

most focus and meditation apps are the same. White noise, music, and a soothing voice. This app of the day called Portal is different. It adds visuals and spatial audio and connects to smart lights to give even more an effect of escaping. Pretty cool app.

(DEPENDING ON YOUR CURRENT WEATHER, YOU MIGHT NEED TO CHANGE UP THE ANCHOR INTRO. SOME OF US NEED AN ESCAPE FROM WINTER)

TRT 112

STD OUT

SUPER

0-8 Jamey Tucker/whatthetech.tv

ON-CAMERA TEASE

Sometimes you just want to get away, am I right? I'm Jamey Tucker coming up with an app that can transport you to another place through a portal.

ANCHOR INTRO

IF YOU CAN'T TAKE A VACATION THIS TIME OF YEAR, YOU COULD HAVE THE BEACH, MOUNTAINS, OR FOREST COME TO YOU.

SPENDING HOURS IN FRONT OF A COMPUTER LEAVE MANY OF US TO DREAM OF PARADISE. HOW ABOUT A PORTAL TO ANOTHER WORLD? OUR CONSUMER TECHNOLOGY REPORTER JAMEY TUCKER EXPLAINS.

PACKAGE SCRIPT

After working several hours on a computer which most of us do now, our eyes start to glaze over, we get tired, and we lose focus This app, Portal, can help refresh the mind. Getting you jump-started by transporting you to some other place in the world through a portal.

Portal is for iPhone, iPad, and Mac computers. It's beautiful. Portal adds visuals to the white noise, rain forest, beach, or thunderstorm sounds. Unlike most meditation apps. (natural sound of a thunderstorm from the app)It's in spatial audio and 4 to 8k video making it far more immersive than similar apps. And if you have smart lights, like Nanoleaf panels or Hue lights, the colors sync with the colors on the screen. Like this

Escape to Redwood National Park, An Amazon Rainforest, A springtime barley field in the UK. Each portal can be customized for focus, sleep, or escape. Portal is a free app for iPhone, iPad, and Mac. The freemium version offers a limited number of Portal views. The full premium version is \$10 a month or \$50 for a year subscription. I'm Jamey Tucker deep in the Amazon Rain Forest, and Portal is the app of the day.

ANCHOR TAG

THE TEAM BEHIND PORTAL IS TWO BROTHERS WHO RECORDS VIDEOS AND AUDIO AROUND THE WORLD AND BRING THEM TOGETHER FOR THE APP. IT WAS ONE OF APPLE'S MAC APPS OF THE YEAR.

WEB STORY

I'm not much of a meditation guy but I hear from so many people who say a few minutes of quiet meditation makes them more productive and focused, not to mention less stressed.

At CES in Las Vegas, I found myself racing from one place to the next and getting very stressed, rushed and, to tell you the truth, pretty stressed about making my deadlines.

So really for the first time in my life, I tried meditation to start the day. Maybe it wasn't the perfect definition of meditation, but it was a few minutes of relaxation and breathing.

Needing some guidance I turned to a smartphone app.

The app I chose was "Portal", an OS app for iPhone, iPad, and Mac.

"Portal" is a bit different from the hundreds of other meditation and productivity apps because it adds visuals to the sounds of rain, waves, frogs, and trickling streams.

Video is in 4k, 6k, and even 8k and covers the screen. Sounds are in spatial audio.

Opening the Portal app, I chose a beach scene. It was an actual video shot on a real beach of a straw-roofed hut with waves hitting the shore in the background.

The audio wasn't overpowering or too loud. Since it's in spatial audio I slipped on a pair of noise-canceling over-the-ear headphones and turned off the lights in the hotel room.

In a matter of a few minutes, I felt transported to the beach where there were no deadlines, crowded shuttles, or a video editing software program urging me to get to work.

I couldn't do more than 10 minutes (deadlines, remember?) but when I returned home I began using Portal every hour or so to give my mind a break.

In my office, I have a Nanoleaf light panel near the desk and a Hue light strip behind the monitor. The Portal app connects and syncs to the lights and matches the colors of the Portal scenes making my beach-break even more immersive.

Portal is exclusive to Apple devices. A freemium version is \$10 a month or \$50 for the year.

www.portal.app