



US 20240164677A1

(19) **United States**

(12) **Patent Application Publication**
Yildiz et al.

(10) **Pub. No.: US 2024/0164677 A1**

(43) **Pub. Date: May 23, 2024**

(54) **ATTENTION DETECTION**

Publication Classification

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(51) **Int. Cl.**
A61B 5/16 (2006.01)

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(52) **U.S. Cl.**
CPC **A61B 5/168** (2013.01); **A61B 5/163** (2017.08)

(21) Appl. No.: **18/283,850**

(57) **ABSTRACT**

(22) PCT Filed: **Mar. 17, 2022**

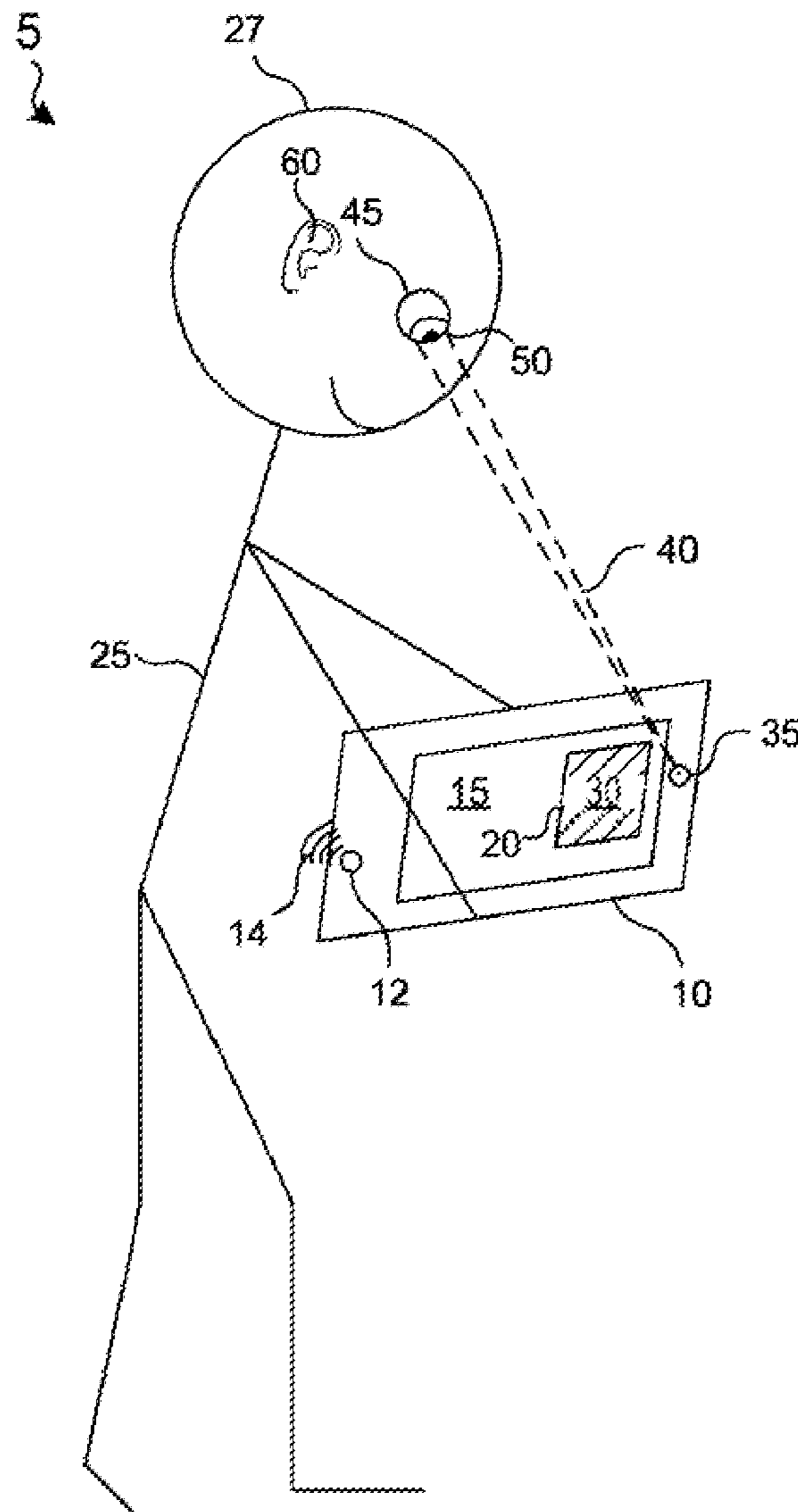
Various implementations disclosed herein include devices, systems, and methods that determine an attentive state of a user during presentation of content. For example, an example process may include obtaining physiological data associated with a gaze of a user during an experience, wherein the user experience is associated with a task, determining that the user has a first attentive state during the experience based on the physiological data, the first attentive state corresponding to a lack of attention by the user in the task during the experience, and providing a feedback mechanism during the experience based on determining that the user has the first attentive state during the experience.

(86) PCT No.: **PCT/US2022/020670**

§ 371 (c)(1),
(2) Date: **Sep. 25, 2023**

Related U.S. Application Data

(60) Provisional application No. 63/168,619, filed on Mar. 31, 2021.



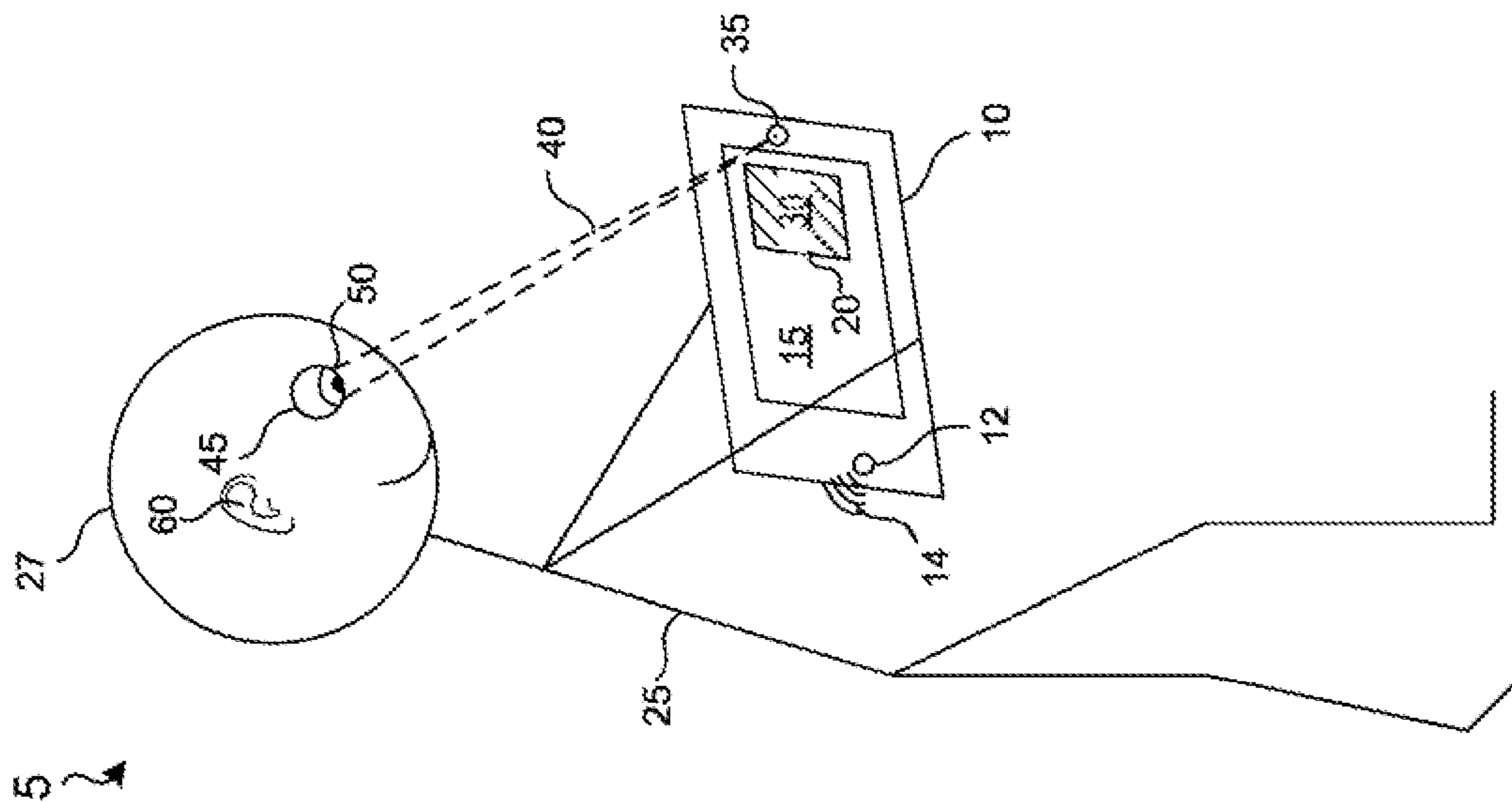


FIG. 1

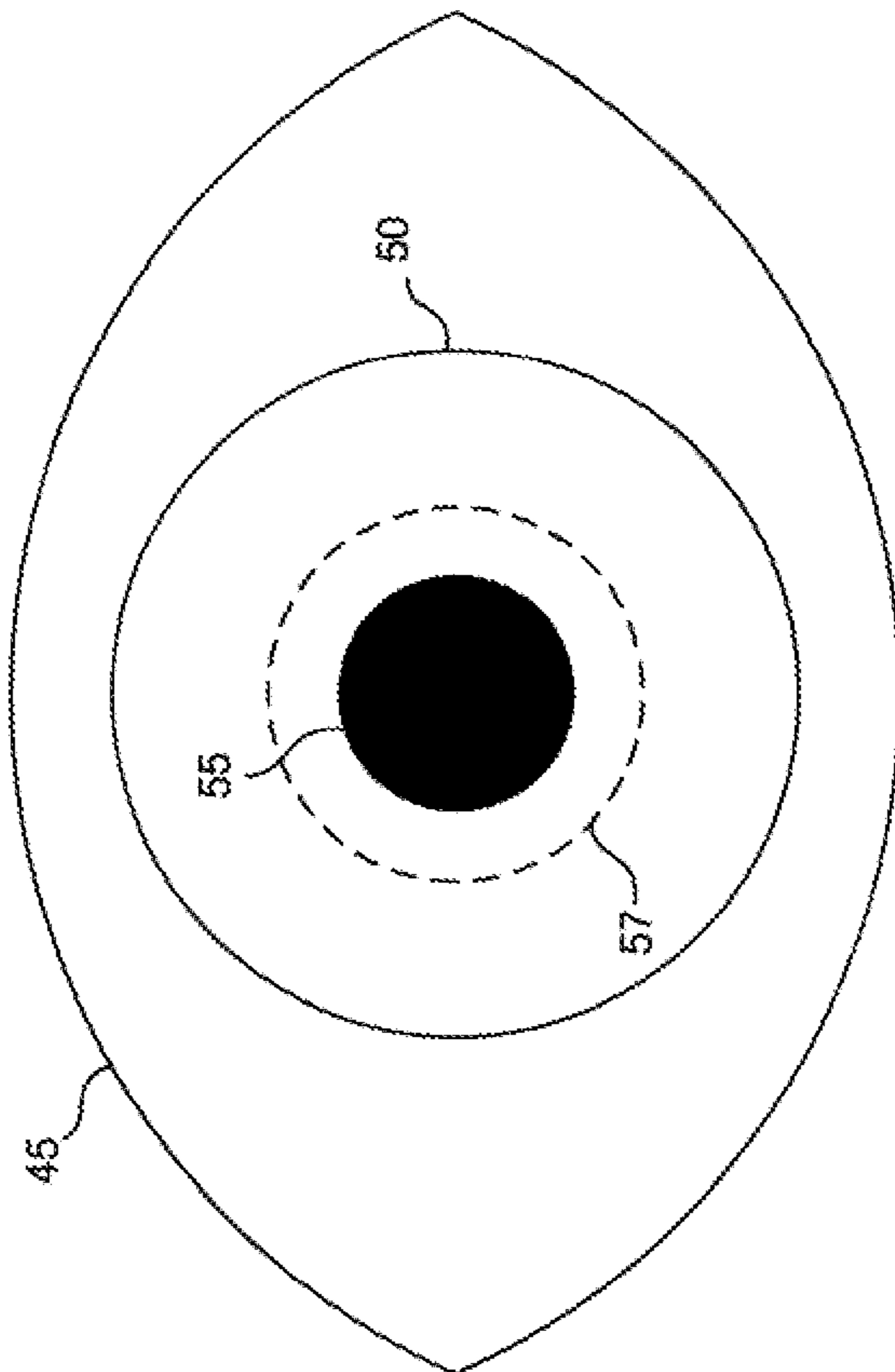


FIG. 2

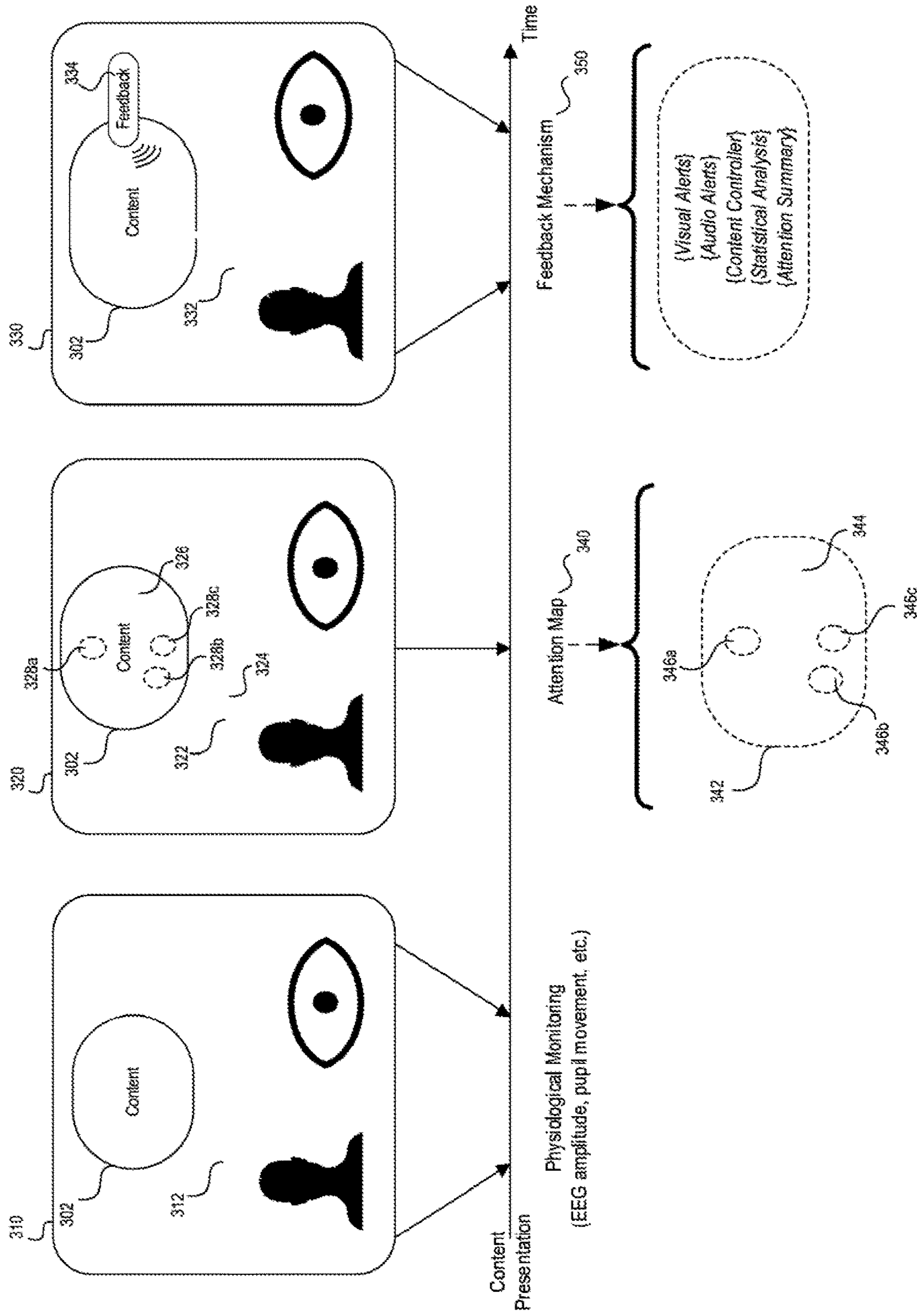


FIG. 3

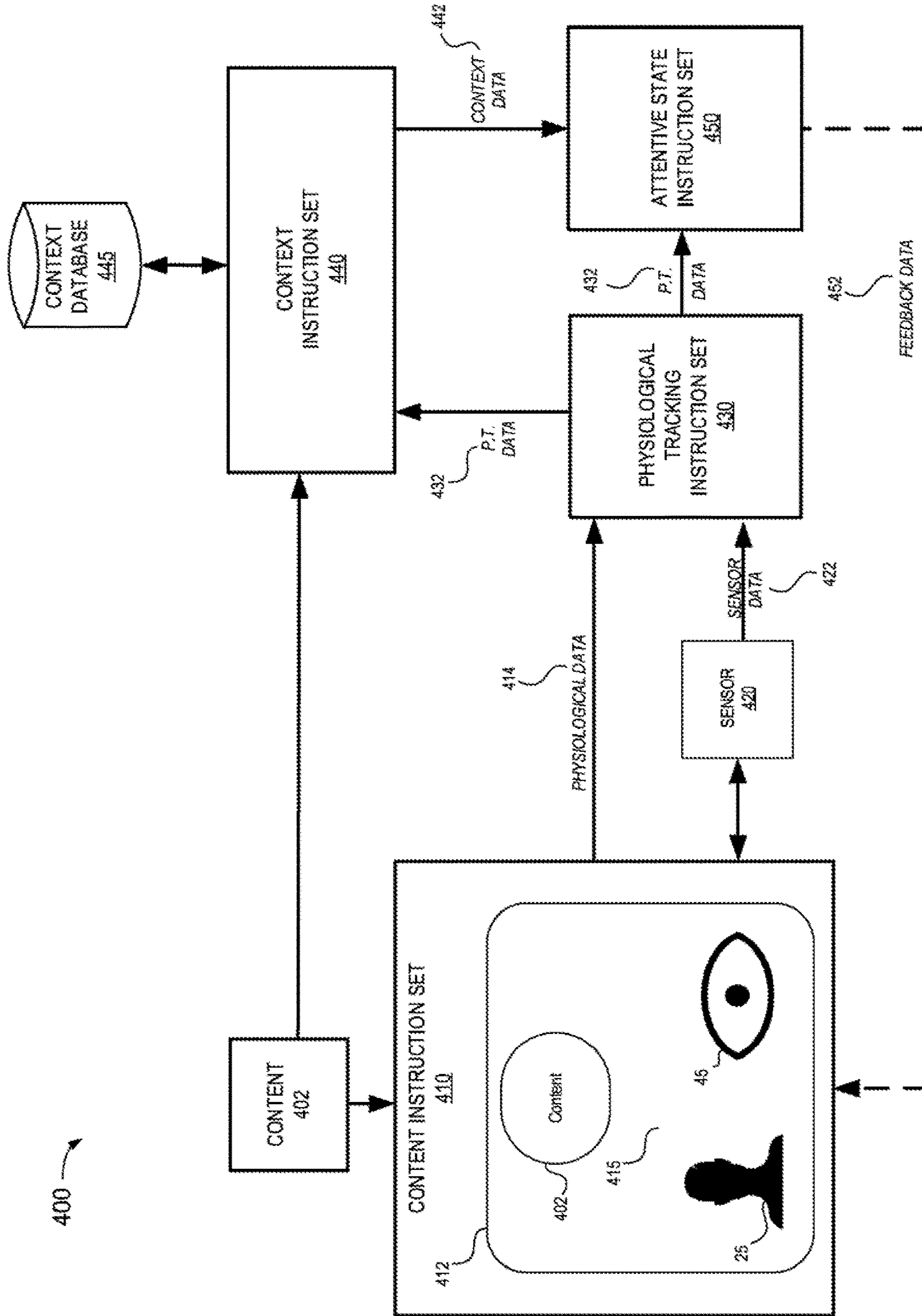


FIG. 4

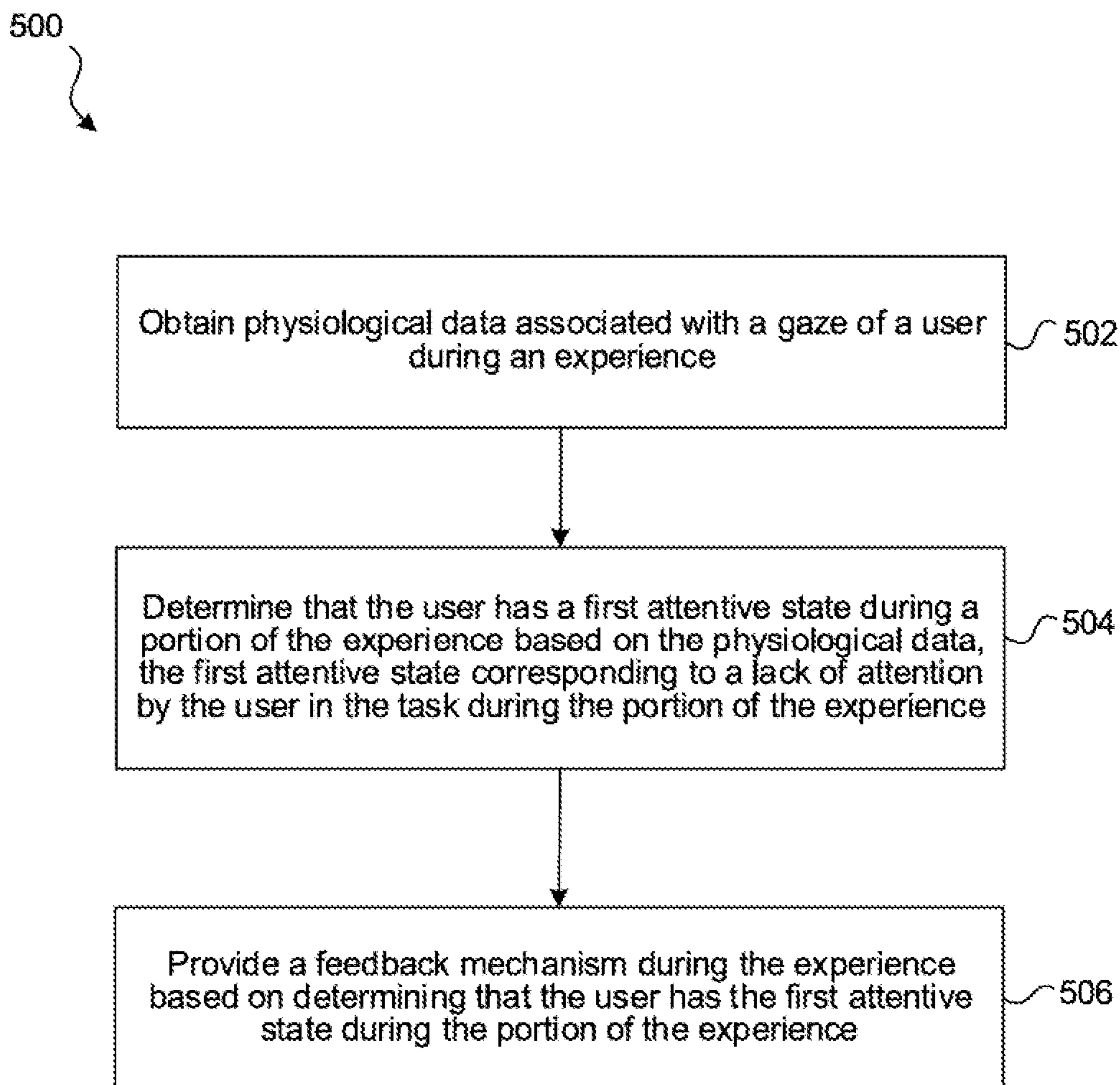


FIG. 5

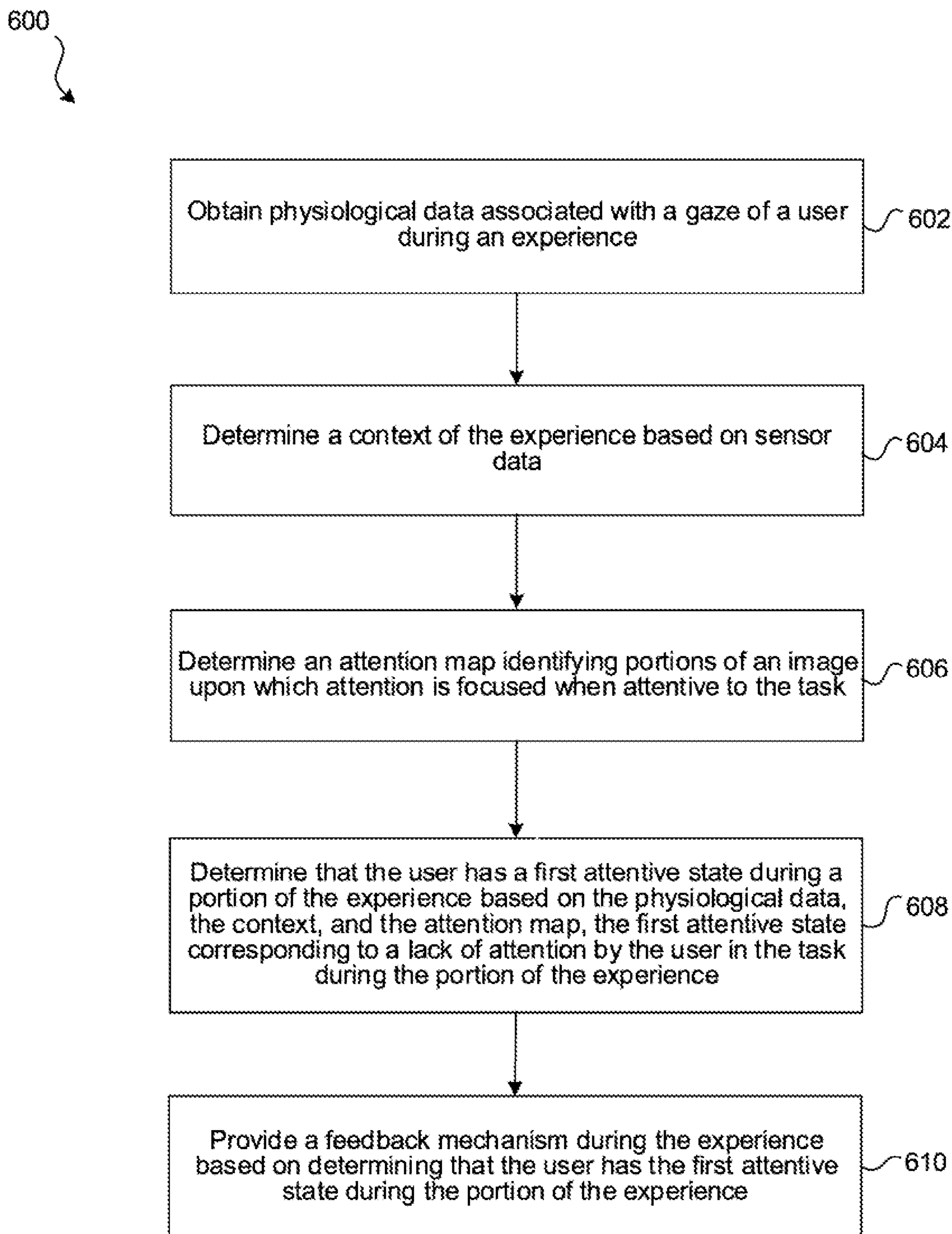


FIG. 6

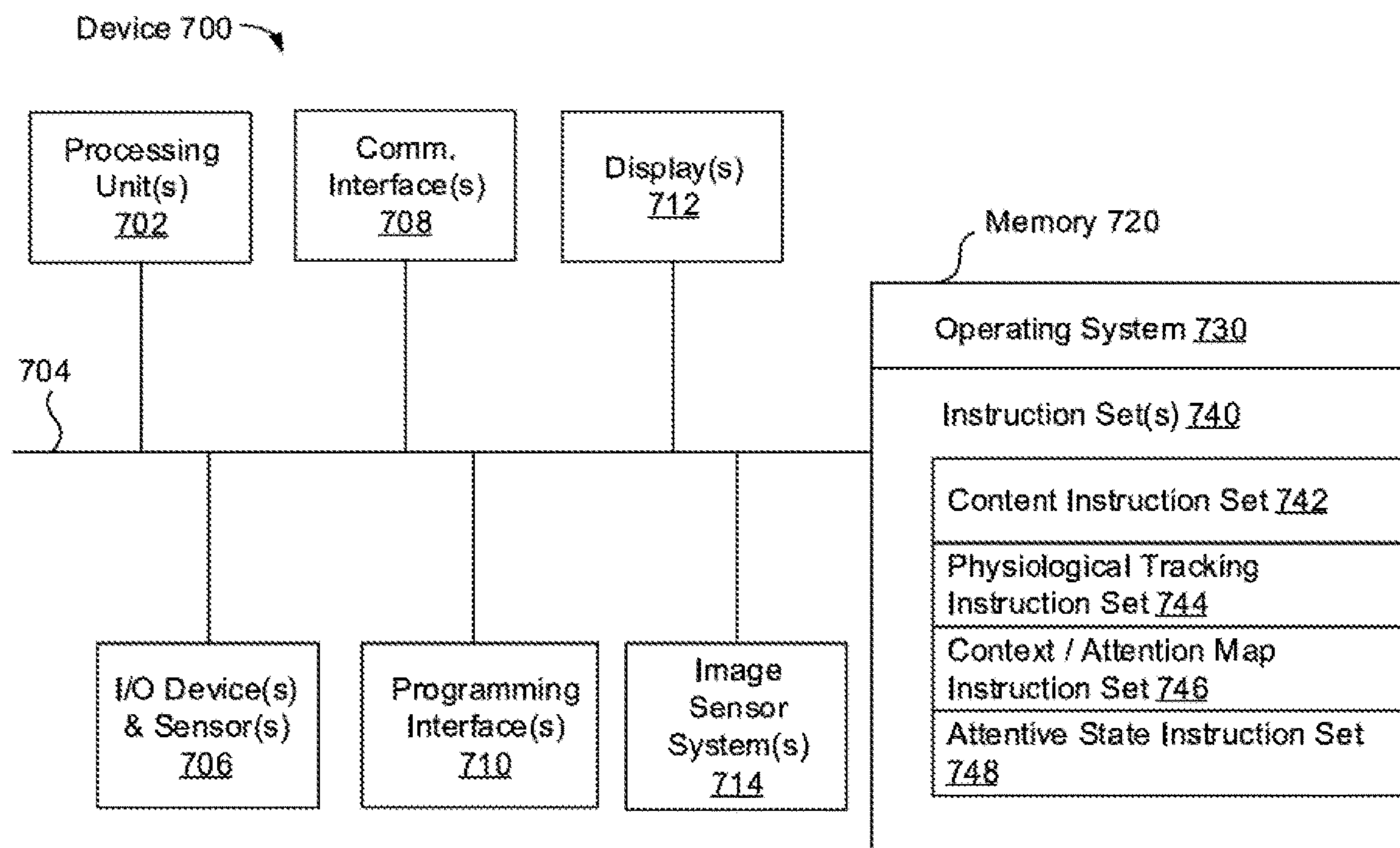


FIG. 7

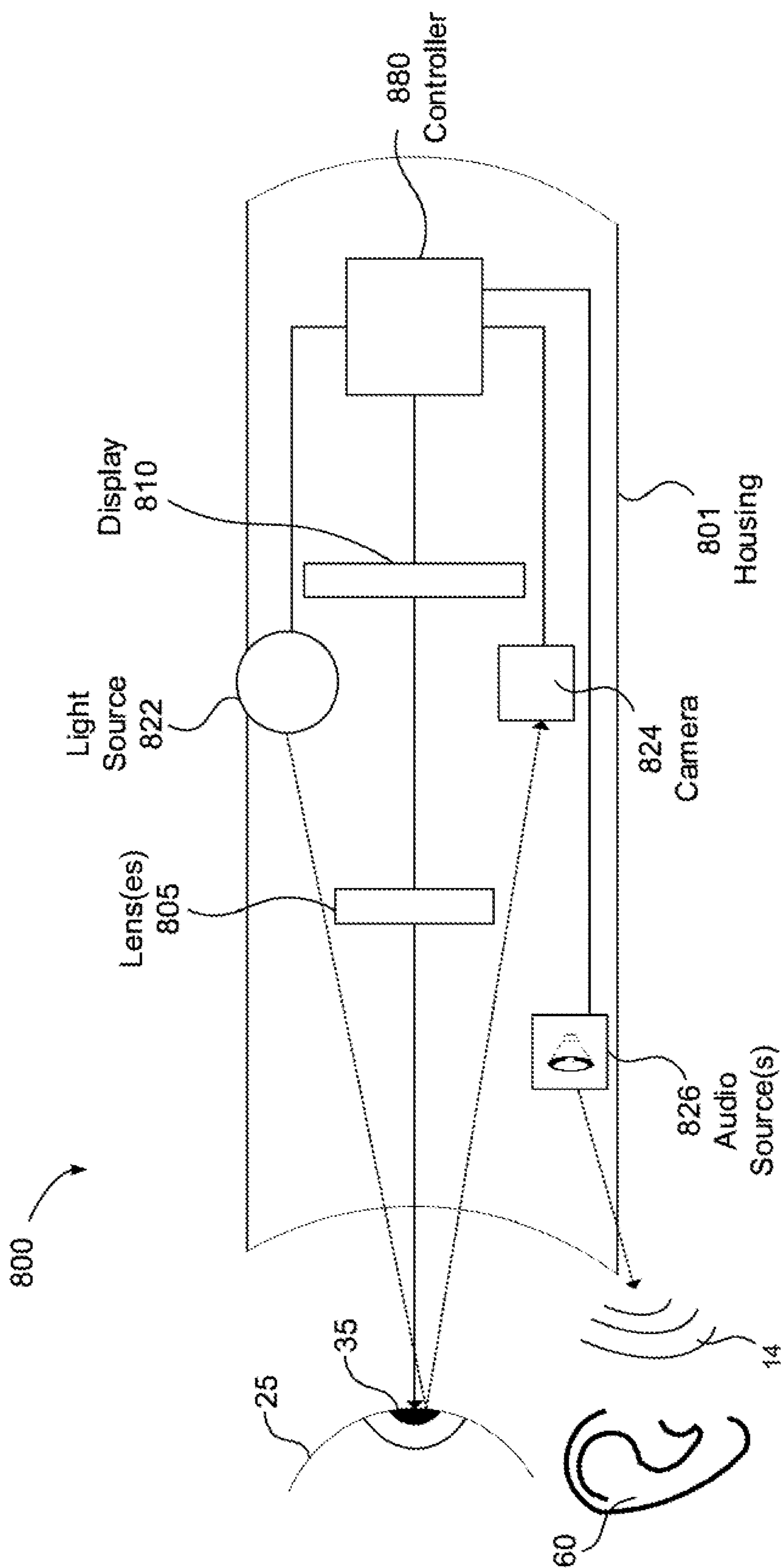


FIG. 8

ATTENTION DETECTION

TECHNICAL FIELD

[0001] The present disclosure generally relates to presenting content via electronic devices, and in particular, to systems, methods, and devices that determine a user's attentive state during and/or based on the presentation of electronic content.

BACKGROUND

[0002] A user's attentive state while viewing and/or listening to content on an electronic device can have a significant effect on the user's experience. For example, staying focused and engaged may be required for meaningful experiences, such as watching educational or entertaining content, learning a new skill, or reading a document. Improved techniques for assessing the attentive states of users viewing and interacting with content may enhance a user's enjoyment, comprehension, and learning of the content. Moreover, content may not be presented in a way that makes sense to a particular user. Content creators and systems may be able to provide better and more tailored user experiences that a user is more likely to enjoy, comprehend, and learn from based on attentive state information.

SUMMARY

[0003] Various implementations disclosed herein include devices, systems, and methods that assess an attentive state (e.g., whether focused or mind wandering) of a user based on physiological data (e.g., gaze characteristic(s)) and provide a feedback mechanism based on the attentive state of the user (e.g., provide a visual and/or audio notification to the user to focus, provide attention statistical analysis and summary, etc.). Scene analysis that identifies relevant areas of the content (e.g., creating an attention map based on object detection, facial recognition, etc.) can be used to understand what the person is looking at during the presentation of content and improve the determination of the user's attentive state. For example, some implementations may identify that the user's eye characteristic (e.g., blink rate, stable gaze direction, saccade amplitude/velocity, and/or pupil radius) correspond to a "focused" attentive state rather than a "mind wandering" attentive state.

[0004] Some implementations improve attentive state assessment accuracy, e.g., improving the assessment of a user's attention to a task (e.g., notifying the user they are mind wandering during an educational experience). Some implementations improve user experiences by providing cognitive assessments that minimize or avoid interrupting or disturbing user experiences, for example, without significantly interrupting a user's attention or ability to perform a task. In one aspect, an accelerated visual search can determine that a user is in a "search mode" and help the user find what they're looking for, e.g., based on detecting physiology corresponding to search behavior, the device may highlight one or more apps in a list of apps.

[0005] In some implementations, the feedback mechanism may be selected based on a characteristic of an environment of the user (e.g., real-world physical environment, a virtual environment, or a combination of each). The device (e.g., a handheld, laptop, desktop, or head-mounted device (HMD)) provides an experience (e.g., a visual and/or auditory experience) of the real-world physical environment, an extended

reality (XR) environment, or a combination of each (e.g., mixed reality environment) to the user. The device obtains, with a sensor, physiological data (e.g., electroencephalography (EEG) amplitude, pupil modulation, eye gaze saccades, etc.) associated with the user. Based on the obtained physiological data, the techniques described herein can determine a user's attentive state (e.g., attentive, mind-wandering, etc.) during the experience (e.g., a learning experience). Based on the physiological data and associated physiological response, the techniques can provide feedback to the user that the current attentive state differs from an intended attentive state of the experience, recommend similar content or similar portions of the experience, and/or adjust content or feedback mechanisms corresponding to the experience.

[0006] Physiological response data, such as EEG amplitude/frequency, pupil modulation, eye gaze saccades, etc., can depend on the attention state of an individual and characteristics of the scene in front of him or her and the feedback mechanism that is presented therein. Physiological response data can be obtained while using a device with eye tracking technology while users perform tasks that demand varying levels of attention, such as focused attention to an educational video (e.g., an instructional cooking video). In some implementations, physiological response data can be obtained using other sensors, such as EEG sensors. Observing repeated measures of physiological response data to an experience can give insights about the underlying attention state of the user at different time scales. These metrics of attention can be used to provide feedback during a learning experience.

[0007] Experiences other than education experiences can utilize the techniques described herein regarding assessing attentive states. For example, a meditation experience could notify a pupil to focus on particular breathing techniques when he or she appears to be mind wandering. In some implementations, meditation may be recommended (e.g., at a particular time, place, task, etc.) based on the user's attention state and context by identifying a type or characteristic of the recommended meditation based on any particular factors (e.g., physical environment context, scene understanding of what the user is seeing in an XR environment, and the like). For example, recommending one type of meditation in one circumstance (e.g., mindfulness meditation for mind wandering) and a different type of meditation in another circumstance (e.g., movement/physical meditation for stress and anxiety situations). If the user is aiming to have a focused-attention session (e.g., a single task like watching a video) and if it is detected that the user feels distracted, an open-monitoring meditation can be recommended. For example, open monitoring meditation can allow the user to notice multiple sounds/visuals/thoughts in the environment, and could replenish his or her ability to focus on a single item. Additionally, or alternatively, if the user is aiming to multi-task using various applications, and the system detects that the user is overwhelmed, the system could suggest that he or she perform focus-attention mediation techniques (e.g., attention to breath or a single object). The focus-attention mediation techniques could allow the user to regain the ability to focus on a single item at a time. In an exemplary implementation, a meditation session could be initiated for the user which may be in opposition of the

main task he or she is aiming to accomplish such that he or she can relax/replenish during meditation and return to task at hand more effectively.

[0008] Another example may be a workplace experience of notifying a worker who needs to be focused on his or her current task. For example, providing feedback to a surgeon who may be getting a little tired during a long surgery, alerting a truck driver on a long drive he or she is losing focus and may need to pull over to sleep, and the like. The techniques described herein can be customized to any user and experience that may need some type of feedback mechanism to enter or maintain one or more particular attentive states.

[0009] Some implementations assess physiological data and other user information to help improve a user experience. In such processes, user preferences and privacy should be respected, as examples, by ensuring the user understands and consents to the use of user data, understands what types of user data are used, has control over the collection and use of user data and limiting distribution of user data, for example, by ensuring that user data is processed locally on the user's device. Users should have the option to opt in or out with respect to whether their user data is obtained or used or to otherwise turn on and off any features that obtain or use user information. Moreover, each user should have the ability to access and otherwise find out anything that the system has collected or determined about him or her.

[0010] In general, one innovative aspect of the subject matter described in this specification can be embodied in methods that include the actions of obtaining physiological data associated with a gaze of a user during an experience, wherein the user experience is associated with a task, determining that the user has a first attentive state during the experience based on the physiological data, the first attentive state corresponding to a lack of attention by the user in the task during the experience, and providing a feedback mechanism during the experience based on determining that the user has the first attentive state during the experience.

[0011] These and other embodiments can each optionally include one or more of the following features.

[0012] In some aspects, the method further includes determining that the user has a second attentive state during a portion of the experience based on the physiological data, the second attentive state corresponding to attention by the user in the task during the portion of the experience. In some aspects, presenting the feedback mechanism is based on determining that the second attentive state differs from the first attentive state.

[0013] In some aspects, determining that the user has a first attentive state includes determining a level of attentiveness.

[0014] In some aspects, determining that the user has a first attentive state includes using a machine learning model, the machine learning model trained using ground truth data including self-assessments in which users labelled portions of experiences with attentive state labels.

[0015] In some aspects, the method further includes determining a context of the experience based on sensor data, wherein the first attentive state is determined based on the context. In some aspects, the context includes an object upon which the user's attention should be focused during the experience. In some aspects, determining context includes determining an attention map identifying portions of an image upon which attention is focused when attentive to the

task. In some aspects, the attention map further includes transition data identifying a number of transitions of the user changing focus from: (i) a first portion of the image upon which attention is focused, (ii) to a second portion of the image upon which attention is not focused, (iii) to a third portion of the image upon which attention is focused.

[0016] In some aspects, providing the feedback mechanism includes providing a graphical indicator or sound configured to change the first attentive state to a second attentive state corresponding to attention by the user in the task during the portion of the experience. In some aspects, providing the feedback mechanism includes providing a mechanism for rewinding or providing a break from content associated with the task. In some aspects, providing the feedback mechanism includes suggesting a time for another experience based on first attentive state.

[0017] In some aspects, the method further includes adjusting content corresponding to the experience based on the first attentive state.

[0018] In some aspects, the physiological data includes an image of an eye or electrooculography (EOG) data. In some aspects, the physiological data includes a gaze characteristic.

[0019] In some aspects, the experience is an extended reality (XR) experience or a real-world experience.

[0020] In accordance with some implementations, a non-transitory computer readable storage medium has stored therein instructions that are computer-executable to perform or cause performance of any of the methods described herein. In accordance with some implementations, a device includes one or more processors, a non-transitory memory, and one or more programs; the one or more programs are stored in the non-transitory memory and configured to be executed by the one or more processors and the one or more programs include instructions for performing or causing performance of any of the methods described herein.

BRIEF DESCRIPTION OF THE DRAWINGS

[0021] So that the present disclosure can be understood by those of ordinary skill in the art, a more detailed description may be had by reference to aspects of some illustrative implementations, some of which are shown in the accompanying drawings.

[0022] FIG. 1 illustrates a device displaying a visual experience and obtaining physiological data from a user in accordance with some implementations.

[0023] FIG. 2 illustrates a pupil of the user of FIG. 1 in which the diameter of the pupil varies with time in accordance with some implementations.

[0024] FIG. 3 illustrates assessing an attentive state of the user viewing content based on physiological data and utilizing an attention map associated with the physiological data and the content in accordance with some implementations.

[0025] FIG. 4 illustrates a system diagram for assessing an attentive state of the user viewing content based on physiological data and utilizing an attention map associated with the physiological data and the content in accordance with some implementations.

[0026] FIG. 5 is a flowchart representation of a method for assessing an attentive state of the user viewing content based on physiological data and providing a feedback mechanism based on the attentive state in accordance with some implementations.

[0027] FIG. 6 is a flowchart representation of a method for assessing an attentive state of the user viewing content based on physiological data, utilizing an attention map associated with the physiological data and the content, and providing a feedback mechanism based on the attentive state in accordance with some implementations.

[0028] FIG. 7 illustrates device components of an exemplary device in accordance with some implementations.

[0029] FIG. 8 illustrates an example head-mounted device (HMD) in accordance with some implementations.

[0030] In accordance with common practice the various features illustrated in the drawings may not be drawn to scale. Accordingly, the dimensions of the various features may be arbitrarily expanded or reduced for clarity. In addition, some of the drawings may not depict all of the components of a given system, method or device. Finally, like reference numerals may be used to denote like features throughout the specification and figures.

DESCRIPTION

[0031] Numerous details are described in order to provide a thorough understanding of the example implementations shown in the drawings. However, the drawings merely show some example aspects of the present disclosure and are therefore not to be considered limiting. Those of ordinary skill in the art will appreciate that other effective aspects or variants do not include all of the specific details described herein. Moreover, well-known systems, methods, components, devices and circuits have not been described in exhaustive detail so as not to obscure more pertinent aspects of the example implementations described herein.

[0032] FIG. 1 illustrates a real-world environment 5 including a device 10 with a display 15. In some implementations, the device 10 displays content 20 to a user 25, and a visual characteristic 30 that is associated with content 20. For example, content 20 may be a button, a user interface icon, a text box, a graphic, etc. In some implementations, the visual characteristic 30 associated with content 20 includes visual characteristics such as hue, saturation, size, shape, spatial frequency, motion, highlighting, etc. For example, content 20 may be displayed with a visual characteristic 30 of green highlighting covering or surrounding content 20.

[0033] In some implementations, content 20 may be a visual experience (e.g., an education experience), and the visual characteristic 30 of the visual experience may continuously change during the visual experience. As used herein, the phrase “experience” refers to a period of time during which a user uses an electronic device and has one or more attentive states. In one example, a user has an experience in which the user perceives a real-world environment while holding, wearing, or being proximate to an electronic device that includes one or more sensors that obtain physiological data to assess an eye characteristic that is indicative of the user’s attentional state. In another example, a user has an experience in which the user perceives content displayed by an electronic device while the same or another electronic device obtains physiological data (e.g., pupil data, EEG data, etc.) to assess the user’s attentive state. In another example, a user has an experience in which the user holds, wears, or is proximate to an electronic device that provides a series of audible or visual instructions that guide the experience. For example, the instructions may instruct the user to have particular attentive states during particular time segments of the experience, e.g., instructing the user to focus on his or

her attention to a particular portion of the educational video, etc. During such an experience, the same or another electronic device may obtain physiological data to assess the user’s attentive state.

[0034] In some implementations, the visual characteristic 30 is a feedback mechanism for the user that is specific to the experience (e.g., a visual or audio cue to focus on a particular task during an experience, such as paying attention during a particular part of an education/learning experience). In some implementations, the visual experience (e.g., content 20) can occupy the entire display area of display 15. For example, during an education experience, content 20 may be a cooking video or sequence of images that may include visual and/or audio cues as the visual characteristic 30 presented to the user to pay attention. Other visual experiences that can be displayed for content 20 and visual and/or audio cues for the visual characteristic 30 will be further discussed herein.

[0035] The device 10 obtains physiological data (e.g., EEG amplitude/frequency, pupil modulation, eye gaze saccades, etc.) from the user 25 via a sensor 35. For example, the device 10 obtains pupillary data 40 (e.g., eye gaze characteristic data). While this example and other examples discussed herein illustrate a single device 10 in a real-world environment 5, the techniques disclosed herein are applicable to multiple devices and multiple sensors, as well as to other real-world environments/experiences. For example, the functions of device 10 may be performed by multiple devices.

[0036] In some implementations, as illustrated in FIG. 1, the device 10 is a handheld electronic device (e.g., a smartphone or a tablet). In some implementations the device 10 is a laptop computer or a desktop computer. In some implementations, the device 10 has a touchpad and, in some implementations, the device 10 has a touch-sensitive display (also known as a “touch screen” or “touch screen display”). In some implementations, the device 10 is a wearable head mounted display (HMD).

[0037] In some implementations, the device 10 includes an eye tracking system for detecting eye position and eye movements. For example, an eye tracking system may include one or more infrared (IR) light-emitting diodes (LEDs), an eye tracking camera (e.g., near-IR (NIR) camera), and an illumination source (e.g., an NIR light source) that emits light (e.g., NIR light) towards the eyes of the user 25. Moreover, the illumination source of the device 10 may emit NIR light to illuminate the eyes of the user 25 and the NIR camera may capture images of the eyes of the user 25. In some implementations, images captured by the eye tracking system may be analyzed to detect position and movements of the eyes of the user 25, or to detect other information about the eyes such as pupil dilation or pupil diameter. Moreover, the point of gaze estimated from the eye tracking images may enable gaze-based interaction with content shown on the near-eye display of the device 10.

[0038] In some implementations, the device 10 has a graphical user interface (GUI), one or more processors, memory and one or more modules, programs or sets of instructions stored in the memory for performing multiple functions. In some implementations, the user 25 interacts with the GUI through finger contacts and gestures on the touch-sensitive surface. In some implementations, the functions include image editing, drawing, presenting, word processing, website creating, disk authoring, spreadsheet mak-

ing, game playing, telephoning, video conferencing, e-mailing, instant messaging, workout support, digital photographing, digital videoing, web browsing, digital music playing, and/or digital video playing. Executable instructions for performing these functions may be included in a computer readable storage medium or other computer program product configured for execution by one or more processors.

[0039] In some implementations, the device **10** employs various physiological sensor, detection, or measurement systems. Detected physiological data may include, but is not limited to, EEG, electrocardiography (ECG), electromyography (EMG), functional near infrared spectroscopy signal (fNIRS), blood pressure, skin conductance, or pupillary response. Moreover, the device **10** may simultaneously detect multiple forms of physiological data in order to benefit from synchronous acquisition of physiological data. Moreover, in some implementations, the physiological data represents involuntary data, e.g., responses that are not under conscious control. For example, a pupillary response may represent an involuntary movement.

[0040] In some implementations, one or both eyes **45** of the user **25**, including one or both pupils **50** of the user **25** present physiological data in the form of a pupillary response (e.g., pupillary data **40**). The pupillary response of the user **25** results in a varying of the size or diameter of the pupil **50**, via the optic and oculomotor cranial nerve. For example, the pupillary response may include a constriction response (miosis), e.g., a narrowing of the pupil, or a dilation response (mydriasis), e.g., a widening of the pupil. In some implementations, the device **10** may detect patterns of physiological data representing a time-varying pupil diameter.

[0041] In some implementations, a pupillary response may be in response to an auditory feedback that one or both ears **60** of the user **25** detect (e.g., an audio notification to the user to focus). For example, device **10** may include a speaker **12** that projects sound via sound waves **14**. The device **10** may include other audio sources such as a headphone jack for headphones, a wireless connection to an external speaker, and the like.

[0042] FIG. 2 illustrates a pupil **50** of the user **25** of FIG. 1 in which the diameter of the pupil **50** varies with time. Pupil diameter tracking may be potentially indicative of a physiological state of a user. As shown in FIG. 2, a present physiological state (e.g., present pupil diameter **55**) may vary in contrast to a past physiological state (e.g., past pupil diameter **57**). For example, the present physiological state may include a present pupil diameter and a past physiological state may include a past pupil diameter.

[0043] The physiological data may vary in time and the device **10** may use the physiological data to measure one or both of a user's physiological response to the visual characteristic **30** or the user's intention to interact with content **20**. For example, when presented with content **20**, such as a list of content experiences (e.g., meditation environments), by a device **10**, the user **25** may select an experience without requiring the user **25** to complete a physical button press. In some implementations, the physiological data may include the physiological response of a visual or an auditory stimulus of a radius of the pupil **50** after the user **25** glances at content **20**, measured via eye-tracking technology (e.g., via a HMD). In some implementations, the physiological data

includes EEG amplitude/frequency data measured via EEG technology, or EMG data measured from EMG sensors or motion sensors.

[0044] Returning to FIG. 1, a physical environment refers to a physical world that people can sense and/or interact with without aid of electronic devices. The physical environment may include physical features such as a physical surface or a physical object. For example, the physical environment corresponds to a physical park that includes physical trees, physical buildings, and physical people. People can directly sense and/or interact with the physical environment such as through sight, touch, hearing, taste, and smell. In contrast, an extended reality (XR) environment refers to a wholly or partially simulated environment that people sense and/or interact with via an electronic device. For example, the XR environment may include augmented reality (AR) content, mixed reality (MR) content, virtual reality (VR) content, and/or the like. With an XR system, a subset of a person's physical motions, or representations thereof, are tracked, and, in response, one or more characteristics of one or more virtual objects simulated in the XR environment are adjusted in a manner that comports with at least one law of physics. As one example, the XR system may detect head movement and, in response, adjust graphical content and an acoustic field presented to the person in a manner similar to how such views and sounds would change in a physical environment. As another example, the XR system may detect movement of the electronic device presenting the XR environment (e.g., a mobile phone, a tablet, a laptop, or the like) and, in response, adjust graphical content and an acoustic field presented to the person in a manner similar to how such views and sounds would change in a physical environment. In some situations (e.g., for accessibility reasons), the XR system may adjust characteristic(s) of graphical content in the XR environment in response to representations of physical motions (e.g., vocal commands).

[0045] There are many different types of electronic systems that enable a person to sense and/or interact with various XR environments. Examples include head mountable systems, projection-based systems, heads-up displays (HUDs), vehicle windshields having integrated display capability, windows having integrated display capability, displays formed as lenses designed to be placed on a person's eyes (e.g., similar to contact lenses), headphones/earphones, speaker arrays, input systems (e.g., wearable or handheld controllers with or without haptic feedback), smartphones, tablets, and desktop/laptop computers. A head mountable system may have one or more speaker(s) and an integrated opaque display. Alternatively, a head mountable system may be configured to accept an external opaque display (e.g., a smartphone). The head mountable system may incorporate one or more imaging sensors to capture images or video of the physical environment, and/or one or more microphones to capture audio of the physical environment. Rather than an opaque display, a head mountable system may have a transparent or translucent display. The transparent or translucent display may have a medium through which light representative of images is directed to a person's eyes. The display may utilize digital light projection, OLEDs, LEDs, uLEDs, liquid crystal on silicon, laser scanning light source, or any combination of these technologies. The medium may be an optical waveguide, a hologram medium, an optical combiner, an optical reflector, or any combination thereof. In some implementations, the trans-

parent or translucent display may be configured to become opaque selectively. Projection-based systems may employ retinal projection technology that projects graphical images onto a person's retina. Projection systems also may be configured to project virtual objects into the physical environment, for example, as a hologram or on a physical surface.

[0046] FIG. 3 illustrates assessing an attentive state of the user viewing content based on physiological data and utilizing an attention map associated with the physiological data and the content. In particular, FIG. 3 illustrates a user (e.g., user 25 of FIG. 1) being presented with content 302 during a content presentation where the user, via obtained physiological data, has a physiological response to the content (e.g., the user looks towards portions of the content as detected by eye gaze characteristic data). For example, at content presentation instant 310, a user (e.g., user 25) is being presented with content 302 that includes visual content (e.g., a cooking video), and the user's pupillary data 312 is monitored as a baseline. Then, at content presentation instant 320, the user's pupillary data 322 and 324 (e.g., transitional eye movement within the content 302) is being monitored for any physiological response (e.g., EEG amplitude/frequency, pupil modulation, eye gaze saccades, etc.) between relevant and non-relevant areas of the content 302 by a content analysis instruction set, such as an attention map instruction set. For example, content 302 may include one or more people, important (e.g., relevant) objects, or other objects that are within view of the user. For example, content area 328a may be an area of content within content 302 that is of a face of a person talking to the camera (e.g., a cook in a cooking instructional video). Content areas 328b and 328c may be an area of relevant content within content 302 that includes an object or several objects that are important to the video (e.g., food that is being prepped, cooking utensils, etc.). Alternatively, content area 328b and/or 328c may be an area of relevant content within content 302 that includes the hands of the person talking to the camera (e.g., hands of the cooking instructor holding the food or cooking utensils).

[0047] An attention map 340 may be obtained prior to or generated during the content presentation. The attention map 340 can be utilized to track the overall context of what the user is focused on during the presentation of content 302. For example, the attention map 340 includes content area 342 associated with the viewing area of content 302. The attention map includes relevant areas 346a, 346b, 346c that are associated with the content areas 328a, 328b, and 328c, respectively. Additionally, attention map 340 designates the remaining area (e.g., any area within content are 342 determined as not relevant) as non-relevant area 344. The attention map can be utilized to determine when a user scans content 302 between relevant and non-relevant areas to determine if the user is paying attention. For example, a user may constantly be transitioning between relevant areas 346a, 346b, and 346c, but then would need to scan over non-relevant area 344 during those transitions. This scanning or transitioning may also include a brief amount of time the user glances at another portion of the content 302 to look at the background or a non-relevant person or object in the background before scanning back to a relevant object 346. This "transition" (e.g., transition between an eye gaze towards a relevant area versus a non-relevant area) may still be considered by an attention map algorithm as being in an

attentive state if the transitions are made with within a threshold amount of time (e.g., transitioning between a relevant and non-relevant area in less than 1 second). Additionally, or alternatively, an average number of transitions between relevant and non-relevant areas may tracked over time (e.g., a number of transitions per minute) to determine an attentive state. For example, more frequent and quicker transitions may be determined that a user is being attentive (e.g., the user is engaged with the content presentation) versus slower transitions (e.g., the user is "lost in space" as their mind wanders during the presentation content).

[0048] In some implementations, content presentation of content 302 is being processed by an attention map instruction set for a first time (e.g., new content, such a new video for cooking instructions). For example, a new cooking instructional video that has not been seen before the user nor been analyzed before by an attention map instruction set. Thus, the relevant and non-relevant areas of content 302 (e.g., relevant areas 346a—c and non-relevant area 344) are determined in real time based on the physiological data acquired during the content presentation (e.g., the user's pupillary data 322 and 324). For example, the content areas 328a-c are determined to be relevant areas vs non-relevant areas based on various image processing and machine learning techniques (e.g., object detection, facial recognition, and the like).

[0049] Alternatively, in some implementations, the content areas 328a—c may be acquired as "relevant objects" via an attention map 340. For example, an attention map instruction set may have already analyzed content 302 (e.g., the cooking instructional video) and the relevant and non-relevant areas of content 302 (e.g., relevant areas 346a—c and non-relevant area 344) are already known by the system. Thus, the analysis of the attentive state of the user may be more accurate with already known content than content that is being shown and analyzed for the first time as the user is viewing it.

[0050] After a segment of time after the user's pupillary data 322 and 324 is analyzed (e.g., by an attention map instruction set), content presentation instant 330 is presented to the user with a feedback mechanism 350 because the attentive state assessment was that the user was not attentive and may be mind wandering (e.g., is not focused on the task at hand, such as paying attention to an educational video). The feedback mechanism 350 may be a visual and or audio notification (e.g., feedback notification 334), or a content controller (e.g., controlling the presentation of the content via controls for pausing, rewinding, etc.).

[0051] Additionally, or alternatively, the feedback mechanism 350 may be an offline or real-time statistical analysis and attention summary that is provided to the user. For example, the system can track attentional states throughout several days and weeks and start suggesting optimal times of the day (e.g., morning hours is best for this particular user to learn a new concept), or optimal days of the week to do certain learning activities (e.g., Mondays appear ideal for focusing several hours). In some implementations, the statistical analysis for the feedback mechanism 350 presents session statistics to the user. For example, an attention graph could be provided to a user (e.g., real-time during the session, or following the session as a summary) that that plots duration of the session on the x-axis and average attentional state of the user on the y-axis. For example, an

attention graph can summarize how a user's attention decreases as the duration increases. This analysis could provide a certain level of awareness to the user and encourage them to limit their learning session to an ideal interval (e.g., study for an hour, then take break). In some implementations, the system could also provide a summary to the user of his or her "favorite" classes, i.e., the classes they were most attentive.

[0052] As illustrated in FIG. 3, the user's pupillary data 332 demonstrates that the user eye gaze was drawn towards the feedback notification 334 (e.g., a visual and/or audio alert). Thus, the user had a physiological response to the feedback notification 334. In some implementations, if the user is assessed as mind wandering, a feedback mechanism or cue can be presented with the presentation of the content to refocus the user to the task associated with the content. The user's attentive state assessment can be continuously monitored throughout the presentation of the content 302.

[0053] The feedback notification 334 may include a visual presentation. For example, an icon may appear, or a text box may appear instructing the user to pay attention. In some implementations, the feedback notification 334 may include an auditory stimulus. For example, spatialized audio may be presented at one or more of the relevant content areas 328 to redirect the user's attention towards the relevant areas of the content presentation (e.g., if determined the user was mind wandering during the presentation of content 302). In some implementations, the feedback notification 334 may include an entire display of visual content (e.g., flashing yellow over the entire display of the device.) Alternatively, the feedback notification 334 may include visual content around the frame of the display of the device (e.g., on a mobile device, a virtual frame of the display be created to acquire the user's attention from mind wandering). In some implementations, the feedback notification 334 may include a combination of visual content (e.g., a notification window, an icon, or other visual content described herein) and an auditory stimulus. For example, a notification window or arrow may direct the user to the relevant content areas 328 and an audio signal may be presented that directs the user to "watch closely" as the cooking instructor is preparing the food in the instructional video. These visual and/or auditory cues can help direct the user pay more intention to the relevant areas of a video such that the user may or may not have to go back and rewatch the video (or at least not have to pause and rewind the video as much).

[0054] FIG. 4 is a system flow diagram of an example environment 400 in which an attentive state assessment system can assess an attentive state of a user viewing content based on physiological data and utilizing an attention map associated with the physiological data and the content, and provide a feedback mechanism(s) within the presentation of the content according to some implementations. In some implementations, the system flow of the example environment 400 is performed on a device (e.g., device 10 of FIG. 1), such as a mobile device, desktop, laptop, or server device. The content of the example environment 400 can be displayed on a device (e.g., device 10 of FIG. 1) that has a screen (e.g., display 15) for displaying images and/or a screen for viewing stereoscopic images such as a HMD. In some implementations, the system flow of the example environment 400 is performed on processing logic, including hardware, firmware, software, or a combination thereof. In some implementations, the system flow of the example

environment 400 is performed on a processor executing code stored in a non-transitory computer-readable medium (e.g., a memory).

[0055] The system flow of the example environment 400 acquires and presents content (e.g., video content or a series of image data) to a user, analyzes the content for context (e.g., generates an attention map), obtains physiological data associated with the user during presentation of the content, assesses an attentive state of the user based on the physiological data of the user utilizing the context, and provides a feedback mechanism if the user changes attentive state (e.g., changes from an attentive/focused state to a mind wandering state). For example, an attentive state assessment technique described herein determines, based on obtained physiological data, a user's attentive state (e.g., attentive, mind-wandering, etc.) during an experience (e.g., a teaching experience such as a instructional cooking video) by providing a feedback mechanism that is based on the attentive state of the user (e.g., a notification, auditory signal, an alert, an icon, and the like, that alerts the user that they may be mind wandering during the presentation of content).

[0056] The example environment 400 includes a content instruction set 410 that is configured with instructions executable by a processor to provide and/or track content 402 for display on a device (e.g., device 10 of FIG. 1). For example, the content instruction set 410 provides content presentation instant 412 that includes content 402 to a user 25. For example, content 402 may include background image(s) and sound data (e.g., a video). The content presentation instant 412 could be an XR experience (e.g., an education experience), or content presentation instant 412 could be a MR experience that includes some CGR content and some images of a physical environment. Alternatively, the user could be wearing a HMD and is looking at a real physical environment either via a live camera view, or the HMD allows a user to look through the display, such as wearing smart glasses that user can see through, but still be presented visual and/or audio cues. During an experience, while a user 25 is viewing the content 402, pupillary data 415 (e.g., pupillary data 40 such as eye gaze characteristic data) of the user's eyes can be monitored and sent as physiological data 414.

[0057] The environment 400 further includes a physiological tracking instruction set 430 to track a user's physiological attributes as physiological tracking data 432 using one or more of the techniques discussed herein or as otherwise may be appropriate. For example, the physiological tracking instruction set 430 may acquire physiological data 414 (e.g., pupillary data 415) from the user 25 viewing the content 402. Additionally, or alternatively, a user 25 may be wearing a sensor 420 (e.g., an EEG sensor) that generates sensor data 422 (e.g. EEG data) as additional physiological data. Thus, as the content 402 is presented to the user as content presentation instant 412, the physiological data 414 (e.g., pupillary data 415) and/or sensor data 422 is sent to the physiological tracking instruction set 430 to track a user's physiological attributes as physiological tracking data 432, using one or more of the techniques discussed herein or as otherwise may be appropriate.

[0058] In an example implementation, the environment 400 further includes a context instruction set 440 that is configured with instructions executable by a processor to obtain content and physiologic tracking data and generate context data (e.g., identifying relevant and non-relevant

areas of the content **402** via an attention map). For example, the context instruction set **440** acquires content **402** and physiologic tracking data **432** from the physiological tracking instruction set **430** and determines context data **442** based on identifying relevant areas of the content while the user is viewing the presentation of the content **402** (e.g., a first time viewed content/video). Alternatively, the context instruction set **440** selects context data associated with content **402** from a context database **445** (e.g., if the content **402** was previously analyzed by the context instruction set, i.e., a previously viewed/analyzed video). In some implementations, the context instruction set **440** generates an attention map associated with content **402** as the context data **442**. For example, the attention map (e.g., attention map **340** of FIG. 3) can be utilized to track the overall context of what the user is focused on during the presentation of content **402**. For example, as discussed herein for FIG. 3, an attention map includes a content area associated with the viewing area of content, relevant areas that are associated with identified content areas of the content (e.g., facial recognition, object detection, etc.), and non-relevant areas.

[0059] In an example implementation, the environment **400** further includes an attentive state instruction set **450** that is configured with instructions executable by a processor to assess the attentive state (e.g., attentive state such as focused/attentive, mind wandering, etc.) of a user based on a physiological response (e.g., eye gaze response) using one or more of the techniques discussed herein or as otherwise may be appropriate. For example, the attentive state instruction set **450** acquires physiological tracking data **432** from the physiological tracking instruction set **430** and context data **442** from the context instruction set **440** (e.g., attention map data) and determines the attentive state (e.g., attentive state such as mind wandering, attentive/focused, etc.) of the user **25** during the presentation of the content **402**. For example, the attention map may provide a scene analysis that can be used by the attentive state instruction set **450** to understand what the person is looking at and improve the determination of the attentive state. In some implementations, the attentive state instruction set **450** can then provide feedback data **452** (e.g., visual and/or audible cues) to the content instruction set **410** based on the attentive state assessment. For example, finding defined markers of attention lapses and providing performance feedback during an education experience could enhance a user's learning experience, provide additional benefits from the education session, and provide a guided and supportive teaching approach (e.g., a scaffolding teaching method) for users to advance through their education practice.

[0060] In some implementations, the feedback data **452** could be utilized by the content state instruction set **410** to present an audio and/or visual feedback cue or mechanism to the user **25** to relax and focus on breathing during the mediation session. In an educational experience, the feedback cue to the user could be a gentle reminder (e.g., a soothing or calming visual and/or audio alarm) to get back on task of studying, based on the assessment from the attentive state instruction set **450** that the user **25** is mind wandering because the user **25** was distracted.

[0061] FIG. 5 is a flowchart illustrating an exemplary method **500**. In some implementations, a device such as device **10** (FIG. 1) performs the techniques of method **500** to assess an attentive state of the user viewing content based on physiological data and providing a feedback mechanism

based on the attentive state. In some implementations, the techniques of method **500** are performed on a mobile device, desktop, laptop, HMD, or server device. In some implementations, the method **500** is performed on processing logic, including hardware, firmware, software, or a combination thereof. In some implementations, the method **500** is performed on a processor executing code stored in a non-transitory computer-readable medium (e.g., a memory).

[0062] At block **502**, the method **500** obtains physiological data (e.g., EEG amplitude/frequency, pupil modulation, eye gaze saccades, etc.) associated with a gaze of a user during an experience, wherein the user experience is associated with a task. For example, obtaining the physiological data may involve obtaining images of the eye or EOG data from which gaze direction/movement can be determined. Examples of the tasks may include watching a lecture, editing a document, cooking while watching an instructional video, and the like. In some implementations, the experience is an XR experience or a real-world experience.

[0063] In some implementations, obtaining the physiological data associated with a physiological response of the user includes monitoring for a response or lack of response occurring within a predetermined time following the presenting of the content or a user performing a task. For example, the system may wait for up to five seconds after an event within the video to see if a user looks in a particular direction (e.g., a physiological response).

[0064] In some implementations, obtaining physiological data (e.g., pupillary data **40**) is associated with a gaze of a user that may involve obtaining images of the eye or electrooculography signal (EOG) data from which gaze direction and/or movement can be determined.

[0065] Some implementations obtain physiological data and other user information to help improve a user experience. In such processes, user preferences and privacy should be respected, as examples, by ensuring the user understands and consents to the use of user data, understands what types of user data are used, has control over the collection and use of user data and limiting distribution of user data, for example, by ensuring that user data is processed locally on the user's device. Users should have the option to opt in or out with respect to whether their user data is obtained or used or to otherwise turn on and off any features that obtain or use user information. Moreover, each user will have the ability to access and otherwise find out anything that the system has collected or determined about him or her. User data is stored securely on the user's device. User data that is used as input to a machine learning model is stored securely on the user's device, for example, to ensure the user's privacy. The user's device may have a secure storage area, e.g., a secure enclave, for securing certain user information, e.g., data from image and other sensors that is used for face identification, face identification, or biometric identification. The user data associated with the user's body and/or attentive state may be stored in such a secure enclave, restricting access to the user data and restricting transmission of the user data to other devices to ensure that user data is kept securely on the user's device. User data may be prohibited from leaving the user's device and may be used only in machine learning models and other processes on the user's device.

[0066] At block **504**, the method **500** determines that the user has a first attentive state (e.g., mind wandering away from the task) during a portion of the experience based on

the physiological data, the first attentive state corresponding to a lack of attention by the user in the task during the portion of the experience. For example, one or more gaze characteristics may be determined, aggregated, and used to classify the user's attentive state using statistical or machine learning techniques. In some implementations, the response may be compared with the user's own prior responses or typical user responses to similar content of a similar experience.

[0067] In some implementations, determining that the user has a first attentive state includes determining a level of attentiveness. For example, levels of attentiveness can be based on a number of transitions from relevant and non-relevant areas of the content presented (e.g., relevant areas **346** compared to non-relevant area **344** of FIG. 3). The system could determine a level of attentiveness as an attention barometer that can be customized based on the type of content shown during the user experience. If a good attention barometer, if for education, a content developer can design an environment for the experience that will provide the user the “best” environment for a learning experience. For example, tune the ambience lighting so the user can be at the optimal levels to learn during the experience.

[0068] In some implementations, attentive state may be determined using statistical or machine learning-based classification techniques. For example, determining that the user has a first attentive state includes using a machine learning model trained using ground truth data that includes self-assessments in which users labelled portions of experiences with attentive state labels. For example, to determine the ground truth data that includes self-assessments, a group of subjects, while watching a cooking instructional video, could be prompted at different time intervals (e.g., every 30 seconds) to switch between focusing on the instructions (e.g., cooking instructions) and mind wandering (e.g., skim around the cooking video and not focusing on the teacher cooking/prepping the food).

[0069] In some implementations, one or more pupillary or EEG characteristics may be determined, aggregated, and used to classify the user's attentive state using statistical or machine learning techniques. In some implementations, the physiological data is classified based on comparing the variability of the physiological data to a threshold. For example, if the baseline for a user's EEG data is determined during an initial segment of time (e.g., 30-60 seconds), and during a subsequent segment of time following an auditory stimulus (e.g., 5 seconds) the EEG data deviates more than +/-10% from the EEG baseline during the subsequent segment of time, than the techniques described herein could classify the user as transitioned away from the first attentive state (e.g., learning by focusing on a relevant area of the content, such as a teacher) and entered a second attentive state (e.g., mind wandering).

[0070] In some implementations, a machine learning model may be used to classify the user's attentive state. For example, labeled training data for a user may be provided to the machine learning model. In some implementations, the machine learning model is a neural network (e.g., an artificial neural network), decision tree, support vector machine, Bayesian network, or the like. These labels may be collected from the user beforehand, or from a population of people beforehand, and fine-tuned later on individual users. Creating this labeled data may require many users going through an experience (e.g., meditation experience) where the users

listen to natural sounds with intermixed natural-probes (e.g., auditory stimulus) and then randomly are asked how focused or relaxed they were shortly after a probe was presented. The answers to these questions can generate a label for the time prior to the question and a deep neural network or deep long short term memory (LSTM) network might learn a combination of features specific to that user or task given those labels.

[0071] In some implementations, use cases for assessing attentive states during presentation of content may include meditation experiences, educational experiences, occupational experiences, and the like.

[0072] At block **506**, the method **500** provides a feedback mechanism during the experience based on determining that the user has the first attentive state during the portion of the experience. The determined attentive state could be used to provide feedback to the user via the feedback mechanism which may reorient the user, provide statistics to the user, and/or help content creators improve the content of the experience.

[0073] In some implementations, feedback can be provided to a user based on determining that the first attentive state (e.g., mind wandering) differs from an intended attentive state (e.g., focused attention) of the experience. In some implementations, the method **500** may further include presenting feedback (e.g., audio feedback such as “control your breathing”, visual feedback, etc.) during the experience in response to determining that the first attentive state differs from a second attentive state intended for the experience. In one example, during a portion of an mediation experience in which a user is directed to focus on his or her breath, the method determines to present feedback reminding the user to focus on breathing based on detecting that the user is instead in a mind wandering attentive state.

[0074] In some implementations, determining that the user has a second attentive state (e.g., focused on the task) during a portion of the experience based on the physiological data, the second attentive state corresponding to attention by the user in the task during the portion of the experience. In some implementations, presenting the feedback mechanism is based on determining that the second attentive state differs from the first attentive state. For example, the user's mind is wandering when he or she should be focused on the task.

[0075] In some implementations, a context analysis, such as a scene understanding, may be obtained or generated, to determine what content the user should be focusing on (e.g., the presenter's mouth/eyes/hands), which may include an attention map. In some implementations, the method **500** may further include determining a context of the experience based on sensor data (e.g., of the environment, potentially including the user), where the first attentive state is determined based on the context. In some implementations, the context includes an object (e.g., person, lips, eyes, document editor, etc.) upon which the user's attention should be focused during the experience. (e.g., relevant objects). In some implementations, determining context includes determining an attention map identifying portions of an image (e.g., a cooking video) upon which attention is focused when attentive to the task. For example, the attention map **340** of FIG. 3 identifies portions of the content **302** that are relevant (e.g., relevant area **346a—c**), and which portions of the content **302** that are non-relevant (e.g., non-relevant area **344**). For a cooking instructional video, the attention map could be used to identify portions of the cooking instruc-

tional video that are relevant such as the instructor's face, the instructor's hands, and/or the cooking utensils and food being prepared/cooked. Thus, the non-relevant area includes all other areas that were not identified as relevant to the instructional video. The attention map **340** can then be used by the system to track a user's transition data. For example, in some implementations, the attention map further includes transition data identifying a number of transitions of the user changing focus from: (i) a first portion of the image upon which attention is focused, (ii) to a second portion of the image upon which attention is not focused, (iii) to a third portion of the image upon which attention is focused. For example, how often a user transitions from one relevant area to a non-relevant area and then back to the same or different relevant area using processes described herein. For example, the quicker a user transitions to relevant areas, the more likely he or she is paying attention to the instructional video.

[0076] In some implementations, providing the feedback mechanism includes providing a graphical indicator or sound configured to change the first attentive state to a second attentive state corresponding to attention by the user in the task during the portion of the experience. In some implementations, providing the feedback mechanism includes providing a mechanism for rewinding or providing a break from content associated with the task (e.g., rewinding during a cooking video to replay the last step(s), or pausing an educational lecture for a study break). In some implementations, providing the feedback mechanism includes suggesting a time for another experience based on first attentive state. For example, as discussed herein with reference to FIG. 3, the feedback mechanism **350** may be an offline or real-time statistical analysis and attention summary that is provided to the user. For example, the system can track attentional states throughout several days and weeks and start suggesting optimal times of the day (e.g., morning hours is best for this particular user to learn a new concept), or optimal days of the week to do certain learning activities (e.g., Mondays appear ideal for focusing several hours). In some implementations, the statistical analysis for the feedback mechanism **350** presents session statistics to the user. For example, an attention graph could be provided to a user (e.g., real-time during the session, or following the session as a summary) that plots duration of the session on the x-axis and average attentional state of the user on the y-axis. For example, an attention graph can summarize how a user's attention decreases as the duration increases. This analysis could provide a certain level of awareness to the user and encourage them to limit their learning session to an ideal interval (e.g., study for an hour, then take break). In some implementations, the system could also provide a summary to the user of his or her "favorite" classes, i.e., the classes they were most attentive.

[0077] In some implementations, the method **500** further includes adjusting content corresponding to the experience based on the first attentive state (e.g., customized to the attention of the user). For example, content recommendation for a content developer can be provided based on determining attentive states during the presented experience and changes of the experience or content presented therein. For example, the user may focus well when particular types of content are provided. In some implementations, the method **500** may further include identifying content based on similarity of the content to the experience, and providing a recommendation of the content to the user based on deter-

mining that the user has the first attentive state during the experience (e.g., mind wandering).

[0078] In some implementations, content for the experience can be adjusted corresponding to the experience based on the attentive state differing from an intended attentive state for the experience. For example, content may be adjusted by an experience developer to improve recorded content for a subsequent use for the user or other users. In some implementations, the method **500** may further include adjusting content corresponding to the experience in response to determining that the first attentive state differs from a second attentive state intended for the experience.

[0079] FIG. 6 is a flowchart illustrating an exemplary method **600** to assess an attentive state of a user viewing content based on physiological data and utilizing an attention map associated with the physiological data and the content, and provide a feedback mechanism within the presentation of the content. In some implementations, a device such as device **10** (FIG. 1) performs the techniques of method **600**. In some implementations, the techniques of method **600** are performed on a mobile device, desktop, laptop, HMD, or server device. In some implementations, the method **300** is performed on processing logic, including hardware, firmware, software, or a combination thereof. In some implementations, the method **300** is performed on a processor executing code stored in a non-transitory computer-readable medium (e.g., a memory).

[0080] At block **602**, the method **600** obtains physiological data (e.g., EEG amplitude/frequency, pupil modulation, eye gaze saccades, etc.) associated with a gaze of a user during an experience, wherein the user experience is associated with a task. For example, obtaining the physiological data may involve obtaining images of the eye or EOG data from which gaze direction/movement can be determined. Examples of the tasks may include watching a lecture, editing a document, cooking while watching an instructional video, and the like. In some implementations, the experience is an XR experience or a real-world experience.

[0081] In some implementations, obtaining the physiological data associated with a physiological response of the user includes monitoring for a response or lack of response occurring within a predetermined time following the presenting of the content or a user performing a task. For example, the system may wait for up to five seconds after an event within the video to see if a user looks in a particular direction (e.g., a physiological response).

[0082] In some implementations, obtaining physiological data (e.g., pupillary data **40**) is associated with a gaze of a user that may involve obtaining images of the eye or electrooculography signal (EOG) data from which gaze direction and/or movement can be determined.

[0083] Some implementations obtain physiological data and other user information to help improve a user experience. In such processes, user preferences and privacy should be respected, as examples, by ensuring the user understands and consents to the use of user data, understands what types of user data are used, has control over the collection and use of user data and limiting distribution of user data, for example, by ensuring that user data is processed locally on the user's device. Users should have the option to opt in or out with respect to whether their user data is obtained or used or to otherwise turn on and off any features that obtain or use user information. Moreover, each user will have the ability to access and otherwise find out anything that the

system has collected or determined about him or her. User data is stored securely on the user's device. User data that is used as input to a machine learning model is stored securely on the user's device, for example, to ensure the user's privacy. The user's device may have a secure storage area, e.g., a secure enclave, for securing certain user information, e.g., data from image and other sensors that is used for face identification, face identification, or biometric identification. The user data associated with the user's body and/or attentive state may be stored in such a secure enclave, restricting access to the user data and restricting transmission of the user data to other devices to ensure that user data is kept securely on the user's device. User data may be prohibited from leaving the user's device and may be used only in machine learning models and other processes on the user's device.

[0084] At block **604**, the method **600** determines a context of the experience based on sensor data. For example, a context analysis, such as a scene understanding, may be obtained or generated, to determine what content the user should be focusing on (e.g., the presenter's mouth/eyes/hands), which may include an attention map. The sensor data may include sensor data of the physical environment of the user, potentially including the user (e.g. eye gaze characteristic data, and the like). In some implementations, determining the context of the experience (e.g., a cooking video) may include facial recognition techniques, object detection techniques, and the like, to identify relevant areas of the experience (e.g., portions of the video the user should be focused on).

[0085] At block **606**, the method **600** determines an attention map identifying portions of an image (e.g., a cooking video) upon which attention is focused when attentive to the task. For example, the attention map **340** of FIG. **3** identifies portions of the content **302** that are relevant (e.g., relevant area **346a-c**), and which portions of the content **302** that are non-relevant (e.g., non-relevant area **344**). For a cooking instructional video, the attention map could be used to identify portions of the cooking instructional video that are relevant such as the instructor's face, the instructor's hands, and/or the cooking utensils and food being prepared/cooked. Thus, the non-relevant area includes all other areas that were not identified as relevant to the instructional video. The attention map **340** can then be used by the system to track a user's transition data. For example, in some implementations, the attention map further includes transition data identifying a number of transitions of the user changing focus from: (i) a first portion of the image upon which attention is focused, (ii) to a second portion of the image upon which attention is not focused, (iii) to a third portion of the image upon which attention is focused. For example, how often a user transitions from one relevant area to a non-relevant area and then back to the same or different relevant area using processes described herein. For example, the quicker a user transitions to relevant areas, the more likely he or she is paying attention to the instructional video.

[0086] In some implementations, the system may compile a library of attention maps in a context database (e.g., context database **445**) for assessing attention of a user. For example, the method **500** may further include determining, from a context database, one or more attention maps associated with the content for assessing whether a user is paying attention to the content throughout the presentation of the content (e.g., educational experience).

[0087] At block **608**, the method **600** determines that the user has a first attentive state (e.g., mind wandering away from the task) during a portion of the experience based on the physiological data, the first attentive state corresponding to a lack of attention by the user in the task during the portion of the experience. For example, one or more gaze characteristics may be determined, aggregated, and used to classify the user's attentive state using statistical or machine learning techniques. In some implementations, the response may be compared with the user's own prior responses or typical user responses to similar content of a similar experience.

[0088] In some implementations, determining that the user has a first attentive state includes determining a level of attentiveness. For example, levels of attentiveness can be based on a number of transitions from relevant and non-relevant areas of the content presented (e.g., relevant areas **346** compared to non-relevant area **344** of FIG. **3**). The system could determine a level of attentiveness as an attention barometer that can be customized based on the type of content shown during the user experience. If a good attention barometer, if for education, a content developer can design an environment for the experience that will provide the user the "best" environment for a learning experience. For example, tune the ambient lighting so the user can be at the optimal levels to learn during the experience.

[0089] At block **610**, the method **600** provides a feedback mechanism during the experience based on determining that the user has the first attentive state during the portion of the experience. The determined attentive state could be used to provide feedback to the user via the feedback mechanism which may reorient the user, provide statistics to the user, and/or help content creators improve the content of the experience.

[0090] In some implementations, feedback can be provided to a user based on determining that the first attentive state (e.g., mind wandering) differs from an intended attentive state (e.g., focused attention) of the experience. In some implementations, the method **600** may further include presenting feedback (e.g., audio feedback such as "control your breathing", visual feedback, etc.) during the experience in response to determining that the first attentive state differs from a second attentive state intended for the experience. In one example, during a portion of an meditation experience in which a user is directed to focus on his or her breath, the method determines to present feedback reminding the user to focus on breathing based on detecting that the user is instead in a mind wandering attentive state.

[0091] In some implementations, the techniques described herein obtain physiological data (e.g., pupillary data **40**, EEG amplitude/frequency data, pupil modulation, eye gaze saccades, etc.) from the user based on identifying typical interactions of the user with the experience. For example, the techniques may determine that a variability of an eye gaze characteristic of the user correlates with an interaction with the experience. Additionally, the techniques described herein may then adjust a visual characteristic of the experience, or adjust/change a sound associated with the feedback mechanism, to enhance physiological response data associated with future interactions with the experience and/or the feedback mechanism presented within the experience. Moreover, in some implementations, changing a feedback mechanism after the user interacts with the experience informs the physiological response of the user in subsequent

interactions with the experience or a particular segment of the experience. For example, the user may present an anticipatory physiological response associated with the change within the experience. Thus, in some implementations, the technique identifies an intent of the user to interact with the experience based on an anticipatory physiological response. For example, the technique may adapt or train an instruction set by capturing or storing physiological data of the user based on the interaction of the user with the experience, and may detect a future intention of the user to interact with the experience by identifying a physiological response of the user in anticipation of the presentation of the enhanced/updated experience.

[0092] In some implementations, an estimator or statistical learning method is used to better understand or make predictions about the physiological data (e.g., pupillary data characteristics, EEG data, etc.). For example, statistics for EEG data may be estimated by sampling a dataset with replacement data (e.g., a bootstrap method).

[0093] In some implementations, the techniques could be trained on many sets of user physiological data and then adapted to each user individually. For example, content creators can customize an education experience (e.g., an instructional cooking video) based on the user physiological data, such as a user may require background music, different ambient lighting for learning, or require more or less audio or visual cues to continue to maintain meditation.

[0094] In some implementations, a meditation experience could notify a pupil to focus on particular breathing techniques when he or she appears to be mind wandering. In some implementations, meditation may be recommended (e.g., at a particular time, place, task, etc.) based on the user's attention state and context by identifying a type or characteristic of the recommended meditation based on any particular factors (e.g., physical environment context, scene understanding of what the user is seeing in an XR environment, and the like). For example, recommending one type of meditation in one circumstance (e.g., mindfulness meditation for mind wandering) and a different type of meditation in another circumstance (e.g., movement/physical meditation for stress and anxiety situations). If the user is aiming to have a focused-attention session (e.g., a single task like watching a video) and if it is detected that the user feels distracted, an open-monitoring meditation can be recommended. For example, open monitoring meditation can allow the user to notice multiple sounds/visuals/thoughts in the environment, and could replenish his or her ability to focus on a single item. Additionally, or alternatively, if the user is aiming to multi-task using various applications, and the system detects that the user is overwhelmed, the system could suggest that he or she perform focus-attention meditation techniques (e.g., attention to breath or a single object). The focus-attention mediation techniques could allow the user to regain the ability to focus on a single item at a time. In an exemplary implementation, a meditation session could be initiated for the user which may be in opposition of the main task he or she is aiming to accomplish such that he or she can relax/replenish during meditation and return to task at hand more effectively.

[0095] In some implementations, customization of the experience could be controlled by the user. For example, a user could select the experience he or she desires, such as he or she can choose the ambience, background scene, music, etc. Additionally, the user could alter the threshold of

providing the feedback mechanism. For example, the user can customize the sensitivity of triggering the feedback mechanism based on prior experience of a session. For example, a user may desire to not have as many feedback notifications and allow some mind wandering (e.g., eye position deviations) before a notification is triggered. Thus, particular experiences can be customized on triggering a threshold when higher criteria is met. For example, some experiences, such as an education experience, a user may not want to be bothered during a study session if he or she is briefly staring off task or mind wandering by briefly looking towards the relevant area for a moment (e.g., less than 30 seconds) to contemplate what he or she just read. However, the student/reader would want to be given a notification if he or she is mind wandering for a longer period (e.g., longer than or equal to 30 seconds) by providing a feedback mechanism such as an auditory notification (e.g., "wake up").

[0096] In some implementations, the techniques described herein can account for real-world environment **5** of the user **25** (e.g., visual qualities such as luminance, contrast, semantic context) in its evaluation of how much to modulate or adjust the presented content or feedback mechanisms to enhance the physiological response (e.g., pupillary response) of the user **25** to the visual characteristic **30** (e.g., feedback mechanism).

[0097] In some implementations, the physiological data (e.g., pupillary data **40**) may vary in time and the techniques described herein may use the physiological data to detect a pattern. In some implementations, the pattern is a change in physiological data from one time to another time, and, in some other implementations, the pattern is series of changes in physiological data over a period of time. Based on detecting the pattern, the techniques described herein can identify a change in the attentive state of the user (e.g., mind wandering) and can then provide a feedback mechanism (e.g., visual or auditory cue to focus on breathing) to the user **25** to return to an intended state (e.g., meditation) during an experience (e.g., meditation session). For example, an attentive state of a user **25** may be identified by detecting a pattern in a user's gaze characteristic, a visual or auditory cue associated with the experience may be adjusted (e.g., a feedback mechanism of a voice that states "focus on breathing" may further include a visual cue or a change in ambience of the scene), and the user's gaze characteristic compared to the adjusted experience can be used to confirm the attentive state of a user.

[0098] In some implementations, the techniques described herein can utilize a training or calibration sequence to adapt to the specific physiological characteristics of a particular user **25**. In some implementations, the techniques present the user **25** with a training scenario in which the user **25** is instructed to interact with on-screen items (e.g., feedback objects). By providing the user **25** with a known intent or area of interest (e.g., via instructions), the techniques can record the user's physiological data (e.g., pupillary data **40**) and identify a pattern associated with the user's gaze (e.g. transition data via the attention map). In some implementations, the techniques can change a visual characteristic **30** (e.g., a feedback mechanism) associated with content **20** in order to further adapt to the unique physiological characteristics of the user **25**. For example, the techniques can direct a user to mentally select a button associated with an identified relevant area in the center of the screen on the

count of three and record the user's physiological data (e.g., pupillary data **40**) to identify a pattern associated with the user's attentive state. Moreover, the techniques can change or alter a visual characteristic associated with the feedback mechanism in order to identify a pattern associated with the user's physiological response to the altered visual characteristic. In some implementations, the pattern associated with the physiological response of the user **25** is stored in a user profile associated with the user and the user profile can be updated or recalibrated at any time in the future. For example, the user profile could automatically be modified over time during a user experience to provide a more personalized user experience (e.g., a personal meditation experience).

[0099] In some implementations, a machine learning model (e.g., a trained neural network) is applied to identify patterns in physiological data, including identification of physiological responses to presentation of content (e.g., content **20** of FIG. **1**) during a particular experience (e.g., education, meditation, instructional, etc.). Moreover, the machine learning model may be used to match the patterns with learned patterns corresponding to indications of interest or intent of the user **25** to interact with the experience. In some implementations, the techniques described herein may learn patterns specific to the particular user **25**. For example, the techniques may learn from determining that a peak pattern represents an indication of interest or intent of the user **25** in response to a particular visual characteristic **30** within the content and use this information to subsequently identify a similar peak pattern as another indication of interest or intent of the user **25**. Such learning can take into account the user's relative interactions with multiple visual characteristics **30**, in order to further adjust the visual characteristic **30** and enhance the user's physiological response to the experience and the presented content (e.g., focusing on particular relevant areas versus other relevant areas as identified on the attention map).

[0100] In some implementations, the location and features of the head **27** of the user **25** (e.g., an edge of the eye, a nose or a nostril) are extracted by the device **10** and used in finding coarse location coordinates of the eyes **45** of the user **25**, thus simplifying the determination of precise eye **45** features (e.g., position, gaze direction, etc.) and making the gaze characteristic(s) measurement more reliable and robust. Furthermore, the device **10** may readily combine the 3D location of parts of the head **27** with gaze angle information obtained via eye part image analysis in order to identify a given on-screen object at which the user **25** is looking at any given time. In some implementations, the use of 3D mapping in conjunction with gaze tracking allows the user **25** to move his or her head **27** and eyes **45** freely while reducing or eliminating the need to actively track the head **27** using sensors or emitters on the head **27**.

[0101] By tracking the eyes **45**, some implementations reduce the need to re-calibrate the user **25** after the user **25** moves his or her head **27**. In some implementations, the device **10** uses depth information to track the pupil's **50** movement, thereby enabling a reliable present pupil diameter **55** to be calculated based on a single calibration of user **25**. Utilizing techniques such as pupil-center-corneal reflection (PCCR), pupil tracking, and pupil shape, the device **10** may calculate the pupil diameter **55**, as well as a gaze angle of the eye **45** from a fixed point of the head **27**, and use the location information of the head **27** in order to re-calculate

the gaze angle and other gaze characteristic(s) measurements. In addition to reduced recalibrations, further benefits of tracking the head **27** may include reducing the number of light projecting sources and reducing the number of cameras used to track the eye **45**.

[0102] In some implementations, the techniques described herein can identify a particular object within the content presented on the display **15** of the device **10** at a position in the direction of the user's gaze. Moreover, the techniques can change a state of the visual characteristic **30** associated with the particular object or the overall content experience responsively to a spoken verbal command received from the user **25** in combination with the identified attentive state of the user **25**. For example, a particular object within the content may be an icon associated with a software application, and the user **25** may gaze at the icon, say the word "select" to choose the application, and a highlighting effect may be applied to the icon. The techniques can then use further physiological data (e.g., pupillary data **40**) in response to the visual characteristic **30** (e.g., a feedback mechanism) to further identify an attentive state of the user **25** as a confirmation of the user's verbal command. In some implementations, the techniques can identify a given interactive item responsive to the direction of the user's gaze, and to manipulate the given interactive item responsively to physiological data (e.g., variability of the gaze characteristics). The techniques can then confirm the direction of the user's gaze based on further identifying attentive states of a user with physiological data in response to interactions with the experience. In some implementations, the techniques can remove an interactive item or object based on the identified interest or intent. In other implementations, the techniques can automatically capture images of the content at times when an interest or intent of the user **25** is determined.

[0103] FIG. **7** is a block diagram of an example device **700**. Device **700** illustrates an exemplary device configuration for device **10**. While certain specific features are illustrated, those skilled in the art will appreciate from the present disclosure that various other features have not been illustrated for the sake of brevity, and so as not to obscure more pertinent aspects of the implementations disclosed herein. To that end, as a non-limiting example, in some implementations the device **10** includes one or more processing units **702** (e.g., microprocessors, ASICs, FPGAs, CPUs, CPUs, processing cores, and/or the like), one or more input/output (I/O) devices and sensors **706**, one or more communication interfaces **708** (e.g., USB, FIREWIRE, THUNDERBOLT, IEEE 802.3x, IEEE 802.11x, IEEE 802.16x, GSM, CDMA, TDMA, GPS, IR, BLUETOOTH, ZIGBEE, SPI, I2C, and/or the like type interface), one or more programming (e.g., I/O) interfaces **710**, one or more displays **712**, one or more interior and/or exterior facing image sensor systems **714**, a memory **720**, and one or more communication buses **704** for interconnecting these and various other components.

[0104] In some implementations, the one or more communication buses **704** include circuitry that interconnects and controls communications between system components. In some implementations, the one or more I/O devices and sensors **706** include at least one of an inertial measurement unit (IMU), an accelerometer, a magnetometer, a gyroscope, a thermometer, one or more physiological sensors (e.g., blood pressure monitor, heart rate monitor, blood oxygen sensor, blood glucose sensor, etc.), one or more micro-

phones, one or more speakers, a haptics engine, one or more depth sensors (e.g., a structured light, a time-of-flight, or the like), and/or the like.

[0105] In some implementations, the one or more displays **712** are configured to present a view of a physical environment or a graphical environment to the user. In some implementations, the one or more displays **712** correspond to holographic, digital light processing (DLP), liquid-crystal display (LCD), liquid-crystal on silicon (LCoS), organic light-emitting field-effect transitory (OLET), organic light-emitting diode (OLED), surface-conduction electron-emitter display (SED), field-emission display (FED), quantum-dot light-emitting diode (QD-LED), micro-electromechanical system (MEMS), and/or the like display types. In some implementations, the one or more displays **712** correspond to diffractive, reflective, polarized, holographic, etc. waveguide displays. In one example, the device **10** includes a single display. In another example, the device **10** includes a display for each eye of the user.

[0106] In some implementations, the one or more image sensor systems **714** are configured to obtain image data that corresponds to at least a portion of the physical environment **5**. For example, the one or more image sensor systems **714** include one or more RGB cameras (e.g., with a complimentary metal-oxide-semiconductor (CMOS) image sensor or a charge-coupled device (CCD) image sensor), monochrome cameras, IR cameras, depth cameras, event-based cameras, and/or the like. In various implementations, the one or more image sensor systems **714** further include illumination sources that emit light, such as a flash. In various implementations, the one or more image sensor systems **714** further include an on-camera image signal processor (ISP) configured to execute a plurality of processing operations on the image data.

[0107] The memory **720** includes high-speed random-access memory, such as DRAM, SRAM, DDR RAM, or other random-access solid-state memory devices. In some implementations, the memory **720** includes non-volatile memory, such as one or more magnetic disk storage devices, optical disk storage devices, flash memory devices, or other non-volatile solid-state storage devices. The memory **720** optionally includes one or more storage devices remotely located from the one or more processing units **702**. The memory **720** includes a non-transitory computer readable storage medium.

[0108] In some implementations, the memory **720** or the non-transitory computer readable storage medium of the memory **720** stores an optional operating system **730** and one or more instruction set(s) **740**. The operating system **730** includes procedures for handling various basic system services and for performing hardware dependent tasks. In some implementations, the instruction set(s) **740** include executable software defined by binary information stored in the form of electrical charge. In some implementations, the instruction set(s) **740** are software that is executable by the one or more processing units **702** to carry out one or more of the techniques described herein.

[0109] The instruction set(s) **740** include a content instruction set **742**, a physiological tracking instruction set **744**, a context/attention map instruction set **746**, and an attentive state instruction set **748**. The instruction set(s) **740** may be embodied a single software executable or multiple software executables.

[0110] In some implementations, the content instruction set **742** is executable by the processing unit(s) **702** to provide and/or track content for display on a device. The content instruction set **742** may be configured to monitor and track the content overtime (e.g., during an experience such as a meditation session) and/or to identify change events that occur within the content. In some implementations, the content instruction set **742** may be configured to inject change events into content (e.g., feedback mechanisms) using one or more of the techniques discussed herein or as otherwise may be appropriate. To these ends, in various implementations, the instruction includes instructions and/or logic therefor, and heuristics and metadata therefor.

[0111] In some implementations, the physiological tracking instruction set **744** is executable by the processing unit(s) **702** to track a user's physiological attributes (e.g., EEG amplitude/frequency, pupil modulation, eye gaze saccades, etc.) using one or more of the techniques discussed herein or as otherwise may be appropriate. To these ends, in various implementations, the instruction includes instructions and/or logic therefor, and heuristics and metadata therefor.

[0112] In some implementations, the context/attention map instruction set **746** is executable by the processing unit(s) **702** to determine a context of the experience and/or determine an attention map of a user based on the user's physiological attributes (e.g., EEG amplitude/frequency, pupil modulation, eye gaze saccades, etc.) using one or more of the techniques discussed herein or as otherwise may be appropriate. To these ends, in various implementations, the instruction includes instructions and/or logic therefor, and heuristics and metadata therefor.

[0113] In some implementations, the attentive state instruction set **748** is executable by the processing unit(s) **702** to assess the attentive state (e.g., mind wandering, attentive, meditation, etc.) of a user based on a physiological response (e.g., eye gaze response) using one or more of the techniques discussed herein or as otherwise may be appropriate. To these ends, in various implementations, the instruction includes instructions and/or logic therefor, and heuristics and metadata therefor.

[0114] Although the instruction set(s) **740** are shown as residing on a single device, it should be understood that in other implementations, any combination of the elements may be located in separate computing devices. Moreover, FIG. 7 is intended more as functional description of the various features which are present in a particular implementation as opposed to a structural schematic of the implementations described herein. As recognized by those of ordinary skill in the art, items shown separately could be combined and some items could be separated. The actual number of instructions sets and how features are allocated among them may vary from one implementation to another and may depend in part on the particular combination of hardware, software, and/or firmware chosen for a particular implementation.

[0115] FIG. 8 illustrates a block diagram of an exemplary head-mounted device **800** in accordance with some implementations. The head-mounted device **800** includes a housing **801** (or enclosure) that houses various components of the head-mounted device **800**. The housing **801** includes (or is coupled to) an eye pad (not shown) disposed at a proximal (to the user **25**) end of the housing **801**. In various implementations, the eye pad is a plastic or rubber piece that

comfortably and snugly keeps the head-mounted device **800** in the proper position on the face of the user **25** (e.g., surrounding the eye of the user **25**).

[0116] The housing **801** houses a display **810** that displays an image, emitting light towards or onto the eye of a user **25**. In various implementations, the display **810** emits the light through an eyepiece having one or more lenses **805** that refracts the light emitted by the display **810**, making the display appear to the user **25** to be at a virtual distance farther than the actual distance from the eye to the display **810**. For the user **25** to be able to focus on the display **810**, in various implementations, the virtual distance is at least greater than a minimum focal distance of the eye (e.g., 8 cm). Further, in order to provide a better user experience, in various implementations, the virtual distance is greater than 1 meter.

[0117] The housing **801** also houses a tracking system including one or more light sources **822**, camera **824**, and a controller **880**. The one or more light sources **822** emit light onto the eye of the user **25** that reflects as a light pattern (e.g., a circle of glints) that can be detected by the camera **824**. Based on the light pattern, the controller **880** can determine an eye tracking characteristic of the user **25**. For example, the controller **880** can determine a gaze direction and/or a blinking state (eyes open or eyes closed) of the user **25**. As another example, the controller **880** can determine a pupil center, a pupil size, or a point of regard. Thus, in various implementations, the light is emitted by the one or more light sources **822**, reflects off the eye of the user **25**, and is detected by the camera **824**. In various implementations, the light from the eye of the user **25** is reflected off a hot mirror or passed through an eyepiece before reaching the camera **824**.

[0118] The housing **801** also houses an audio system that includes one or more audio source(s) **826** that the controller can utilize for providing audio to the user ears **60** via sound waves **14** per the techniques described herein. For example, audio source(s) **826** can provide sound for both background sound and the feedback mechanism that can be presented spatially in a 3D coordinate system. The audio source(s) **826** can include a speaker, a connection to an external speaker system such as headphones, or an external speaker connected via a wireless connection.

[0119] The display **810** emits light in a first wavelength range and the one or more light sources **822** emit light in a second wavelength range. Similarly, the camera **824** detects light in the second wavelength range. In various implementations, the first wavelength range is a visible wavelength range (e.g., a wavelength range within the visible spectrum of approximately 400-700 nm) and the second wavelength range is a near-infrared wavelength range (e.g., a wavelength range within the near-infrared spectrum of approximately 700-1400 nm).

[0120] In various implementations, eye tracking (or, in particular, a determined gaze direction) is used to enable user interaction (e.g., the user **25** selects an option on the display **810** by looking at it), provide foveated rendering (e.g., present a higher resolution in an area of the display **810** the user **25** is looking at and a lower resolution elsewhere on the display **810**), or correct distortions (e.g., for images to be provided on the display **810**).

[0121] In various implementations, the one or more light sources **822** emit light towards the eye of the user **25** which reflects in the form of a plurality of glints.

[0122] In various implementations, the camera **824** is a frame/shutter-based camera that, at a particular point in time or multiple points in time at a frame rate, generates an image of the eye of the user **25**. Each image includes a matrix of pixel values corresponding to pixels of the image which correspond to locations of a matrix of light sensors of the camera. In implementations, each image is used to measure or track pupil dilation by measuring a change of the pixel intensities associated with one or both of a user's pupils.

[0123] In various implementations, the camera **824** is an event camera including a plurality of light sensors (e.g., a matrix of light sensors) at a plurality of respective locations that, in response to a particular light sensor detecting a change in intensity of light, generates an event message indicating a particular location of the particular light sensor.

[0124] It will be appreciated that the implementations described above are cited by way of example, and that the present invention is not limited to what has been particularly shown and described hereinabove. Rather, the scope includes both combinations and sub combinations of the various features described hereinabove, as well as variations and modifications thereof which would occur to persons skilled in the art upon reading the foregoing description and which are not disclosed in the prior art.

[0125] As described above, one aspect of the present technology is the gathering and use of physiological data to improve a user's experience of an electronic device with respect to interacting with electronic content. The present disclosure contemplates that in some instances, this gathered data may include personal information data that uniquely identifies a specific person or can be used to identify interests, traits, or tendencies of a specific person. Such personal information data can include physiological data, demographic data, location-based data, telephone numbers, email addresses, home addresses, device characteristics of personal devices, or any other personal information.

[0126] The present disclosure recognizes that the use of such personal information data, in the present technology, can be used to the benefit of users. For example, the personal information data can be used to improve interaction and control capabilities of an electronic device. Accordingly, use of such personal information data enables calculated control of the electronic device. Further, other uses for personal information data that benefit the user are also contemplated by the present disclosure.

[0127] The present disclosure further contemplates that the entities responsible for the collection, analysis, disclosure, transfer, storage, or other use of such personal information and/or physiological data will comply with well-established privacy policies and/or privacy practices. In particular, such entities should implement and consistently use privacy policies and practices that are generally recognized as meeting or exceeding industry or governmental requirements for maintaining personal information data private and secure. For example, personal information from users should be collected for legitimate and reasonable uses of the entity and not shared or sold outside of those legitimate uses. Further, such collection should occur only after receiving the informed consent of the users. Additionally, such entities would take any needed steps for safeguarding and securing access to such personal information data and ensuring that others with access to the personal information data adhere to their privacy policies and procedures. Further,

such entities can subject themselves to evaluation by third parties to certify their adherence to widely accepted privacy policies and practices.

[0128] Despite the foregoing, the present disclosure also contemplates implementations in which users selectively block the use of, or access to, personal information data. That is, the present disclosure contemplates that hardware or software elements can be provided to prevent or block access to such personal information data. For example, in the case of user-tailored content delivery services, the present technology can be configured to allow users to select to “opt in” or “opt out” of participation in the collection of personal information data during registration for services. In another example, users can select not to provide personal information data for targeted content delivery services. In yet another example, users can select to not provide personal information, but permit the transfer of anonymous information for the purpose of improving the functioning of the device.

[0129] Therefore, although the present disclosure broadly covers use of personal information data to implement one or more various disclosed embodiments, the present disclosure also contemplates that the various embodiments can also be implemented without the need for accessing such personal information data. That is, the various embodiments of the present technology are not rendered inoperable due to the lack of all or a portion of such personal information data. For example, content can be selected and delivered to users by inferring preferences or settings based on non-personal information data or a bare minimum amount of personal information, such as the content being requested by the device associated with a user, other non-personal information available to the content delivery services, or publicly available information.

[0130] In some embodiments, data is stored using a public/private key system that only allows the owner of the data to decrypt the stored data. In some other implementations, the data may be stored anonymously (e.g., without identifying and/or personal information about the user, such as a legal name, username, time and location data, or the like). In this way, other users, hackers, or third parties cannot determine the identity of the user associated with the stored data. In some implementations, a user may access his or her stored data from a user device that is different than the one used to upload the stored data. In these instances, the user may be required to provide login credentials to access their stored data.

[0131] Numerous specific details are set forth herein to provide a thorough understanding of the claimed subject matter. However, those skilled in the art will understand that the claimed subject matter may be practiced without these specific details. In other instances, methods, apparatuses, or systems that would be known by one of ordinary skill have not been described in detail so as not to obscure claimed subject matter.

[0132] Unless specifically stated otherwise, it is appreciated that throughout this specification discussions utilizing the terms such as “processing,” “computing,” “calculating,” “determining,” and “identifying” or the like refer to actions or processes of a computing device, such as one or more computers or a similar electronic computing device or devices, that manipulate or transform data represented as physical electronic or magnetic quantities within memories,

registers, or other information storage devices, transmission devices, or display devices of the computing platform.

[0133] The system or systems discussed herein are not limited to any particular hardware architecture or configuration. A computing device can include any suitable arrangement of components that provides a result conditioned on one or more inputs. Suitable computing devices include multipurpose microprocessor-based computer systems accessing stored software that programs or configures the computing system from a general purpose computing apparatus to a specialized computing apparatus implementing one or more implementations of the present subject matter. Any suitable programming, scripting, or other type of language or combinations of languages may be used to implement the teachings contained herein in software to be used in programming or configuring a computing device.

[0134] Implementations of the methods disclosed herein may be performed in the operation of such computing devices. The order of the blocks presented in the examples above can be varied for example, blocks can be re-ordered, combined, or broken into sub-blocks. Certain blocks or processes can be performed in parallel.

[0135] The use of “adapted to” or “configured to” herein is meant as open and inclusive language that does not foreclose devices adapted to or configured to perform additional tasks or steps. Additionally, the use of “based on” is meant to be open and inclusive, in that a process, step, calculation, or other action “based on” one or more recited conditions or values may, in practice, be based on additional conditions or value beyond those recited. Headings, lists, and numbering included herein are for ease of explanation only and are not meant to be limiting.

[0136] It will also be understood that, although the terms “first,” “second,” etc. may be used herein to describe various objects, these objects should not be limited by these terms. These terms are only used to distinguish one object from another. For example, a first node could be termed a second node, and, similarly, a second node could be termed a first node, which changing the meaning of the description, so long as all occurrences of the “first node” are renamed consistently and all occurrences of the “second node” are renamed consistently. The first node and the second node are both nodes, but they are not the same node.

[0137] The terminology used herein is for the purpose of describing particular implementations only and is not intended to be limiting of the claims. As used in the description of the implementations and the appended claims, the singular forms “a,” “an,” and “the” are intended to include the plural forms as well, unless the context clearly indicates otherwise. It will also be understood that the term “or” as used herein refers to and encompasses any and all possible combinations of one or more of the associated listed items. It will be further understood that the terms “comprises” or “comprising,” when used in this specification, specify the presence of stated features, integers, steps, operations, objects, or components, but do not preclude the presence or addition of one or more other features, integers, steps, operations, objects, components, or groups thereof.

[0138] As used herein, the term “if” may be construed to mean “when” or “upon” or “in response to determining” or “in accordance with a determination” or “in response to detecting,” that a stated condition precedent is true, depending on the context. Similarly, the phrase “if it is determined [that a stated condition precedent is true]” or “if [a stated

condition precedent is true]” or “when [a stated condition precedent is true]” may be construed to mean “upon determining” or “in response to determining” or “in accordance with a determination” or “upon detecting” or “in response to detecting” that the stated condition precedent is true, depending on the context.

[0139] The foregoing description and summary of the invention are to be understood as being in every respect illustrative and exemplary, but not restrictive, and the scope of the invention disclosed herein is not to be determined only from the detailed description of illustrative implementations but according to the full breadth permitted by patent laws. It is to be understood that the implementations shown and described herein are only illustrative of the principles of the present invention and that various modification may be implemented by those skilled in the art without departing from the scope and spirit of the invention.

1. A method comprising:
at a device comprising a processor:
obtaining physiological data associated with a gaze of a user during an experience, wherein the user experience is associated with a task;
determining that the user has a first attentive state during the experience based on the physiological data, the first attentive state corresponding to a lack of attention by the user in the task during the experience; and
providing a feedback mechanism during the experience based on determining that the user has the first attentive state during the experience.
2. The method of claim 1, further comprising:
determining that the user has a second attentive state during a portion of the experience based on the physiological data, the second attentive state corresponding to attention by the user in the task during the portion of the experience.
3. The method of claim 2, wherein presenting the feedback mechanism is based on determining that the second attentive state differs from the first attentive state.
4. The method of claim 1, wherein determining that the user has a first attentive state comprises determining a level of attentiveness.
5. The method of claim 1, wherein determining that the user has a first attentive state comprises using a machine learning model, the machine learning model trained using ground truth data comprising self-assessments in which users labelled portions of experiences with attentive state labels.
6. The method of claim 1, further comprising determining a context of the experience based on sensor data, wherein the first attentive state is determined based on the context.
7. The method of claim 6, wherein the context comprises an object upon which the user’s attention should be focused during the experience.
8. The method of claim 6, wherein determining context comprises determining an attention map identifying portions of an image upon which attention is focused when attentive to the task.
9. The method of claim 8, wherein the attention map further comprises transition data identifying a number of transitions of the user changing focus from: (i) a first portion of the image upon which attention is focused, (ii) to a second

portion of the image upon which attention is not focused, (iii) to a third portion of the image upon which attention is focused.

10. The method of claim 1, wherein providing the feedback mechanism comprises providing a graphical indicator or sound configured to change the first attentive state to a second attentive state corresponding to attention by the user in the task during the experience.

11. The method of claim 1, wherein providing the feedback mechanism comprises providing a mechanism for rewinding or providing a break from content associated with the task.

12. The method of claim 1, wherein providing the feedback mechanism comprises suggesting a time for another experience based on first attentive state.

13. The method of claim 1, further comprising adjusting content corresponding to the experience based on the first attentive state.

14. The method of claim 1, wherein the physiological data comprises:

an image of an eye or electrooculography (EOG) data; or a gaze characteristic.

15. The method of claim 1, wherein the experience is observing educational content, observing entertainment content, receiving instruction regarding a new skill, reading a document, or participating in a meditation session.

16. The method of claim 1, wherein the experience is presented to the user on a display.

17. The method of claim 1, wherein the experience is presented to the user on a head-mounted device.

18. The method of claim 1, wherein the physiological data is generated based on an image of an eye captured by an eye tracking camera on a head mounted device.

19. (canceled)

20. (canceled)

21. A device comprising:

a non-transitory computer-readable storage medium; and one or more processors coupled to the non-transitory computer-readable storage medium, wherein the non-transitory computer-readable storage medium comprises program instructions that, when executed on the one or more processors, cause the one or more processors to perform operations comprising:

obtaining physiological data associated with a gaze of a user during an experience, wherein the user experience is associated with a task;

determining that the user has a first attentive state during the experience based on the physiological data, the first attentive state corresponding to a lack of attention by the user in the task during the experience; and

providing a feedback mechanism during the experience based on determining that the user has the first attentive state during the experience.

22. (canceled)

23. (canceled)

24. A non-transitory computer-readable storage medium, storing program instructions executable on a device to perform operations comprising:

obtaining physiological data associated with a gaze of a user during an experience, wherein the user experience is associated with a task;

determining that the user has a first attentive state during the experience based on the physiological data, the first

attentive state corresponding to a lack of attention by the user in the task during the experience; and providing a feedback mechanism during the experience based on determining that the user has the first attentive state during the experience.

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