

Peer Review

Review of: "Nafas: Breathing Gymnastics Application"

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The generation of breath is produced by the respiratory mechanism that determines the inspiratory and expiratory cycle. These breathing cycles occur in the brainstem area, which is a vital part of the brain that connects the brain to the body. Intentional changes in these patterns can produce physiological changes. Looking at existing papers, Napas clearly demonstrates the necessity and effectiveness of stress reduction and mindfulness.

There is the following opinion.

1. A clear basis for understanding an individual's ecology is needed.

= Currently, there is a lack of distinctive appeal from the general state of deep breathing, that is, slow breathing.

Breathing is an unconscious process that occurs in accordance with an individual's physiological and physical changes. It is a conscious area of breathing exercise and a type of exercise that an individual does while being aware of the state. In other words, if you use a command line interface, you will need a way to effectively identify the user's unconscious area. After this, you should be able to introduce a customized breathing program.

These unconscious areas can be most easily measured externally, perhaps with electrocardiograms and skin conductance measurements. It would be very helpful if we could quantify each piece of information according to the breathing program.

2. Additional research for clinical evidence

= If each breathing program is to be used as a healthcare CLI, clinical studies on user change analysis (biometric or questionnaire) are required.

Although the discussion currently states that there is no such feedback method, with further research and investigation of this method, it may be possible to further recommend its use as a versatile medical option for support. Breathing is used in biofeedback to recognize a kind of individual's state and induce physiological responses. However, since there is currently a lack of meaningful results from physiological responses and actual breathing programs, it is recommended to fill in these gaps.

Declarations

Potential competing interests: No potential competing interests to declare.