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Device to Help with Short-Term Memory problems in daily life

With the current rhythm of life, many people suffer from stress and depression that affects them in the daily chores. Depression and Anxiety can lead to problems with the short-term memory, which can make your days even more stressful and depressing since you will think something is wrong with your brain and might lead to Alzheimer or some other brain problem. Some of the problems you run into when you have short-term memory loss is knowing if you locked your car, if you turned off the stove, if you locked your house, if you unplugged the iron or some other electronic device. This adds more stress to your day and your brain is more saturated with things that blocks it from learning better things.

Sleeping is one of the factors that contribute to short-term memory loss, therefore, the group of people I would like to target is students or employees who sleep less than 5 hours per night. If I would have to narrow the group I would include as requirement, people who eat once or twice a day, since bad eating habits also contribute to short-term memory loss.

A solution I can think of, is an application in your phone where you will be able to create tasks. We all carry our phones for everything, it would be nice to see in our block screen or in one of our screens in the phone, some type of table that contains only the name of the task and on the side, a button that will indicate if the task was done or not. It will have to be a really easy app so people don't add stress to their life trying to figure out how the app works or typing too many words that the users will rather walk away from their cars or homes without logging it into the app and then be stressed because they don't remember. The app will also have a log that the user can review in case they have the doubt about getting the tasks done or not. The log will indicate when was the last time you marked the task as done/not done. The app could also include a GPS that will create a log of where the user was when the task was marked done. This will help to know if for example, you were at home and left to class at 9am. Then you got to school and after a couple of hours you start thinking if you locked the door or not. You can easily go look at your log and see if there is any activity around 9am and if the activity was marked as done. In case there is no log for any time around 9am then you will know that you forgot to lock your door. This solution can be affordable and easy to sue in our phone.

Non-free -> If the idea is good, and users would be willing to pay some money to avoid these types of concerns, then we could include a device that will be able to lock or unlock your house, or a device that will be connected to the car system and will be able to lock or unlock the door of your car. Another option can be adding some programming to your car key (the one that has a remote to unlock/lock your car) that can be connected to the app in your phone and whenever you lock/unlock your car, it will log the activity in your phone app.

(Images in second page)

