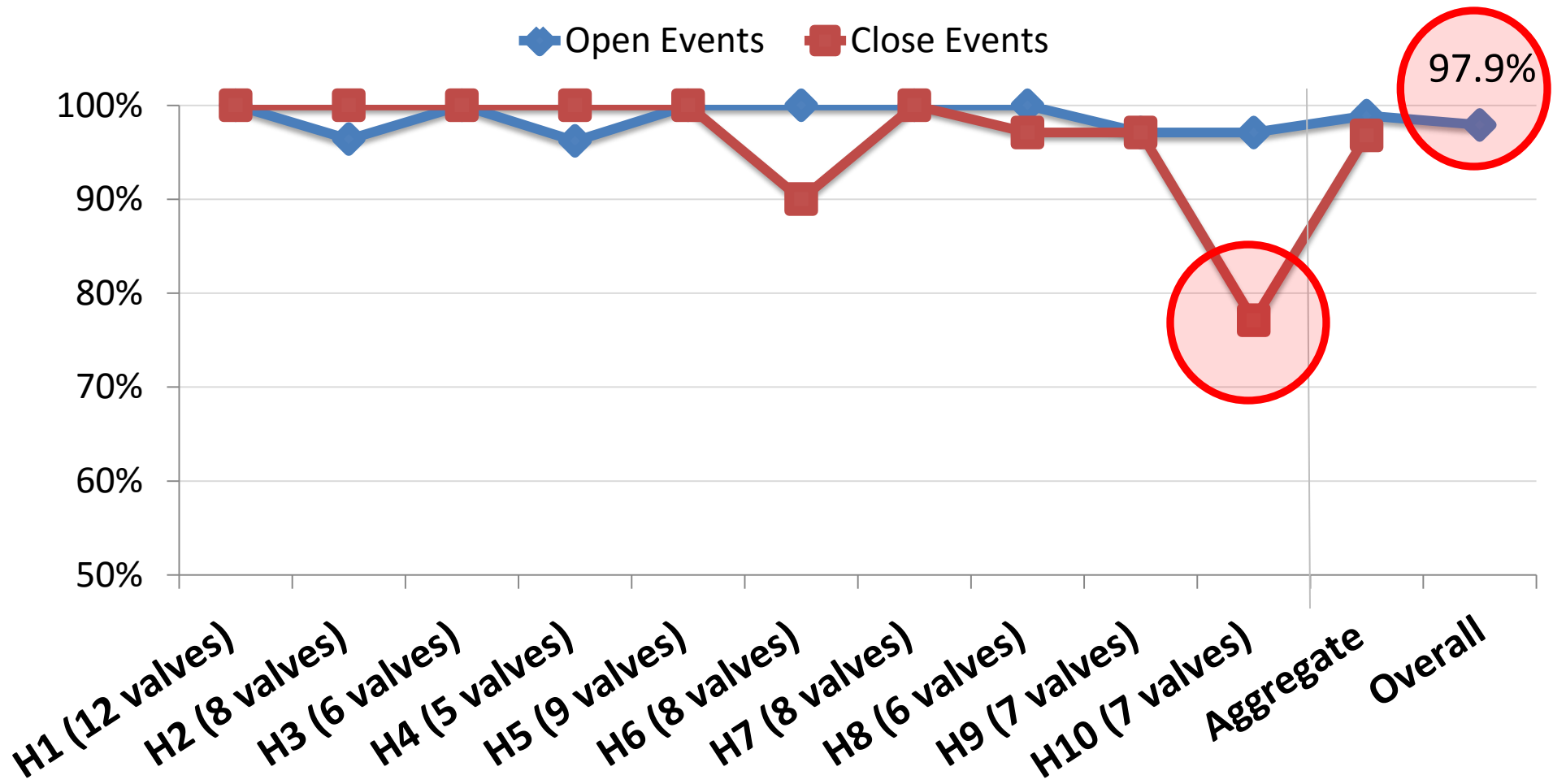
- ten locations
- 706 trials
- 155 flow rate trials
- 84 total fixtures tested

Scientist
at work

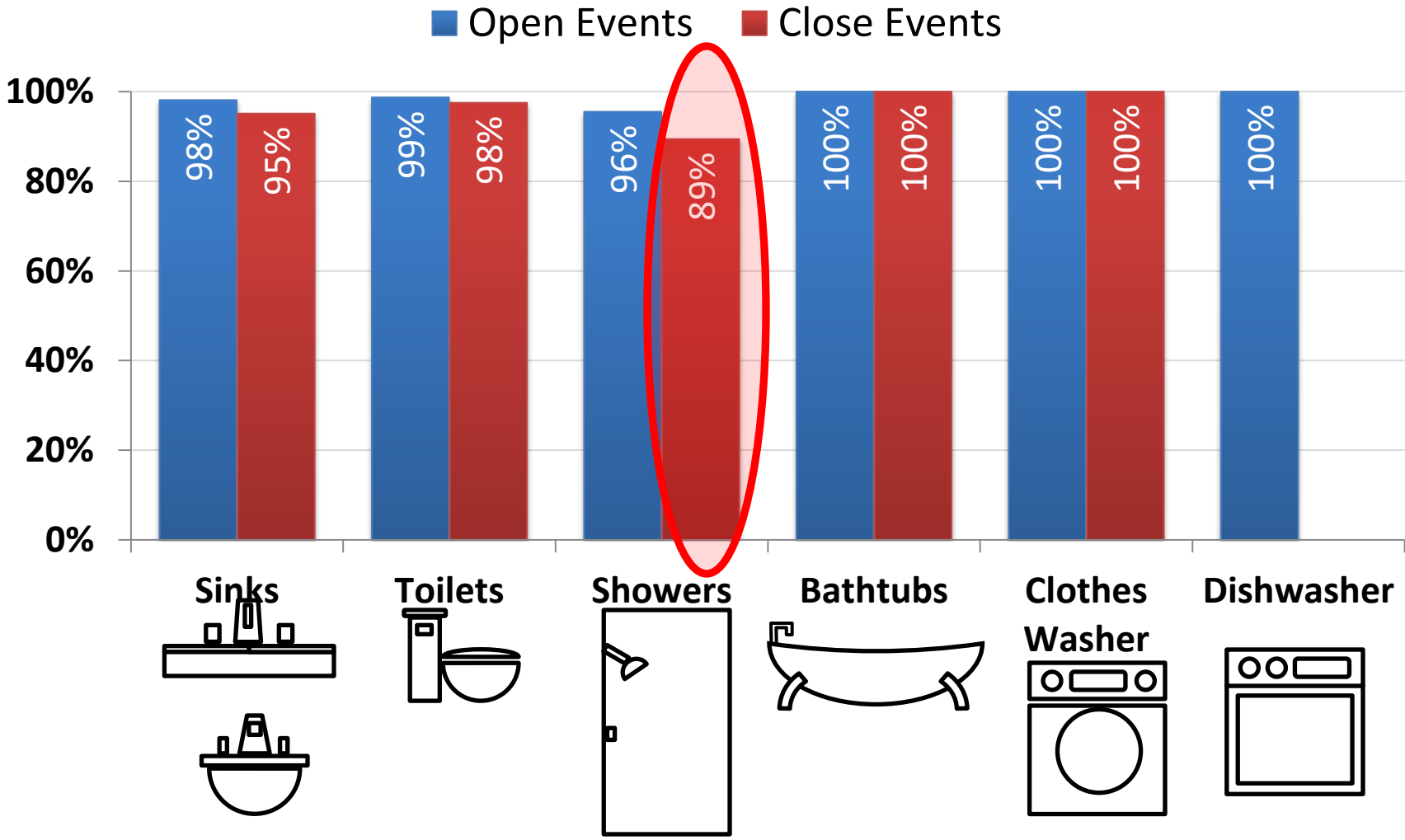
fixture classification results across homes



fixture classification results across homes



fixture classification results across fixtures



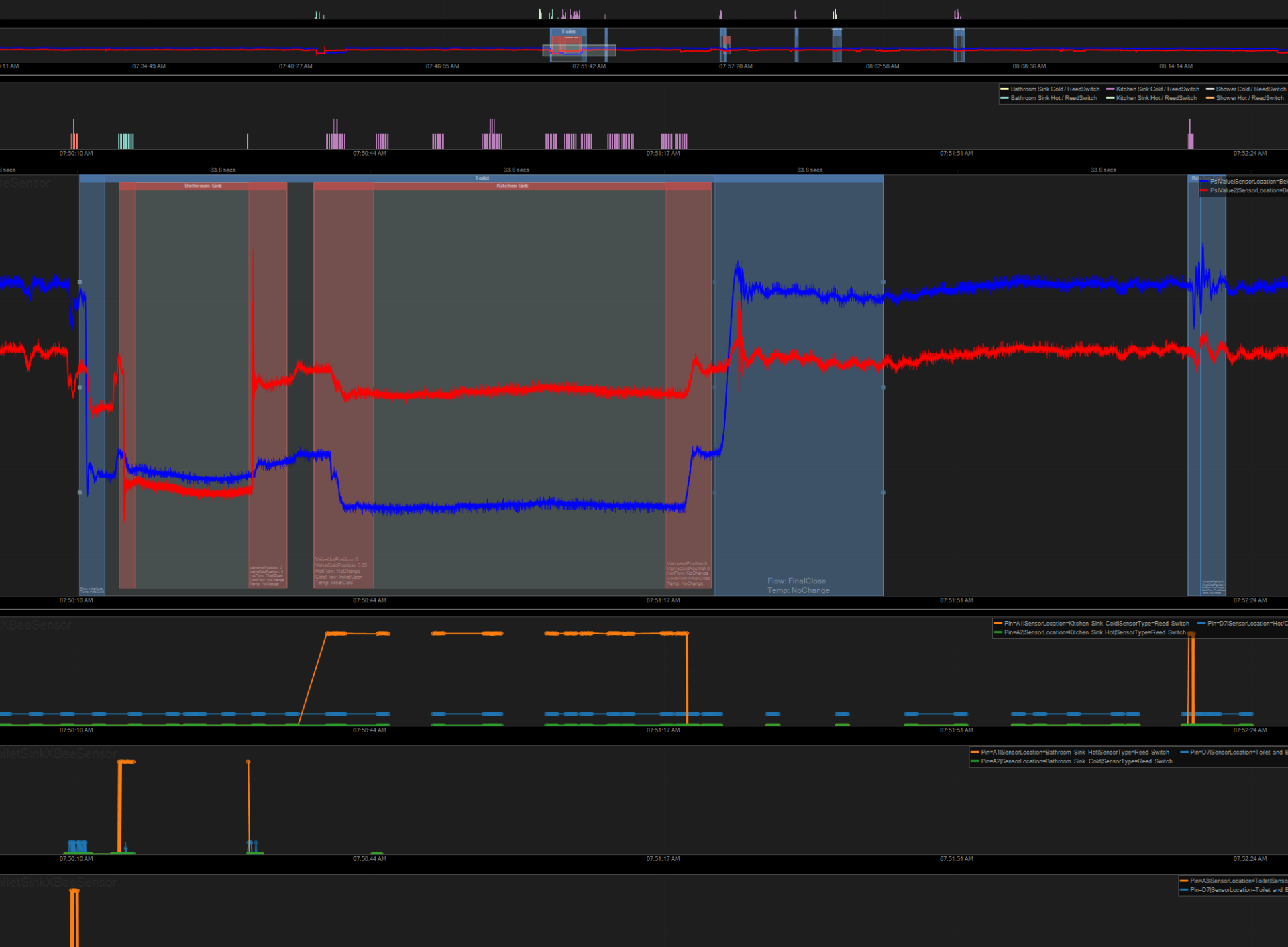
what i'm currently working on:

1. studying hydrosense performance in field deployments
2. building water feedback interfaces

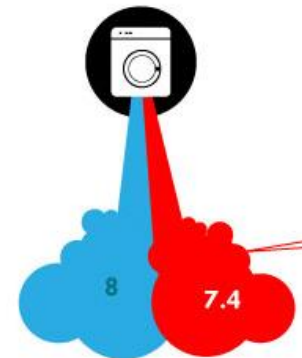
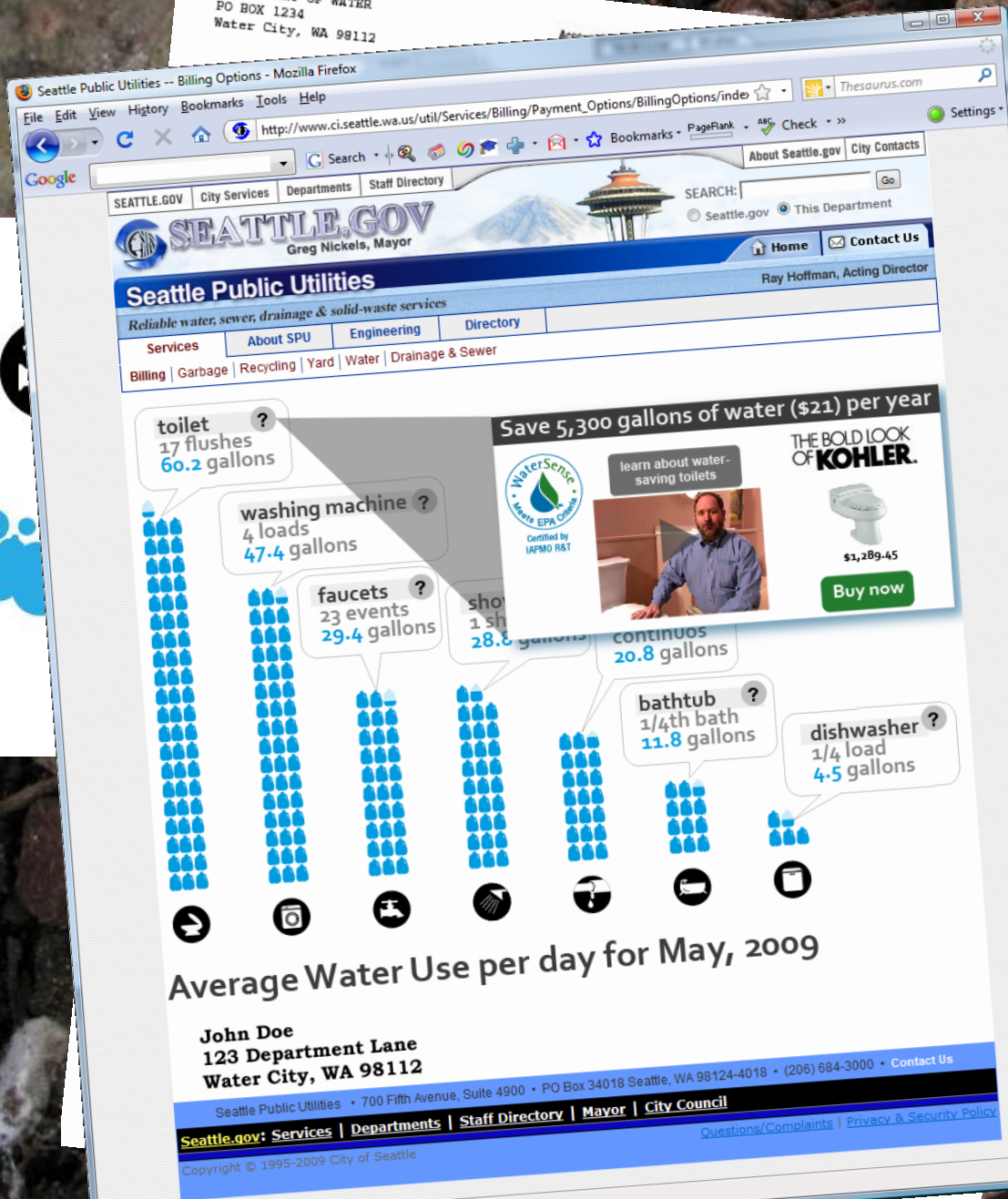
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DEPARTMENT OF WATER
PO BOX 1234
Water City, WA 98112





our water consumption, May, 2009



Thank You!

jonfroehlich@gmail.com

twitter @jonfroehlich

<http://ubicomplab.cs.washington.edu>

<http://dub.washington.edu/>

students



Jon Froehlich



Gabe Cohn



Sidhant Gupta



Eric Larson



Tim Campbell



Kate Everitt



Marilyn Ostergren

faculty



Shwetak Patel



James Fogarty



James Landay



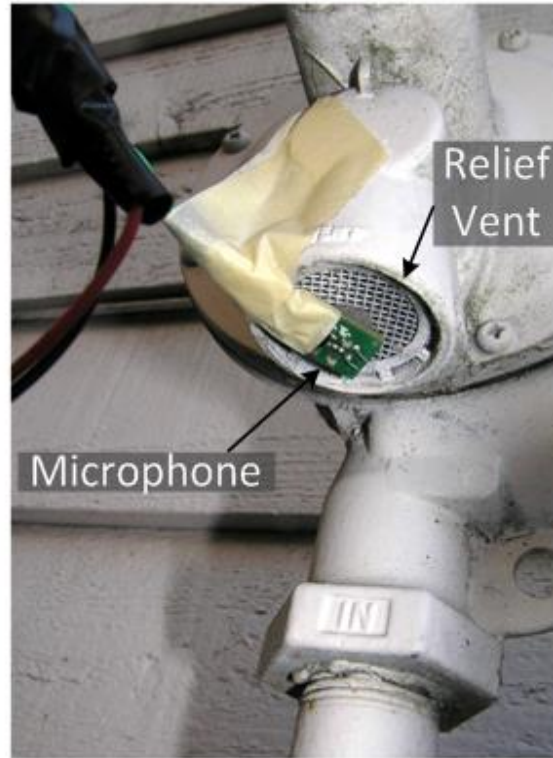
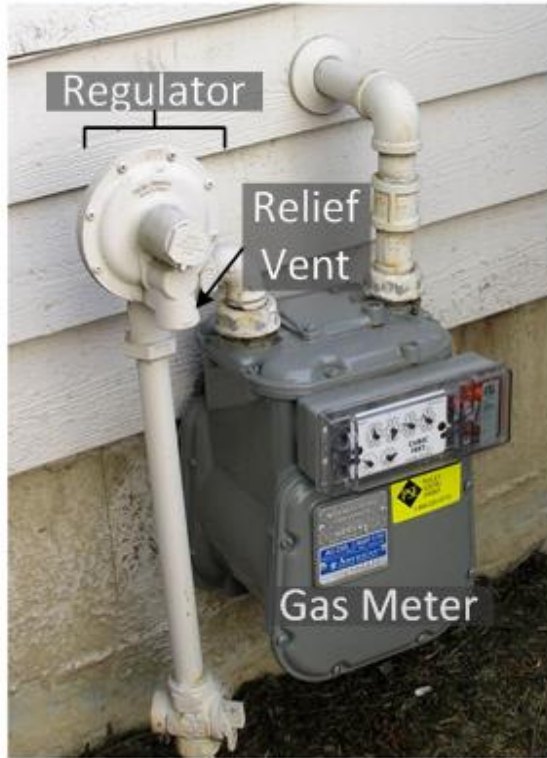
GasSense: Appliance-Level, Single-Point Sensing of Gas Activity in the Home

Gabe Cohn¹, Sidhant Gupta², Jon Froehlich², Eric Larson¹, Shwetak Patel^{1,2}

¹Electrical Engineering, ²Computer Science and Engineering

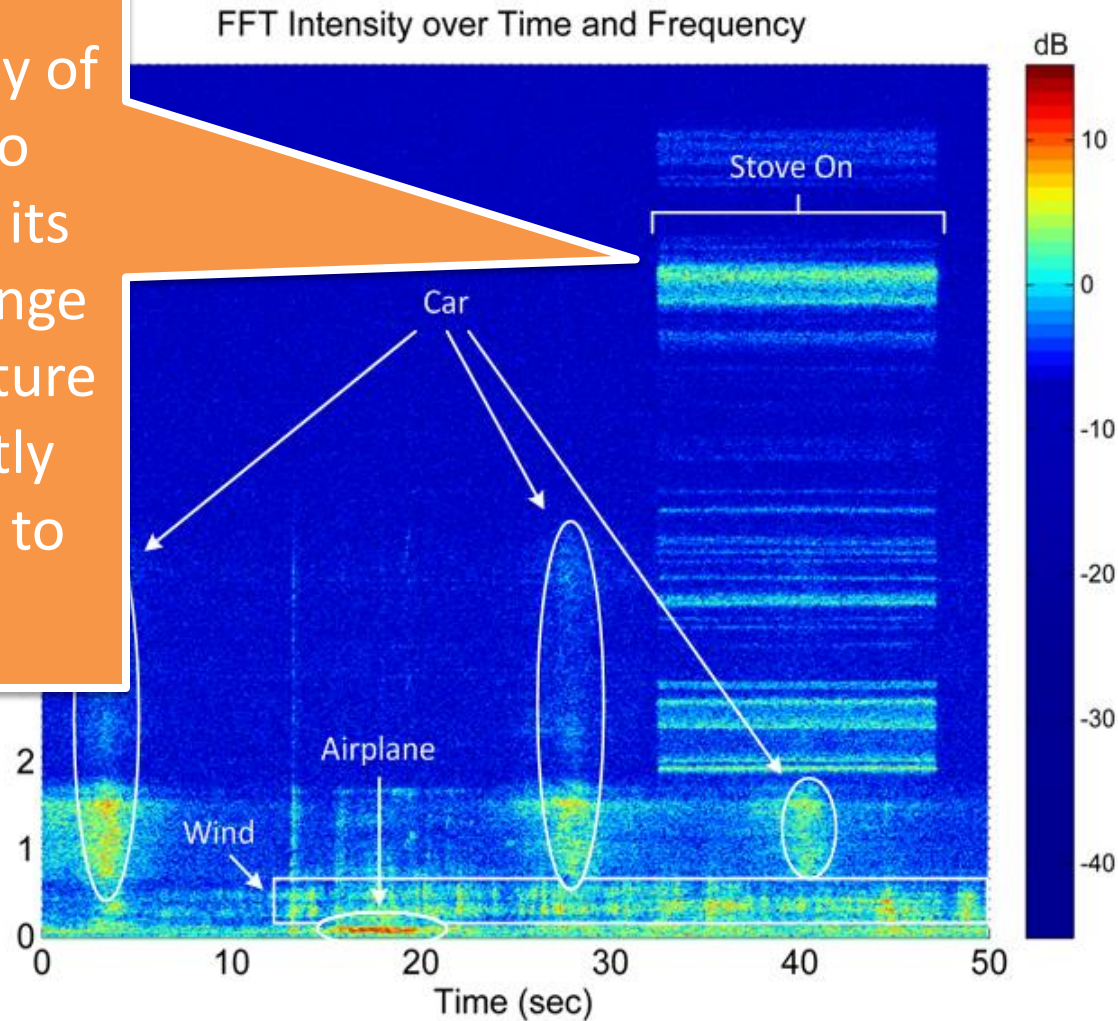


gassense installs on outside of gas regulator

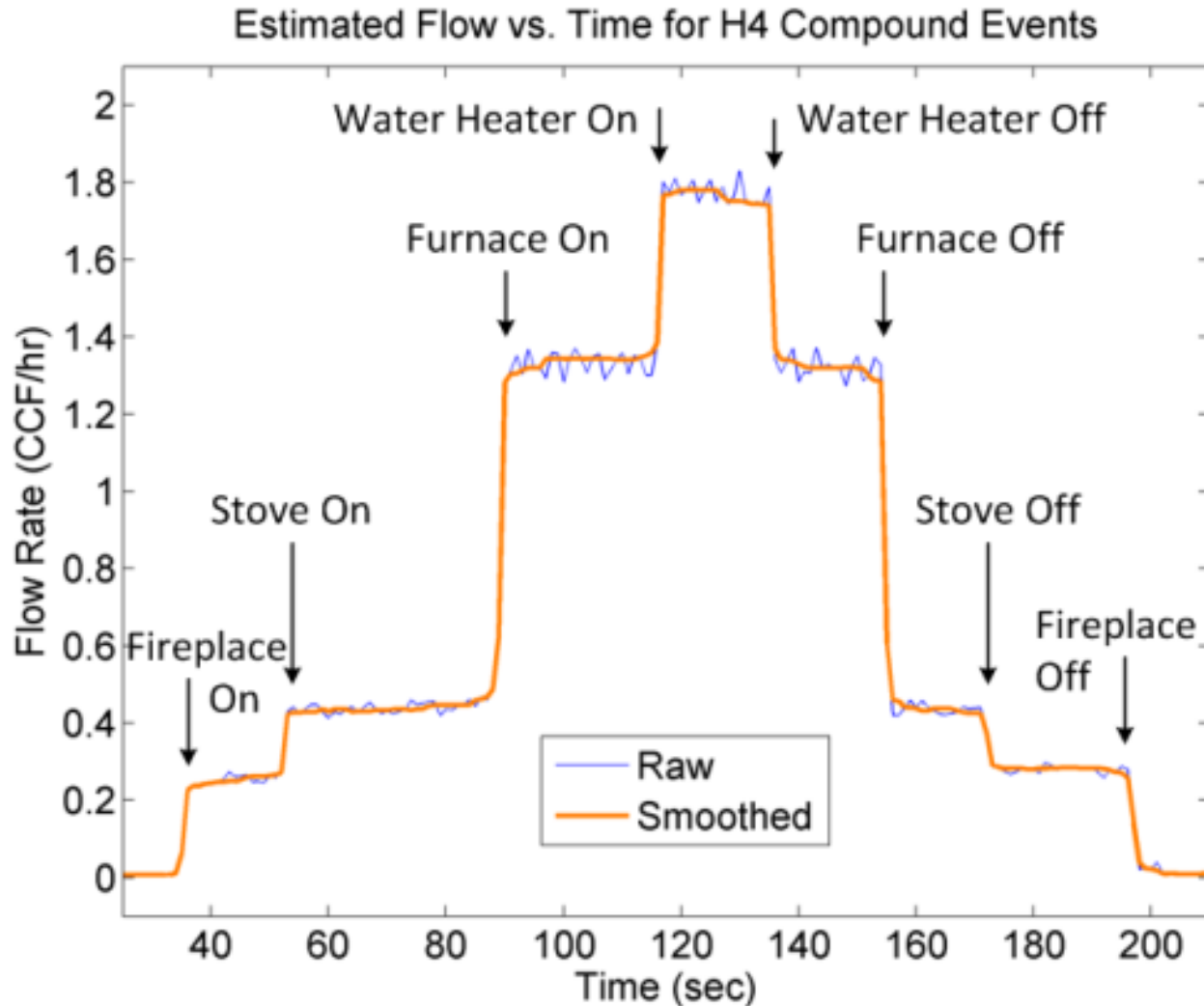



the **gassense** signal

the intensity of
this audio
signal and its
rate of change
indicate fixture
and directly
correlates to
flow



example data





mirrors tell you one thing
data can tell you another



you
sensing feedback



```
graph TD; A[you] --> B[sensing feedback]; B --> A;
```

A diagram illustrating a feedback loop. The word "you" is positioned above the phrase "sensing feedback". A curved arrow points from "sensing feedback" up to "you", and another curved arrow points from "you" down back to "sensing feedback", forming a continuous loop.

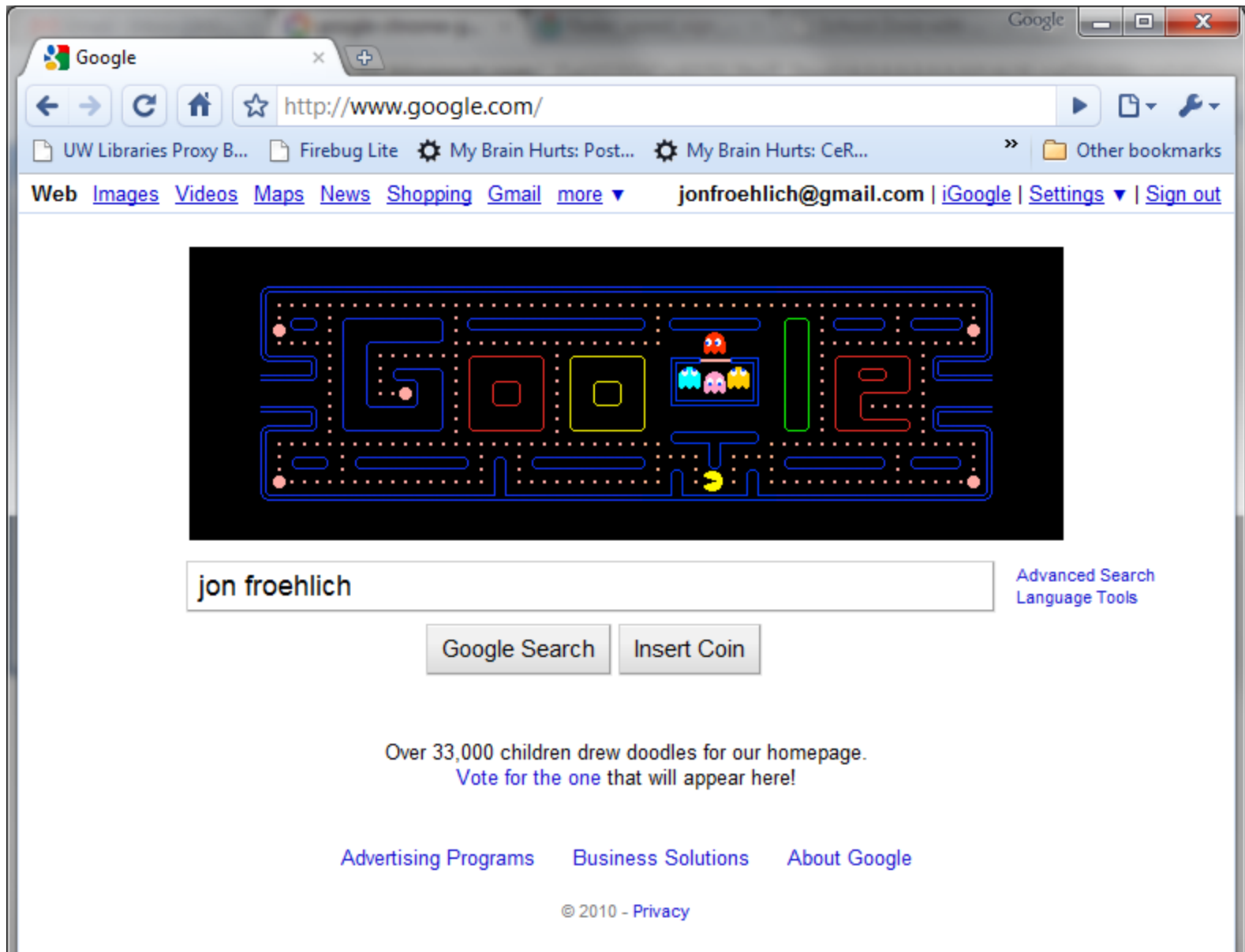
sensing feedback you



```
graph LR; A[sensing feedback] --> B[you]; B --> A;
```

A diagram illustrating a feedback loop. The phrase "sensing feedback" is positioned to the left of the word "you". A curved arrow points from "sensing feedback" to "you", and another curved arrow points from "you" back to "sensing feedback", forming a continuous loop.

thanks!





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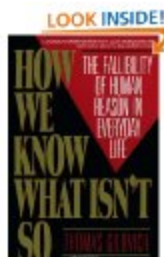
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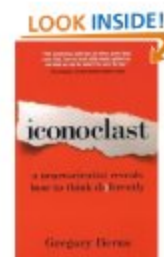
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