



anasa 

Smart Breathing T-Shirt

Breath. Captured.
Life. Visualized.

By Maria KONTOGIORGOU

We don't build gadgets.
We weave tech into fabric.
We turn the invisible breath into something you can
see, share, and feel.

Why Breath?

Breath is the first thing we do when we
enter the world.

And the last thing we leave behind.

In between?

It's our rhythm, our stress meter, our
health signal.

Ignored by most.

Decoded by us.

Research & Artifacts

Innovation stitched in threads.

Sensor-woven fabrics.

Prototypes hacked, tested, re-engineered.

Algorithms learning the language of lungs.

Artifacts? Think wearable lab experiments - half textile,
half cyborg second skin.



The Shirt Now

Looks like a T-shirt.

Feels like a T-shirt.

But it breathes with you.

Real-time inhale / exhale
capture.

Zero discomfort. Zero wires.

Tech you don't notice - until
you see your breath turned
into signal.



From Data → Experience

Numbers are boring. Patterns are alive.

Data → lightwaves.

Breath → soundscapes.

The body → artwork.

One person = rhythm.

A crowd = symphony.

Your breath becomes the conductor of the room.

Results & What's Next



We've tested it. Clinicians trust it.
Artists love it. Wearers forget it's even there.

Right now:

Validated in European clinical trials.
Recognized with EU innovation awards.
Exhibited as living, breathing art.

Next:

Telehealth integration.
Stress management for everyone.
Collective installations where whole rooms breathe together.

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Breath. Captured. Life. Visualized.

This isn't just a T-shirt.
It's a lens into the invisible.

The future doesn't beep or blink.
It inhales.
It exhales.
It lives with you.

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