CLAIMS

What is claimed is:

1. An apparatus configured to encourage smoking cessation in a user, comprising:

a sampling unit configured to receive a sample breath from the user and determine a level of exhaled carbon monoxide from the sample breath as indicative of a carbon monoxide level within a body of the user, the sampling unit comprising a feedback component for providing feedback to the user;

wherein the sampling unit is programmed to initiate a first timer for tracking a countdown time upon a determination that the level of exhaled carbon monoxide is above a predetermined threshold,

wherein the countdown time corresponds to a first length of time until the carbon monoxide level within the body of the user is expected to dissipate below the predetermined threshold, and

wherein the sampling unit is configured to provide an indicator of the countdown time to the user using the feedback component.

2. The apparatus of claim 1 wherein the sampling unit is further programmed to initiate a second timer for tracking a cumulative time upon a determination that the level of exhaled carbon monoxide is below the predetermined threshold,

wherein the cumulative time corresponds to a second length of time in which subsequent sample breaths maintain the level of exhaled carbon monoxide below the predetermined threshold.

3. The apparatus of claim 1 wherein the sampling unit comprises a processor for determining the level of exhaled carbon monoxide.

4. The apparatus of claim 1 wherein the feedback component comprises a screen for displaying the level of exhaled carbon monoxide to the user.

5. The apparatus of claim 1 wherein the feedback component is further configured to display a visual indicator of the cumulative time.

6. The apparatus of claim 1 wherein the feedback component is configured to display a visual indicator of the countdown time.

7. The apparatus of claim 1 wherein the predetermined threshold comprises a carbon monoxide level of 6 PPM.

8. A method of encouraging smoking cessation in a user, comprising:

receiving a sample breath from the user;

determining a level of exhaled carbon monoxide from the sample breath as indicative of a carbon monoxide level within a body of the user;

initiating a first timer for tracking a countdown time upon a determination that the level of exhaled carbon monoxide is above a predetermined threshold, wherein the countdown time corresponds to a first length of time until the carbon monoxide level within the body of the user is expected to dissipate below the predetermined threshold; and

providing an indicator of the countdown time to the user using a feedback component.

9. The method of claim 8 further comprising initiating a second timer for tracking a cumulative time upon a determination that the level of exhaled carbon monoxide is below the predetermined threshold, wherein the cumulative time corresponds to a second length of time in which subsequent sample breaths maintain the level of exhaled carbon monoxide below the predetermined threshold.

10. The method of claim 8 wherein receiving the sample breath comprises receiving the sample breath into a sampling unit.

11. The method of claim 8 wherein determining the level of exhaled carbon monoxide further comprises visually displaying the level to the user.

12. The method of claim 9 wherein initiating the second timer further comprises displaying the cumulative time to the user until at least one of the subsequent sample breaths result in exhaled carbon monoxide above the predetermined threshold.

13. The method of claim 8 further comprising adjusting the countdown timer upon receiving a subsequent sample breath having a second level of exhaled carbon monoxide which is higher than the level of exhaled carbon monoxide.

14. The method of claim 8 wherein initiating the first timer further comprises determining the countdown time corresponding to a half-life value of the carbon monoxide level within the body of the user.

15. The method of claim 8 wherein the predetermined threshold comprises a level of 6 PPM.

16. A method of encouraging smoking cessation in a user, comprising:

receiving a sample breath from the user;

determining a level of exhaled carbon monoxide from the sample breath as indicative of a carbon monoxide level within a body of the user;

visually displaying the level of exhaled carbon monoxide to the user;

initiating a first timer for tracking a cumulative time upon a determination that the level of exhaled carbon monoxide is below a predetermined threshold;

displaying the cumulative time to the user, wherein the cumulative time corresponds to a first length of time in which subsequent sample breaths maintain the level of exhaled carbon monoxide below the predetermined threshold; and

initiating a second timer for tracking a countdown time upon a determination that the level of exhaled carbon monoxide is above the predetermined threshold; and

displaying the countdown time to the user, wherein the countdown time corresponds to a second length of time until the carbon monoxide level within the body of the user is expected to dissipate below the predetermined threshold.

17. The method of claim 16 wherein receiving the sample breath comprises receiving the sample breath into a sampling unit.

18. The method of claim 16 wherein initiating the first timer further comprises displaying the cumulative time to the user until at least one of the subsequent sample breaths result in exhaled carbon monoxide above the predetermined threshold.

19. The method of claim 16 further comprising adjusting the countdown timer upon receiving a subsequent sample breath having a second level of exhaled carbon monoxide which is higher than the level of exhaled carbon monoxide.

20. The method of claim 16 wherein initiating the second timer further comprises determining a half-life value of the carbon monoxide level within the body of the user.