**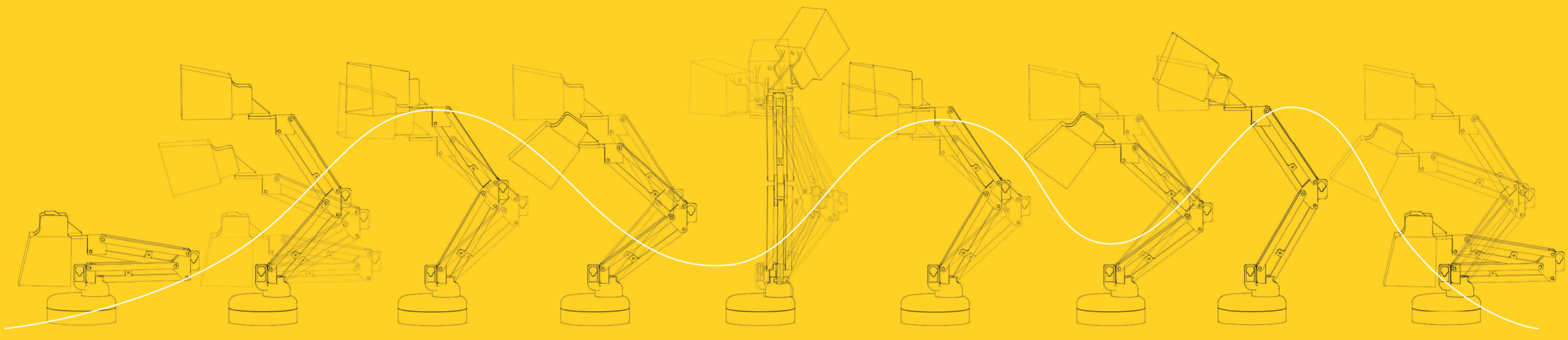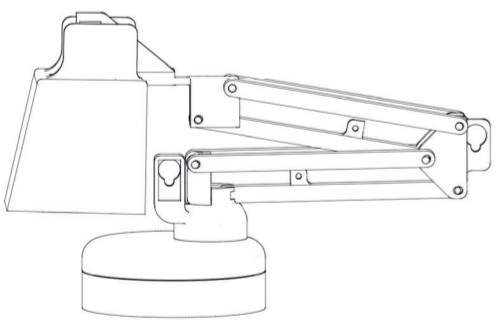Chronobiology: The Science of Time.** LuMate does not only know about the best time for working and at which time of the day there are concentration peaks, it also knows about when you should take a break. LuMate is oriented on medical given facts about the human body and concentration performance and introduces those facts to you through its behaviour and a subtle manner. (chronoceuticals.com)



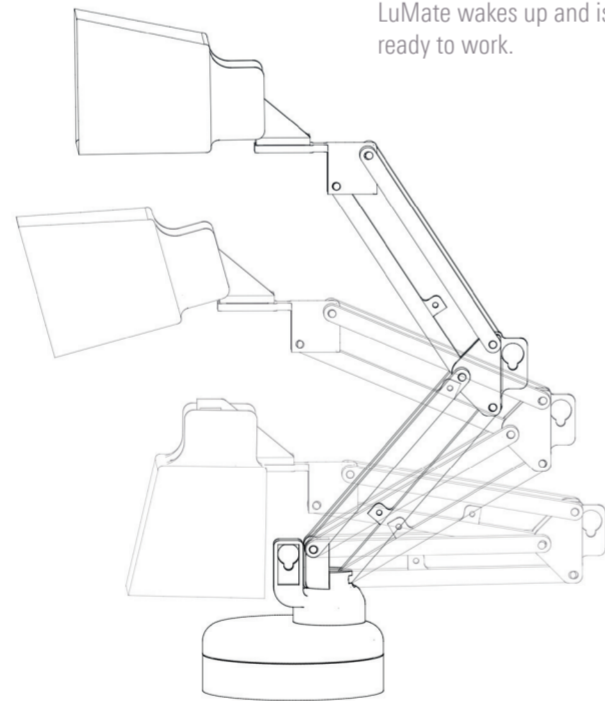| 5:00 a.m. | 7:00 a.m. 8:00 a.m. | 10:00 a.m. 12:00 noon | 12:00 noon 01:00 p.m. | 01:00 p.m. 03:00 p.m. | 03:00 p.m. 06:00 p.m. | 06:00 p.m. 11:00 p.m. | 11:00 p.m. 01:00 a.m. | 01:00 a.m. 07:00 a.m. |
|---|---|---|---|---|---|---|---|---|
| Sleeping Phase. | The body's systems awaken. | Fully fit and wide awake, brain functions most efficiently. | Alertness decreases, brain functions low, afternoon low | Break. Time to eat. Time for a nap. | New upswing, second alertness, brain functions efficiently. | Regeneration and relaxation. Brain functions decrease. | Creativity at its absolute peak. | Sleeping Phase. |

### Sleep.
LuMate is tired and sleeps until it is time for it to get up.



### Awake.
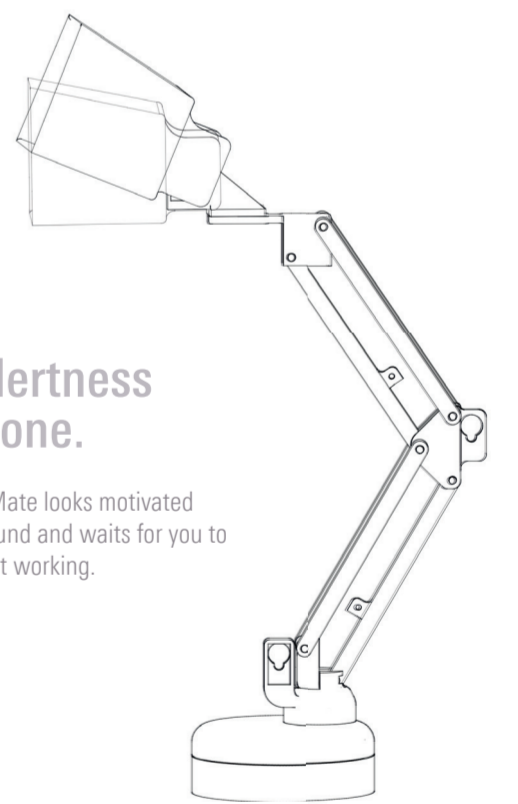LuMate wakes up and is ready to work.



### Alertness with you.
LuMate motivates you while working. It is alert but shows a calm behaviour.
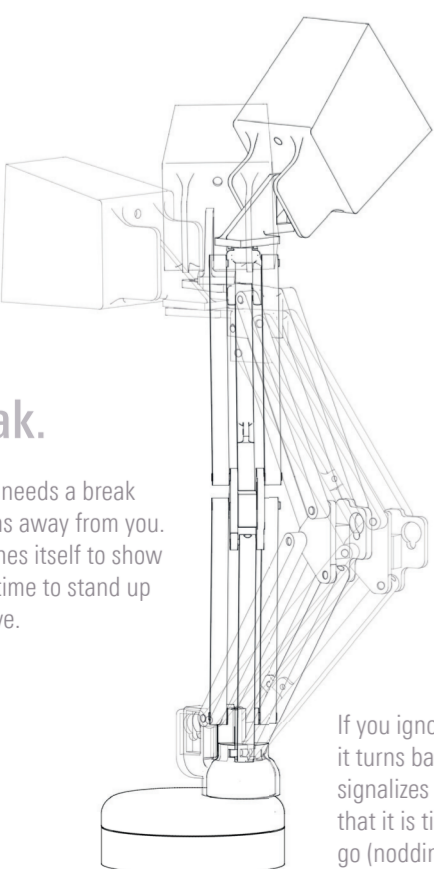


### Alertness alone.
LuMate looks motivated around and waits for you to start working.
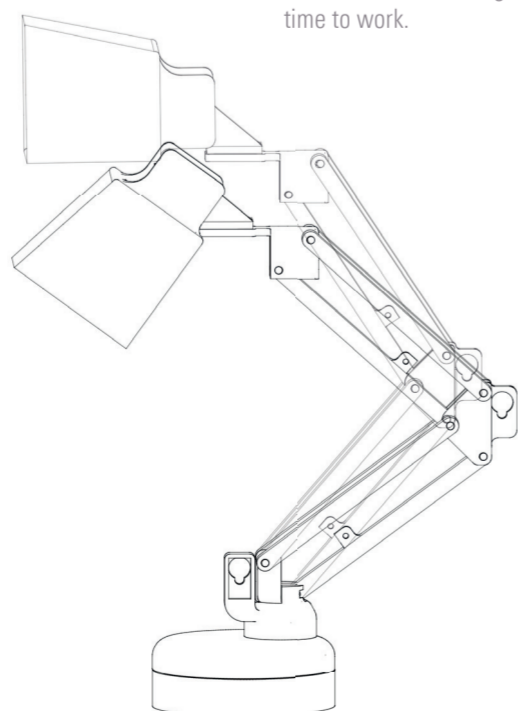


### Break.
LuMate needs a break and turns away from you. It stretches itself to show that its time to stand up and move.

If you ignore LuMate, it turns back to you and signalizes with its head that it is time for you to go (nodding motion).
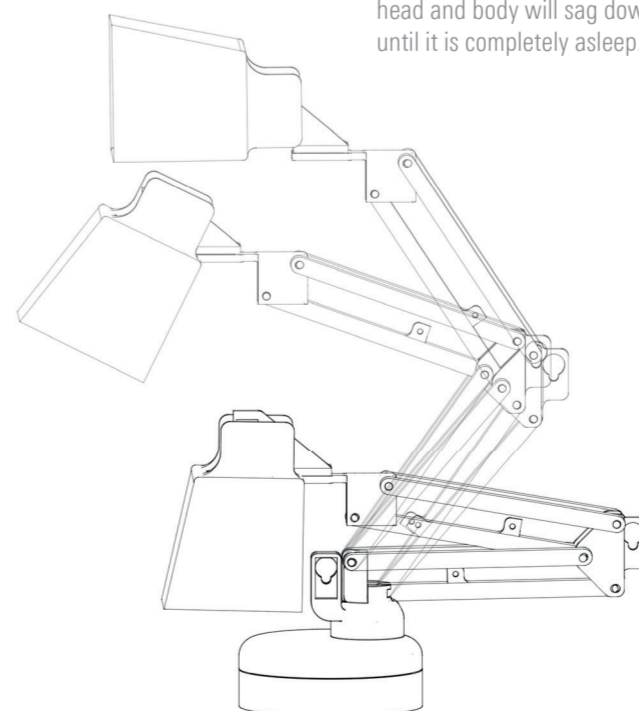


### EnergySlump.
LuMates concentration decreases and deflates to show that its not a good time to work.



### FallingAsleep.
LuMate is getting tired as its head and body will sag down until it is completely asleep.



### Interaction.
If you wake up earlier than LuMate or you want to continue working after LuMate is already asleep, you can try to wake it up by nudging it.