

Peer Review

Review of: "Nafas: Breathing Gymnastics Application"

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Comments:

This paper effectively addresses the critical need for stress reduction and mindfulness among programmers and computer users by introducing a Command-Line Interface (CLI) application. The technical explanation of Nafas, including its structured breathing programs and associated parameters, is clear and well-organized, making it comprehensible to both technical and non-technical audiences. Furthermore, the paper thoroughly reviews existing literature on the benefits of slow breathing, integrating these insights to justify the proposed application's value.

However, the following concerns should be addressed:

1. While the pre-configured programs are well-designed, the lack of customization options may reduce the appeal for users with specific needs or advanced training.
2. The absence of tracking and feedback mechanisms limits user engagement and long-term utility.
3. The paper does not include user feedback or empirical studies to validate Nafas's effectiveness, which would strengthen its claims.
4. Although the CLI-based design is innovative, it might deter less technically proficient users, restricting the application's audience.
5. Developing complementary graphical or mobile versions could broaden its accessibility and appeal.
6. The future roadmap could be expanded to include potential integration with other tools and the addition of adaptive difficulty levels to enhance the application's functionality.

Declarations

Potential competing interests: No potential competing interests to declare.