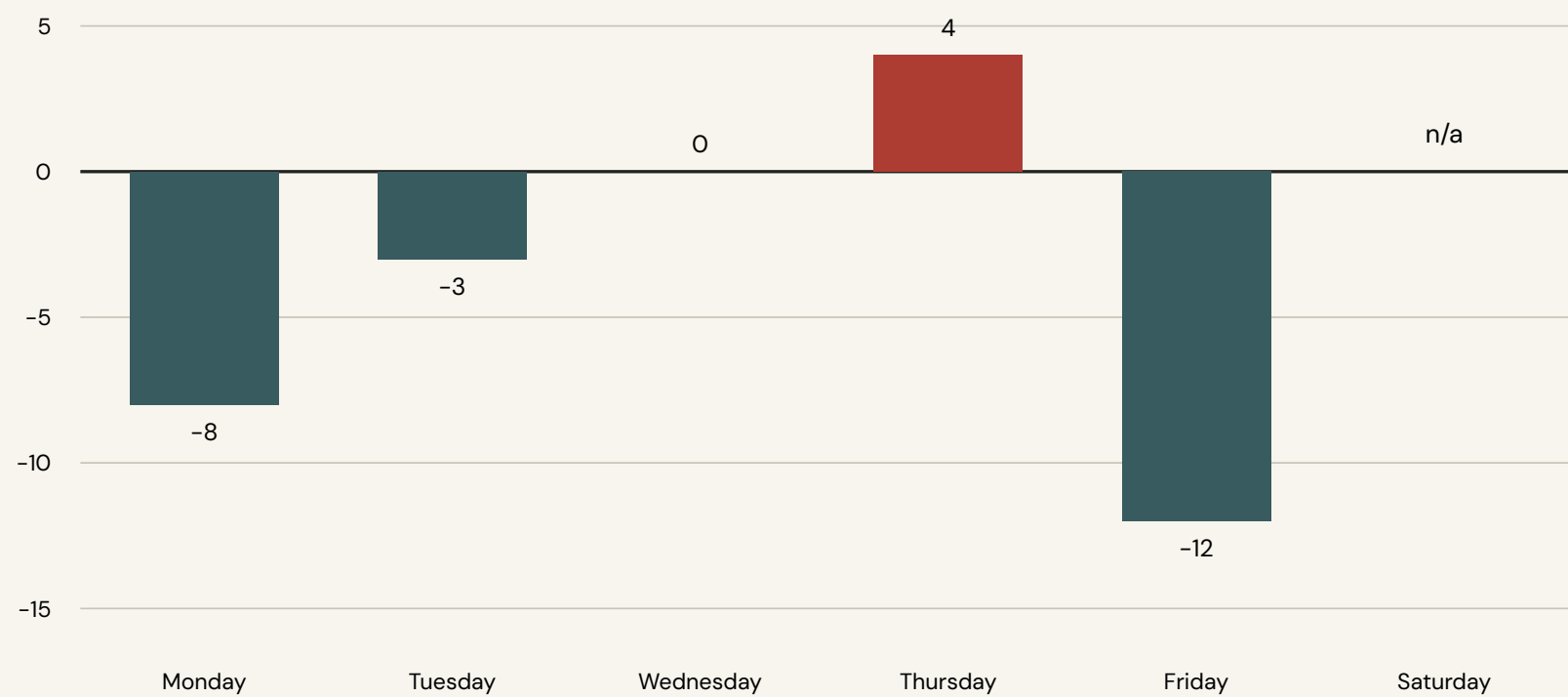


A quieter week, measured in fewer interruptions.

A synthetic studio diary shows the change in daily interruptions relative to a baseline week. Negative values indicate fewer interruptions.



EXACT INPUT VALUES • INTERRUPTIONS VS. BASELINE • ILLUSTRATIVE WEEK / DAYS 1–6

Monday	-8	Tuesday	-3	Wednesday	0
Thursday	4	Friday	-12	Saturday	Missing

Source: Synthetic demonstration data, created for this template; not a real study. Missing means not supplied; zero means an observed zero.