Healthy AI First, Episode 9: Practice 1, My Daily Briefing as a Podcast on Spotify

Sources and evidence for this episode

The first practice episode shows my AI daily briefing: a local page collects calendar, tasks and messages, Claude writes a text for the ear without any tools, a small program makes it speakable, and Studio by Spotify Labs voices it every morning at six thirty as a private podcast in my Spotify library. Along the way: why an AI morning briefing for listening has to be written differently from one for reading, what went wrong when voicing long texts, and how Whisper measures it.

All links were checked on 30 October 2026.

What we mention in this episode

The Morning Before

- **Claim:** Many people are already online at six in the morning, and about four in ten of them start in the inbox, looking for the day's priorities.
  Source: Microsoft WorkLab: Breaking down the infinite workday. Work Trend Index, 17 June 2025.
  Link: https://www.microsoft.com/en-us/worklab/work-trend-index/breaking-down-infinite-workday
  Strength and limits: Wording: "40% of people who are online at 6 am are reviewing email for the day's priorities." Based on aggregated Microsoft 365 telemetry (through 15 February 2025, excluding education and EU tenants); vendor data, not an independent study. "Start in" is our shorthand; the source only says they are reviewing email at that time.
- **Claim:** My mornings used to take half an hour of inbox, calendar, tasks, tickets and chat before the actual work started.
  Source: Personal experience.
  Strength and limits: Personal estimate, not a measurement.

One Page Instead of Ten Tabs

- **Claim:** The page "Today" runs as a small web server on my Mac mini; tasks sync every five minutes, the calendar and inbox every half hour; at the top are exactly three things that matter today.
  Source: My own setup.
  Strength and limits: A description of my own setup, not a recommendation for fixed intervals.

Rules Against Making Things Up

- **Claim:** Four rules: times only from the calendar (a check after the AI compares every meeting time), labels fact, suggestion or open, the task list is the truth, better no briefing than a wrong one.
  Source: My own setup.
  Strength and limits: My own design rules, not scientifically tested. They reduce the risk of made-up times but do not rule out errors in other fields.

Five Thirty

- **Claim:** A scheduler runs every fifteen minutes and starts from five thirty; Claude on the command line gets only the data as text, without tools and without access, and answers in a fixed format with fixed fields; this takes about ten minutes; on failure it retries fifteen minutes later; by six thirty at the latest everything is ready.
  Source: My own setup.
  Strength and limits: My own figures; the run time varies with the amount of data.

Writing for the Ear

- **Claim:** Radio stations have written for the ear for decades; the audio script guide from the US Centers for Disease Control recommends short sentences, spelling out numbers, avoiding abbreviations and reading it out loud.
  Source: CDC (US Centers for Disease Control and Prevention): Audio/Podcast Script Writing Guide (Charlotte Duggan).
  Link: https://tools.cdc.gov/medialibrary/docs/AudioScriptWritingGuide.pdf
  Strength and limits: A practical guide, not a study. It recommends short sentences (under 25 words), one idea per sentence, spelling out symbols, abbreviations, long numbers and dates, avoiding acronyms, no brackets, and reading the script out loud. Rounding numbers, mentioned alongside in the audio, is not in the guide as such; it is a common radio rule and our addition.
- **Claim:** A program after the AI writes times, amounts and numbers as words, uses a pronunciation dictionary and checks that no digit or special character is left; paragraphs have forty to seventy words and end at the end of a sentence.
  Source: My own setup.
  Strength and limits: My own convention; the paragraph length is a working value for speech output, not a standard.

Studio by Spotify Labs

- **Claim:** Spotify introduced Studio by Spotify Labs in May 2026 as an early preview for selected users, as a separate desktop app; it is being rolled out step by step.
  Source: Spotify Newsroom: Studio by Spotify Labs, 21 May 2026, update of 20 July 2026.
  Link: https://newsroom.spotify.com/2026-05-21/studio-by-spotify-labs-launch/
  Strength and limits: Vendor statement. Research preview for select users aged 18 and over in 20+ markets; Spotify does not name the markets.
- **Claim:** Studio is currently only for the Mac and only with Premium.
  Source: Spotify Support: How to use Studio by Spotify Labs.
  Link: https://support.spotify.com/us/article/studio/
  Strength and limits: Vendor statement as of 30 October 2026; also 18+ and with usage limits whose size is not published.
- **Claim:** Studio can run tasks on a schedule; Spotify's own example is a ten-minute briefing about the day's meetings and unread emails; Studio only reads files and folders you grant it.
  Source: Spotify Labs: How Studio works.
  Link: https://labs.spotify.com/studio/how-it-works
  Strength and limits: Vendor statement. Wording: "Runs tasks on a schedule you set" and "Give me a 10-minute briefing about my daily meetings and unread emails." Spotify does not say whether the

Mac has to be awake; hence the note in the audio to run the routine on a computer that is awake in the morning.

- **Claim:** Everything Studio makes lands privately in your own Spotify library, not public, but on every device.
  Source: TechCrunch: Spotify takes on Google's NotebookLM with its new app, 21 May 2026; Spotify Newsroom (see above).
  Link: https://techcrunch.com/2026/05/21/spotify-debuts-a-new-desktop-app-for-creating-personal-podcasts/
  Strength and limits: Trade press: "saved in your Spotify library for personal consumption and are synced across devices" and "not available publicly". Spotify's own page talks about saving to the library and gives a private briefing as an example.

Six Thirty

- **Claim:** Studio gets only the finished text through one folder; the server mirrors it every two seconds; the routine starts at six thirty, checks the first line and leaves a receipt file after the episode.
  Source: My own setup; Spotify Labs: How Studio works (access only to granted folders).
  Link: https://labs.spotify.com/studio/how-it-works
  Strength and limits: My own setup. Folder access is a Studio feature; the handoff through a status line and a receipt is my solution. That Spotify can download episodes for offline listening is a general feature of the app.

What Went Wrong

- **Claim:** When voicing a series with more than two hours of text, the Studio assistant retyped long texts, lost German umlauts, and toward the end of two long episodes spoke text that was in no script.
  Source: My own measurement: every section turned back into text with Whisper and compared with the script.
  Strength and limits: My own observation on one project, not a general statement about Studio.
- **Claim:** Spotify itself says that Studio can make mistakes and may act in unexpected ways.
  Source: Spotify Newsroom: Studio by Spotify Labs, 21 May 2026.
  Link: https://newsroom.spotify.com/2026-05-21/studio-by-spotify-labs-launch/
  Strength and limits: Wording: "it can also make mistakes and it may act in unexpected ways."
- **Claim:** Whisper is a speech recognition model that runs locally.
  Source: Radford, A., Kim, J. W., Xu, T., Brockman, G., McLeavey, C. & Sutskever, I. (2022): Robust Speech Recognition via Large-Scale Weak Supervision. Preprint.
  Link: https://arxiv.org/abs/2212.04356
  Strength and limits: The original paper on the model; the weights are freely available and run on your own computer. This source is not in the episode's research brief and was added for the show notes.
- **Claim:** I now generate long manuscripts paragraph by paragraph with the command line tool in the Studio app; below eighty percent match with the script, a paragraph is regenerated; umlaut errors went from almost half to under one percent, and the time from more than five hours to about twenty minutes. For the short briefing, the spoken text matched the script in the logs of the first days.
  Source: My own measurement.

Strength and limits: My own figures from one project, not a controlled study. The command line tool is not publicly documented by Spotify. The eighty percent threshold is my own choice.

What It Brings

- **Claim:** About half of Germans aged sixteen and over listen to podcasts, and almost half of those listen in the car.
  Source: Bitkom: Von der Autofahrt bis zum Zubettgehen: Podcasts begleiten den Alltag. Press release, 25 August 2025.
  Link: https://www.bitkom.org/Presse/Presseinformation/Autofahrt-bis-Zubettgehen-Podcasts-begleiten-Alltag
  Strength and limits: Phone survey of 1,209 people aged 16 and over, 595 of them podcast listeners: 49 percent listen at least occasionally, 44 percent of listeners in the car. "Almost half" is a generous rounding of 44 percent.
- **Claim:** Five minutes of listening instead of half an hour of searching.
  Source: Personal experience.
  Strength and limits: Personal estimate, not a measurement.

Try It Yourself

- **Claim:** Studio is being rolled out step by step; as a second route, Save to Spotify, a small tool for coding agents like Claude Code or Codex, puts finished audio files privately into your own library.
  Source: Spotify Newsroom: Save Your Personal Podcast to Spotify and Listen Anywhere, 7 May 2026; Spotify Newsroom: Studio by Spotify Labs (update 20 July 2026).
  Link: https://newsroom.spotify.com/2026-05-07/personal-podcasts-launch/ · https://newsroom.spotify.com/2026-05-21/studio-by-spotify-labs-launch/
  Strength and limits: Vendor statement: beta tool for eligible Free and Premium users around the world, "private to you", with usage limits during the beta.

Further reading

- TechCrunch (7 May 2026): Spotify wants to become the home for AI-generated personal audio. Context on Save to Spotify. https://techcrunch.com/2026/05/07/spotify-wants-to-become-the-home-for-ai-generated-personal-audio/
- Spotify Newsletter (21 May 2026): Studio by Spotify Labs Turns Listening into Something You Direct. https://spotify.substack.com/p/studio-by-spotify-labs-turns-listening
- heise online (22 May 2026): Spotify: New desktop app creates personalized AI podcasts. https://www.heise.de/en/news/Spotify-New-desktop-app-creates-personalized-AI-podcasts-11303932.html
- ifun.de (16 July 2026): Spotify Studio startet für deutsche Nutzer (in German). German interface, initially for selected accounts. https://www.ifun.de/erstellt-hoerinhalte-spotify-studio-startet-fuer-deutsche-nutzer-283915/

Note

Healthy AI First is AI-researched and AI-generated, narrated in an AI version of my voice and reviewed by me (Björn).

All data in the video (tasks, meetings, names) is made up; the setup is real.