Notice

Train the skill the body already knows.

Multi-device AI-assisted interoception training

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Your body knows before you do.

HRV drops before anxiety arrives

Heart rate variability decreases measurably 5–15 minutes before people report feeling anxious.

Heart rate climbs before excitement registers

Cardiac acceleration precedes conscious awareness of arousal states.

Skin conductance shifts before you can name the feeling

Electrodermal activity changes before emotional labeling is possible.

Interoceptive accuracy is not a fixed trait.

It is a skill. It is trainable.

But no product measures the training.

Frame Snap: capture, label, reflect.
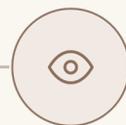
Tap

Notice a shift.
Watch, Garmin, or
phone.

Watch or iPhone

Capture

HR, HRV, context.

*HealthKit + EventKit +
CoreLocation*

Name

Describe, label,
intensity.

Subjective before objective

Reflect

See data + AI
reflection.

*Claude streams
contemplative
response*

KEY DESIGN DECISION

You commit your subjective assessment before you see the biometric data. You say "I feel tense" and then discover your HRV is 22ms below your weekly average. Over time, that feedback loop trains calibration between felt sense and physiology.

Affect labeling

validated emotional regulation technique

3 reflection timescales

witness, debrief, synthesis

Scaffolding decay

users graduate, not churn

The metric no one else measures

The gap between a physiological state change and the moment you notice it. Currently unmeasured by any consumer product.

Notice captures both timestamps — the biometric shift and the conscious tap — making the gap visible for the first time.

45 min

AVERAGE LEAD TIME

10 min

WITH TRAINING

THE GAP

Body shifts

HRV drops

You notice

Frame Snap

If lead time reduction correlates with MAIA-2 score improvement — that's a peer-reviewable finding.

Three trust paths, one protocol.

Apple Watch

ON-DEVICE ONLY

WatchConnectivity

Biometric data never leaves the Watch-iPhone pair.

Garmin

ON-DEVICE ONLY

BLE direct

Raw data stays on the device; only relative descriptors transmitted.
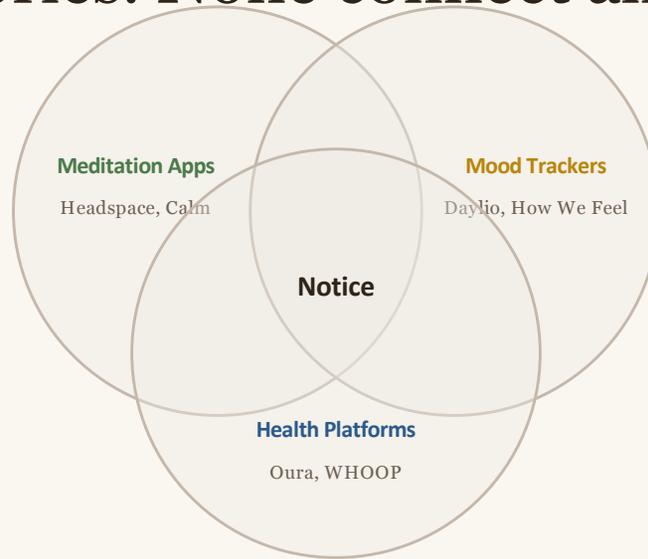
Oura Ring

CLIENT-SIDE CLOUD

REST API + OAuth

Cloud data pulled to phone, processed locally, never re-uploaded.

All paths converge through relative descriptor functions — the AI sees patterns, never raw biometrics.

Three categories. None connect all three layers.

Meditation Apps

Headspace, Calm

Mood Trackers

Daylio, How We Feel

Notice

Health Platforms

Oura, WHOOP

CAPABILITY	Meditation	Mood	Health
Biometric sensing	X	X	✓
Emotion labeling	X	✓	X
Contemplative grounding	✓	X	X
AI reflection	X	X	X
Subjective-first	X	X	X

On-device personalization + an app that grows with the user.

On-Device AI

- Apple Foundation Models for real-time reflection
- LoRA fine-tuning on personal patterns
- Contemplative vocabulary → not generic wellness
- Runs on Apple Neural Engine
- No cloud dependency for core loop
- Privacy by architecture, not policy
- Training data never leaves the device

Expanding Vision

Now

Apple Watch + iPhone core loop. Garmin + Oura integration.

Next

On-device LoRA. Longitudinal pattern detection. Therapist dashboard.

Later

Research partnerships. Peer-reviewed ILT validation. Platform API for contemplative apps.

Thomas Brady

Solo founder · Pando Industries

Product + AI

8 years shipping AI products. AWS, H2O.ai, startups. Frontier AI & infrastructure at scale.

Special Forces

U.S. Army Special Forces (Green Beret). Systems thinking under uncertainty. Building teams that operate autonomously.

Contemplative Practice

Theravāda + Vajrayāna. 10+ years. Notice comes from practice, not market research.

Builder

AI research (Scholion & Learned Compilation), Notice, Absolute Beginners++, and thbrdy.dev. Every project makes invisible structures visible.

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