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Tech Decoded

10 April, 2026



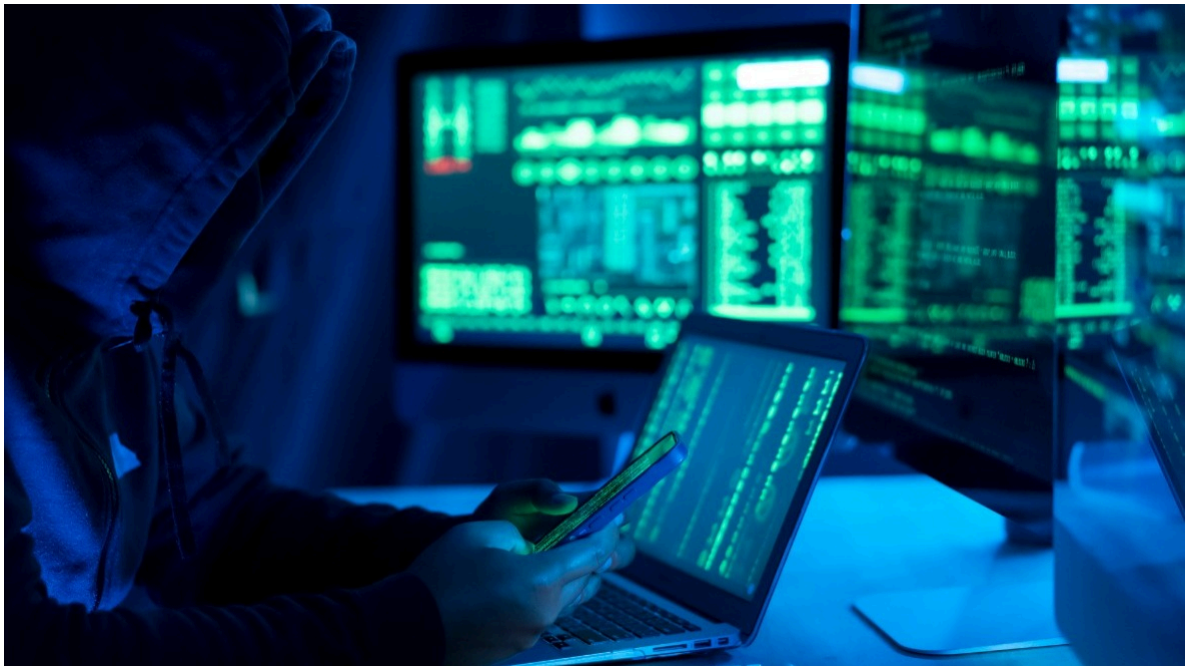
Daniel Thomas

Editor, Tech Decoded

Hello. This week Anthropic announced that it had built a new AI model that was too powerful to be released to the public. Apparently, the Claude Mythos Preview model can find software security vulnerabilities far more effectively than humans can and the tech firm is worried it might fall into the wrong hands. Below, I explore how concerned we should be. Plus, we hear about the latest person to be named as Bitcoin's inventor and learn why it's probably not the blue light from your phone that's ruining your sleep.

THE DOWNLOAD

Can we stop an advanced AI cyber-attack?



Anthropic says its new model marks a "step change" in capabilities. Credit: Getty Images

It's sensible to take warnings from AI companies about the powers of their models with a pinch of salt. But most commentators seem to be taking Anthropic's concerns about Mythos seriously.

In blog post this week, the company warned that the model was so advanced it could more easily find and exploit software vulnerabilities than "all but the most skilled humans".

It has already apparently found serious weaknesses hidden in every major operating system and web browser – including one that had gone undetected for 27 years.

Anthropic fears that if such a tool fell into the wrong hands, it could have serious consequences for the public and the economy.

Yet the firm says similar capabilities could become widely available via other models "soon", and the world needs to get ready.

It is sharing Mythos Preview with around 40 big companies to give them a head start in protecting their systems. Names on the list include Google, Nvidia and the bank JP Morgan.

Naturally, the tech world is nervous.

But Mark Weir, director for UK and Ireland at Check Point, a cyber-security firm, says there is still time to head off this threat.

He thinks that advanced AI-driven attacks, while still rare, are bound to become more common, but that cyber defenders will be better positioned than attackers in this fight, even if both have access to tools like Mythos.

The real enemy is not the tech but complacency, he suggests, urging organisations to prepare.

"The window to get ahead of this shift is still open, but it will not stay that way forever."

The download: *Organisations will be rightly worried about Anthropic's warnings, but they should pay attention to its pre-emptive approach.*

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SOMETHING DIFFERENT

It's not blue light that's ruining your sleep



Scientists say the light from your phone usually isn't bright enough to have a big impact on your sleep. Credit: Hana Mendel

For a decade, we've been told that our phones, TVs, computers and tablets expose us to a perverse amount of blue light. Supposedly, this ruins our sleep by disrupting the natural rhythms of daylight that influence our internal body clock. There's science to back some of this up, writes **Thomas Germain**, but recent research suggests that things are a lot more complicated.

PODCAST PICK



Can we trust AI?

Chatbots' responses aren't always correct and may contain bias, but experts say solutions are at hand.

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And finally...

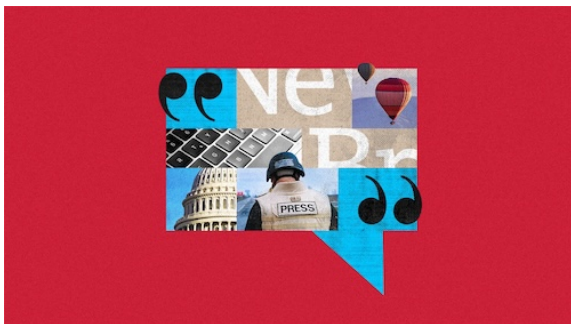
Six years ago, Luca Carano decided to leave his dog Luna at home alone as he went out for dinner. Worried that the pet would be bored and lonely, he left his TV on with YouTube playing – and it sparked an idea. Luca went on to create a YouTube channel featuring videos of dogs, for dogs, in colours they can see best. A host of similar channels have sprung up since then, but **do the animals actually watch TV** and does it do them any good?

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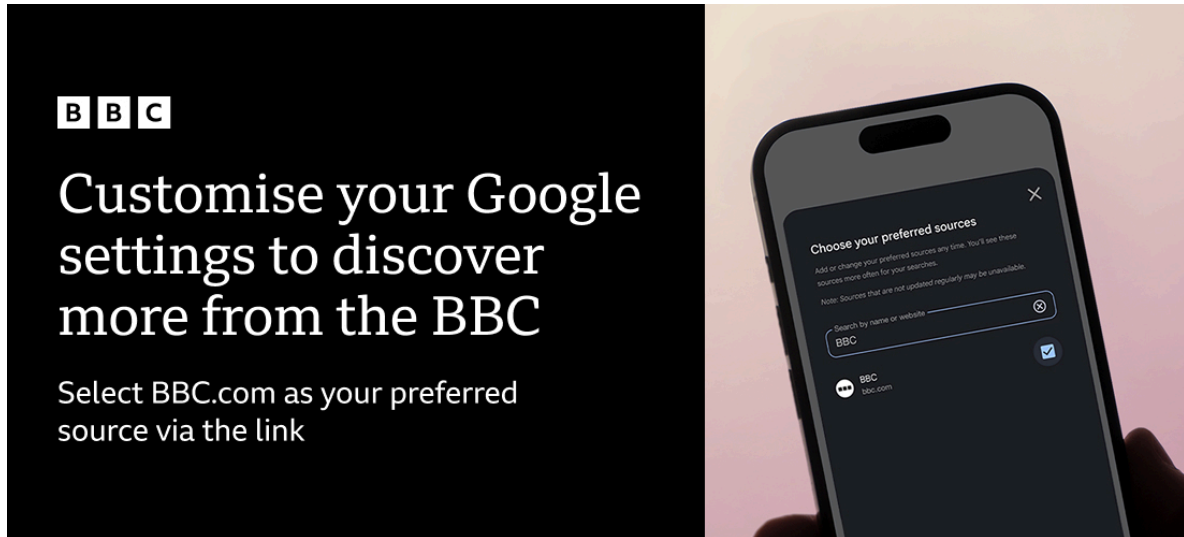
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