

Sovereign Tech Suite

Live demos (01–10).

- [01 — Emotion Regulation Trainer](#)
- [02 — Focus & Attention Enhancer](#)
- [03 — Daily Rhythm Tracker](#)
- [04 — Cognitive Reframe Assistant](#)
- [05 — Sleep Quality Optimizer](#)
- [06 — Resilience Building Exercises](#)
- [07 — Mindful Breathing Guide](#)
- [08 — Cognitive Function Training](#)
- [09 — Personalized Exercise Suggestions](#)
- [10 — AI-Powered Personal Insights](#)

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