

CLAIMS

1. A method of identifying sensory inputs affecting working memory load of an individual, comprising:

5 monitoring working memory load of the individual using a sensor device;

 detecting an increase in the monitored working memory load of the individual;

 identifying, in response to detecting the increase, at least one sensory
10 input affecting the working memory load of the individual.

2. The method according to claim 1, wherein the identifying at least one sensory input affecting the working memory load of the individual comprises:

 identifying at least one sensory input coinciding in time with the detected increase in the working memory load.

15 3. The method according to claims 1 or 2, further comprising:

 diminishing an impact that the identified at least one sensory input has on the working memory load of the individual by controlling a source of the identified at least one sensory input to diminish an impact that the identified at least one sensory input has on the working memory load of the individual.

20 4. The method according to claim 1 or 2, further comprising:

 diminishing an impact that the identified at least one sensory input has on the working memory load of the individual by initiating a countermeasure to the identified at least one sensory input to diminish an impact that the identified at least one sensory input has on the working memory load of the
25 individual.

5. The method according to any one of claims 1 to 4, wherein the identifying of at least one sensory input affecting the working memory load of the individual comprises:

identifying a plurality of sensory inputs affecting the working memory
5 load of the individual; and wherein the method further comprises:

determining, for each identified sensory input of the plurality of sensory inputs affecting the working memory load of the individual, a measure with which said each identified sensory input affects the working memory load of the individual.

10 6. The method according to claim 5, wherein the identifying of at least one sensory input affecting the working memory load of the individual comprises:

subjecting the individual to the plurality of sensory inputs.

7. The method according to claims 5 or 6, wherein the determining of a measure with which said each identified sensory input affects the working
15 memory load of the individual further comprises:

entering a representation of any identified sensory input, and the corresponding measure with which said any identified sensory input affects the working memory load of the individual, in a database.

8. The method according to any one of claims 5 to 7, wherein the
20 diminishing of an impact that the identified at least one sensory input has on the working memory load of the individual comprises:

assessing the database to determine, if a plurality of sensory inputs are identified, which of the identified sensory inputs affect the working memory load of the individual to a higher degree than other sensory inputs; wherein

25 the impact of one or more of the determined high-impact sensory inputs on the working memory load of the individual is diminished.

9. The method according to any one of claims 1 to 8, wherein the identified sensory input comprises one or more of: audible input, visual input, changes in temperature, changes in humidity, odours.
10. The method according to any one of claims 1 to 9, wherein the sensor device (12) configured to monitoring working memory load of the individual (20) is selected from a group comprising: an imaging sensor, a heart rate meter, an electroencephalogram (EEG) sensor, an electrocardiogram (EKG) sensor.
11. A computer program comprising computer-executable instructions for causing a device to perform the steps recited in any one of claims 1 to 10 when the computer-executable instructions are executed on a processing unit included in the device.
12. A computer program product comprising a computer readable medium, the computer readable medium having the computer program according to claim 11 embodied thereon.
13. A device for identifying sensory inputs affecting working memory load of an individual, the device comprising:
- a sensor device configured to monitor working memory load of the individual; and
 - a processing unit configured to detect an increase in the monitored working memory load of the individual and to identify, in response to detecting the increase, at least one sensory input affecting the working memory load of the individual.
14. The device according to claim 13, wherein the processing unit is configured to, when identifying at least one sensory input affecting the working memory load of the individual:
- identify at least one sensory input coinciding in time with the detected increase in the working memory load.

15. The device according to claim 13 or 14, the processing unit being configured to:

diminish an impact that the identified at least one sensory input has on the working memory load of the individual by controlling a source of the
5 identified at least one sensory input to diminish an impact that the identified at least one sensory input has on the working memory load of the individual.

16. The device according to claim 13 or 14, the processing unit being configured to:

diminish an impact that the identified at least one sensory input has on
10 the working memory load of the individual by initiating a countermeasure to the identified at least one sensory input to diminish an impact that the identified at least one sensory input has on the working memory load of the individual.

17. The device according to any one of claims 13 to 16, wherein the
15 processing unit is configured to, when identifying at least one sensory input affecting the working memory load of the individual:

identify a plurality of sensory inputs affecting the working memory load of the individual; and wherein the processing unit further is configured to:

determine, for each identified sensory input of the plurality of sensory
20 inputs affecting the working memory load of the individual, a measure with which said each identified sensory input affects the working memory load of the individual.

18. The device according to claim 17, further being configured to:

subject the individual to the plurality of sensory inputs.

25 19. The device according to claim 17 or 18, the processing unit further being configured to, when determining a measure with which said each identified sensory input affects the working memory load of the individual:

enter a representation of any identified sensory input, and the corresponding measure with which said any identified sensory input affects the working memory load of the individual, in a database.

20. The device according to any one of claims 17 to 19, wherein the processing unit further is configured to, when diminishing an impact that the identified at least one sensory input has on the working memory load of the individual:

assess the database to determine, if a plurality of sensory inputs are identified, which of the identified sensory inputs affect the working memory load of the individual to higher degree than other sensory inputs; wherein

the impact of one or more of the determined high-impact sensory inputs on the working memory load of the individual is diminished.

21. The device according to any one of claims 12 to 20, wherein the identified sensory input comprises one or more of: audible input, visual input, changes in temperature, changes in humidity, odours.

22. The device according to any one of claims 12 to 21, wherein the sensor device configured to monitoring working memory load of the individual is selected from a group consisting of: an imaging sensor, a heart rate meter, an electroencephalogram (EEG) sensor, and an electrocardiogram (EKG) sensor.

23. The device according to any one of claims 13 to 22, being any one of: a computer, a tablet, a smartphone, a headphone and a smartwatch.