

As a full-time non-fiction tech writer who works from home and has kids in school, my available hours for writing are limited. From the moment when the kids head off to school to when they get home (they walk to school), I have about 6 hours in which to get my writing done. I'm often mentally and physically tired in the evenings, so I've learned to get what I need done while my boys are in school. I typically can produce about 4000 words per day although not every day requires that much (1500-2000 words is sometimes the norm).

Before I began using COGS, I would often find myself finishing up my writing when the boys arrived home, and that would require an additional 30 minutes to an hour. But the work was done. Looking back to my typical day, I can easily recognize how much time was lost from distractions -- dog, road noise, text message dings, etc. From 9am to 3pm, I estimate I probably lost at least 30-60 minutes of productivity due to a break in my concentration and my getting up to do something that probably wasn't urgent - checking the mail, grabbing a drink or something trivial that was easy to do just because I had lost momentum in my writing.

Then I started using my COGS. As a tech writer, I am comfortable with keeping track of data and I understand the value of improving work efficiency. I began using COGS without changing my workflow; I'd simply put the glasses on before I began working. What I found after about 30 days of using the COGS was that I was completing the same amount of work (1500-4000 words per day), in a shorter time period. I was producing the same amount of words, but in a shorter time frame. And I was almost always finishing up the day's work before my boys walked in the door.

My typing speed had not increased. My work requirements had not changed in their format or quantity. So what had changed?

I was wearing these lenses that displayed a slowly falling purple LED light to the left and right of my vision. I chose purple because I found that color to be the least disruptive while I was getting comfortable and ready to write -- red, blue, and green just didn't fade away as fast as the purple did -- and purple allowed me to forget about the LED light show and focus on my work.

I used them for over a month, and I cannot argue that the COGS were doing something. Early on I thought maybe it was a placebo effect -- my brain new I was wearing these "smart glasses" and thus I was supposed to become smarter/faster/more creative. I could see that happening for a few days, but not for 30+ days. My workload did not change, my typing speed did not increase... all that changed was that I wasn't losing focus on my writing. Minor distractions faded away. While wearing the COGS, I found my writing to be more focused. I also noticed that I would often lose track of time during a very complex bit of writing.

I find this fascinating. I'm producing the same amount of work in less time, meaning I could probably take on a little more work (and increase my income). I cannot explain why the COGS work... all I can say is that they're doing something. Something positive for my work. When I don't wear them (when they're recharging, for example), I've noticed my sensitivity to distractions returns. I find myself wanting to reach for the lenses when I need to get some additional writing done on the weekend or the evenings.

I don't completely understand how the COGS enable me to write with such a level of focus (talking with people in the company has given me some insight into the technology) but I'll take the results anyway. I would encourage anyone to take advantage of COGS 30-day trial period to see if they can get the same results I do when it comes to reducing distractions and increasing productivity.

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