

Peer Review

# Review of: "Nafas: Breathing Gymnastics Application"

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Overall, the short communication article is well written. However, I have one main concern and another suggestion for the authors:

[While various applications support breathing exercises, they are often app-based, requiring users to leave their primary workspace to engage with them. For many users, especially developers accustomed to command-line workows, this shift can disrupt productivity and deter regular use. Tools that integrate directly into the user's environment, the Command-Line-Interface (CLI) application, in this case, offer a more seamless experience, allowing users to perform breathing exercises without interrupting their workow.] From this paragraph, my understanding is that CLI is superior to apps, such as example apps on a handheld device. I do not agree with this statement, as programs in apps can also be conducted in the primary workplace. Additionally, smaller gadgets like apps on handheld devices allow users to perform slow breathing in almost every place, such as in the toilet. This increases the uptake of the breathing exercise by the user; therefore, it is an advantage. Please clarify this statement.

Second, Nafas is only a simple breathing exercise following simple commands. In recent years, mindfulness breathing - breathing in a mindful state - has been shown to provide various benefits (physical, mental, emotional) among different types of patients and even their families (the normal population). Some elaboration on this may be possible? Can it be a component that can be added to Nafas in the future?

## Declarations

**Potential competing interests:** No potential competing interests to declare.