ADARNA

SCIENCE UPDATE · OCTOBER 2026

Built on the evidence.

A cited research report, an evidence sheet that turns it into app decisions, and scores re-weighted to match.

COMPANY	PERIOD	STATUS
Adarna Inc.	October 2026	Public

01

Science

Every feature now starts from the evidence: a report of about 450 papers, a 631-row sheet that maps it to the app, and scores weighted by what the research supports.

Claim only what the science supports. Show everything the band measures.

SCIENCE

Built on the evidence

~450	631	349
PAPERS CITED	EVIDENCE ROWS	PARAMETERS

The research report

A report on what drives thinking performance and how to keep it, lifestyle factors only: about 38,000 words, every claim cited (around 450 PubMed-indexed papers) and graded by the strength of its evidence.

From evidence to the app

DONE THIS MONTH

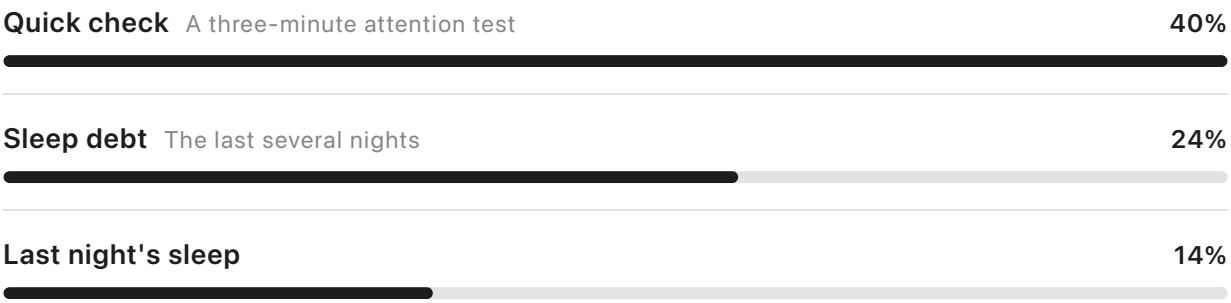
- **An evidence sheet** of 631 rows turns the report into app decisions: the effect, its size, how long it takes, and the feature that uses it.
- **The whole Mac app** checked against the evidence, item by item (839 items).
- **The parameter set** grew to 349: 42 evidence-based parameters added and 34 duplicates removed.
- **Our rule:** the app shows everything the band measures, and claims only what the science supports.

SCIENCE

The scores, re-weighted

Capacity score

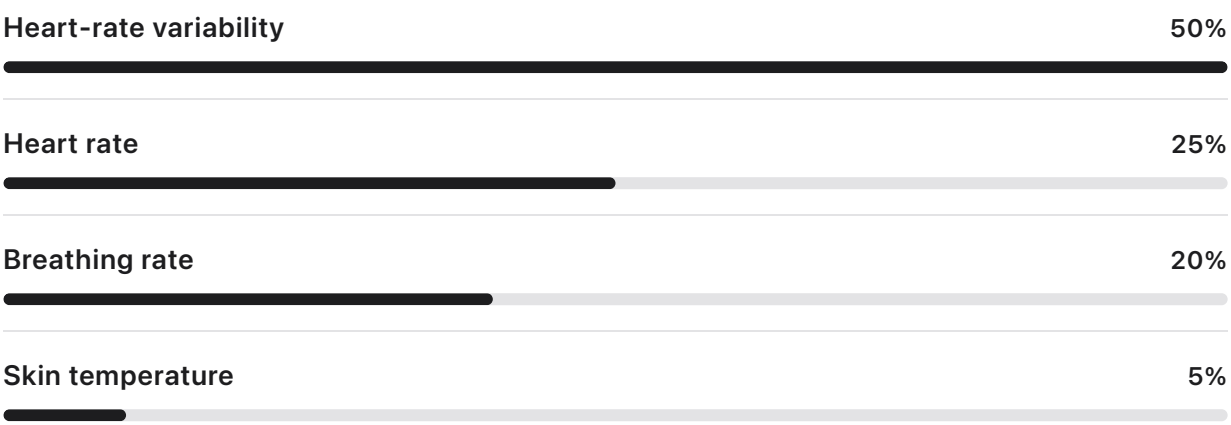
The morning Capacity score was rebuilt from the evidence. What carries the most weight:



Two signals the old score leaned on, heart-rate variability and deep or REM sleep, now carry no weight in it: the evidence did not support them for this score.

Recovery

Recovery is measured from the band, weighted from about 60 papers:



ADARNA INC.

Measured, and cited.

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WEB
adarna.us

EMAIL
contact@adarna.us