

Peer Review

Review of: "Nafas: Breathing Gymnastics Application"

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This paper presents a command line tool for breathing exercises called Nafas. The paper extols the possible benefits of Nafas and presents scientific evidence on breathing exercises in general. The paper explains the structure and functioning of Nafas and the corresponding parameters. Moreover, some limitations and planned improvements are discussed in a meaningful way.

Yet, there is no scientific literature provided to back the particular breathing exercises supported by Nafas. Moreover, the authors do not provide any data, be it empirical studies or simple user feedback, to support their claims about Nafas. This is a crucial lack, as without evidence – preferably stemming from a controlled evaluation study on the effects of using Nafas – one is at a loss to judge the application's usefulness and usability.

Declarations

Potential competing interests: No potential competing interests to declare.