

FUTURE Vision

Signals of the Future



HEALTHCARE

Sleepiz creates new care experience from the bedside table.

A new FDA-approved contactless remote patient monitoring device tracks respiration and heart rates with the highest accuracy. Physicians can prescribe the Sleepiz One+ to their patients who monitor their own vital signs from the comfort of their home.

TECHNOLOGY

Audible is inundated with 40,000 AI-narrated audiobooks.

While the technology offers a cost-effective solution for self-published author, it raises concerns among human narrators about job security and among listeners missing the human voice and lack the option to filter out AI-narrated titles.



SCIENCE

Neuroscientists discovered that our brains reset during the first half of sleep.

While the process of weakening brain cell connections to prepare for new learning is clearer, the second half of the night remains an enigma.

“First, think. Second, dream. Third, believe. And finally, dare. All our dreams can come true, if we have the courage to pursue them.” - Walt Disney

Envisioning: The Future of Sleep

Pick one of those statements, imagine, and provoke a conversation. What consequences would it have? Would you enjoy this world? What would you do next?

- **What if** sleep tracking could predict and prevent future health issues?
- **What if** we could extend our nights during our commute in self-driving cars?
- **What if** mattresses adjusted to your body's needs throughout the night, optimizing sleep posture, temperature, nutrients, air quality, etc.?
- **What if** wearable tech could prevent nightmares and ensure only pleasant dreams?
- **What if** we sleep pods could simulate a full night's sleep in just 30 minutes?
- **What if** VR masks transported us to calming places improving sleep quality?
- **What if** we controlled our sleep cycles with an app, adjusting the duration and intensity of our sleep phases?
- **What if** we extended REM sleep, enhancing creativity and problem-solving?
- **What if** sleep could be fully customized, allowing you to choose dreams like episodes from a streaming service?
- **What if** we could download and process new information into our brains during sleep, such as learning a new language?
- **What if** sleep became a social activity, where friends join in a shared dream?
- **What if** sleep deprivation was eliminated by a pill that replicates the effects of 8 hours of sleep?
- **What if** we hibernated like marmots, sleeping for months without aging?

The Question:

Can a futurist mindset help with mindfulness?

A futurist mindset can complement mindfulness practices. While mindfulness often focuses on being present and aware of the current moment, a futurist mindset involves looking ahead and anticipating future possibilities. Here's how they can both work together:

Enhanced Visualization: Mindfulness techniques such as visualization can be enriched by a futurist perspective, allowing you to vividly imagine and prepare for future scenarios.

Embracing Change: A futurist mindset encourages openness to change and innovation, which can help in adapting mindfulness to evolving personal and societal needs.

Expanding Awareness: Both mindfulness and a futurist approach expand your awareness, one in the present moment and the other in the realm of future possibilities.

Cultivating Resilience: By combining mindfulness with future-oriented thinking, you can build resilience against uncertainty and develop a proactive approach to life challenges.

Taste of the Future!

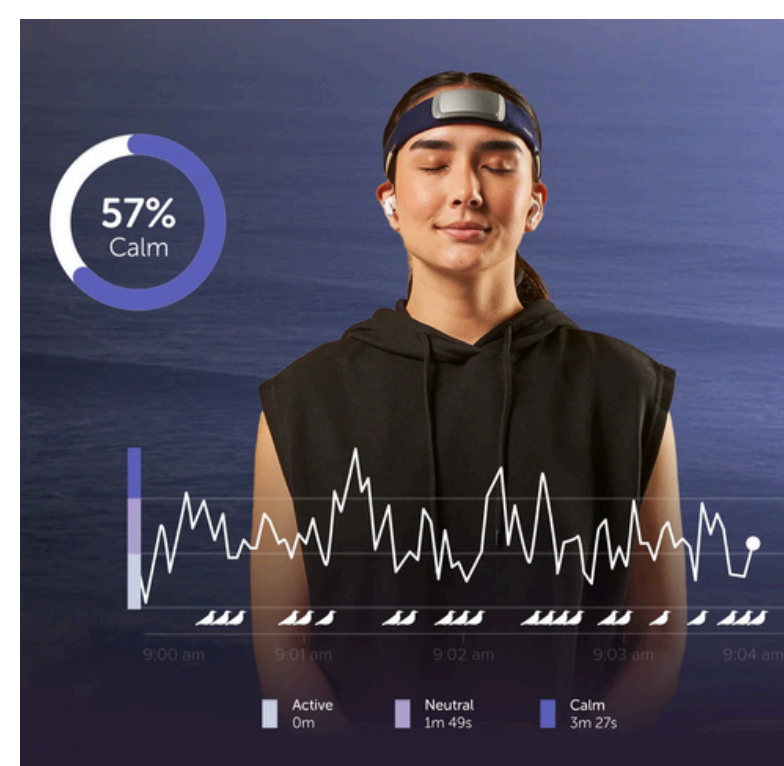
Scarlett Panda helps you create an hyper-personalized AI story in 30 seconds for free.

It claims to be particularly useful to engage children with ADHD, autism or dyslexia.



<https://www.scarlettpanda.com/>

Muse is a wearable brain sensing headband designed for mindfulness, meditation, and sleep optimization.



It measures brain activity via electroencephalography (EEG) sensors. A companion app converts mental activity into audio feedback that is fed to the user via headphones: In a state of calm, it emits peaceful weather sounds, while a distracted mind triggers stormier audio cues.

<https://choosemuse.com/>