

Claims

- [Claim 1] A method for use in an apparatus to enhance performance of a user, the method comprising:
generating one or more performance enhancing instructions that cause, based on the user's performance of the one or more performance enhancing instructions, at least one physiological changes in the user's physiological mechanism to cope with at least one of anxiety or stress; and
providing the user the one or more performance enhancing instructions via the apparatus.
- [Claim 2] The method of claim 1, wherein the at least one physiological changes includes at least one of dopamine secretion induction, oxytocin secretion induction, cortisol level reduction, melatonin secretion induction, or synapsing promotion.
- [Claim 3] The method of claim 1 or 2, wherein the one or more performance enhancing instructions comprise a first concentration enhancing digital instruction, a second concentration enhancing digital instruction, an anxiety/stress reducing digital instruction, and a coordination & agility enhancing digital instruction.
- [Claim 4] A method of enhancing performance of a user, the method comprising providing, by an electronic device to the user, one or more first modules selected from the group consisting of a concentration module I for inducing dopamine secretion, an anxiety and/or stress module, a concentration module II for inducing melatonin secretion, and a coordination and agility module, each of the one or more first modules comprising one or more first instructions for the user to follow, wherein the electronic device (i) comprises a sensor sensing adherence by the user to the first instructions of the one or more first modules, (ii) transmits adherence information based on the adherence, to a server, and (iii) receives one or more second instructions from the server based on the adherence information; and
providing, by the electronic device to the user, one or more second modules selected from the group consisting of a concentration module I for inducing dopamine secretion, an anxiety and/or stress module, a concentration module II for inducing melatonin secretion, and a coordination and agility module, the one or more second modules comprising the one or more second instructions.

- [Claim 5] The method of claim 4, wherein the one or more first modules comprise the concentration module I to strengthen concentration of the user, and the concentration module I comprises one or more first instructions directed to affirmative thinking, achievement, and accomplishment.
- [Claim 6] The method of claim 4 or 5, wherein the server receives the one or more second instructions from an external reviewer.
- [Claim 7] The method of any one of claims 4-6, wherein the sensor comprises the GPS sensor and the heart rate sensor.
- [Claim 8] The method of any one of claims 4-7, wherein the user is an athlete, and the performance is athletic performance.
- [Claim 9] The method of any one of claims 4-7, wherein the user is a baseball player.
- [Claim 10] The method of any one of claims 4-7, wherein the user is a skier.
- [Claim 11] The method of any one of claims 8-10, wherein the sensor captures motions of the athletic performance.
- [Claim 12] The method of claim 11, wherein the sensor captures at least 30 images per second.
- [Claim 13] A system for enhancing performance of a user, comprising:
a digital apparatus configured to execute a digital application comprising one or more first modules, for enhancing performance of a user, wherein the digital apparatus comprises a sensor for sensing adherence by the user to a first set of instructions of the one or more first modules;
a healthcare provider portal configured to provide one or more options to a healthcare provider to perform one or more tasks to prescribe performance enhancement of a user based on information received from the digital application; and
an administrative portal configured to provide one or more options to an administrator of the system to perform one or more tasks to manage access to the system by the healthcare provider.
- [Claim 14] A computing system for enhancing performance of a user, comprising:
a display configured to provide, to the user, one or more first modules selected from the group consisting of a concentration module I for inducing dopamine secretion, an anxiety and/or stress module, a concentration module II for inducing melatonin secretion, and a coordination and agility module, each of the one or more first modules comprising one or more first instructions for the user to follow;
a sensor configured to sense adherence by the user to the instructions of

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the one or more first modules;
a transmitter configured to transmit adherence information based on the adherence, to a server; and
a receiver configured to receive, from the server, one or more second instructions based on the adherence information,
wherein the display is further configured to provide, to the user, one or more second modules selected from the group consisting of a concentration module I for inducing dopamine secretion, an anxiety and/or stress module, a concentration module II for inducing melatonin secretion, and a coordination and agility module, each of the one or more second modules comprising the one or more second instructions.
A non-transitory computer readable medium having stored thereon software instructions for enhancing performance of a user that, when executed by a processor, cause the processor to:
display, by an electronic device to the user, one or more first modules selected from the group consisting of a concentration module I for inducing dopamine secretion, an anxiety and/or stress module, a concentration module II for inducing melatonin secretion, and a coordination and agility module, each of the one or more first modules comprising instructions for the user to follow;
sense, by a sensor in the electronic device, adherence by the user to the instructions of the one or more first modules;
transmit, by the electronic device, adherence information based on the adherence, to a server;
receive, from the server, one or more second instructions based on the adherence information; and
display, to the user, one or more second modules selected from the group consisting of a concentration module I for inducing dopamine secretion, an anxiety and/or stress module, a concentration module II for inducing melatonin secretion, and a coordination and agility module, the one or more second modules comprising the one or more second instructions.