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**MIND-READING COMPUTERS**

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*Are you working hard?*

Scientists have developed simple, lightweight technology that allows your computer to tell how hard you are working by scanning your brain.

The team, from Tufts University in Boston, US, have invented a headband that sends infrared light into the brain, where it is absorbed by active, blood-filled tissues. The amount of non-absorbed light is then measured by the headband, giving an indication of the level of metabolic activity in the brain.

The technology, called functional near-infrared spectroscopy (fNIRS), has an advantage over other brain scanning technologies, such as magnetic resonance imaging (MRI), because it can be used to look at the brain responses of people in normal, everyday situations, such as sitting at their computers.

The team hope that the headband will allow them to gain real-time information about subtle emotional states, as well as helping people work more efficiently.

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