

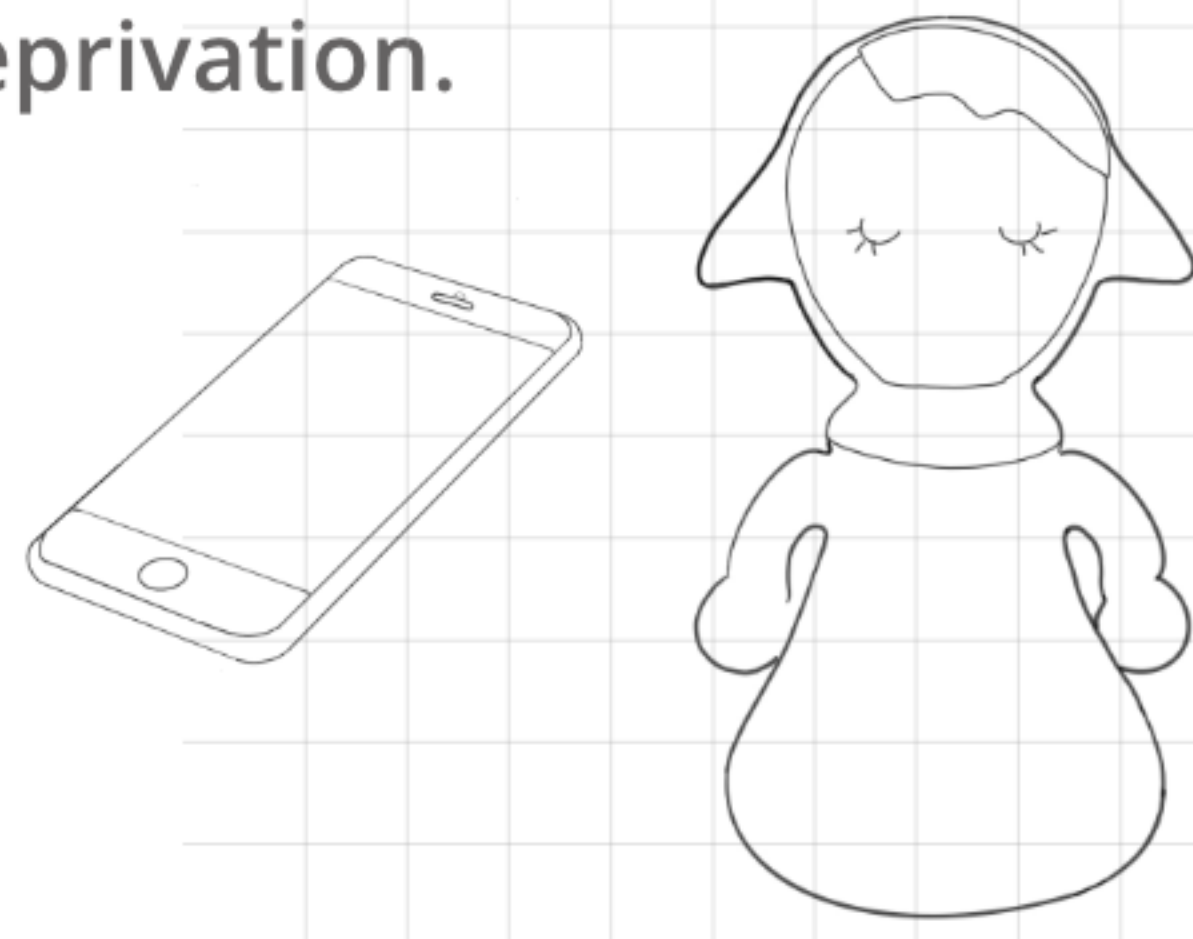
Project 6

Dreamer

A smart product with APP to solve young people sleep bad habits

Dreamer, a smart product with APP designed for young people, it aims to consider young people sleep habits and help them cope with sleep deprivation.

Dreamer is defined as the creation of an emotional; interactive experience for young people. Through the project, young people could experience their dreams and reduce the impact of electronic devices on sleep deprivation.



INSPIRATION

Sleep deprivation or poor sleep may be the consequence of a clinical sleep disorder, or this may be a contributory factor.



“The serious impact of those health conditions which cause sleep-disrupting pain must be recognised by employers. If someone has a painful condition that affects their sleep, it then has a far greater impact on that person’s health and their ability to perform in day to day life, including at work.

EMPHASIZE &
DEFINE

BRAINSTORM &
IDEATE


INTERACTION &
INTERFACE

IMPLEMENT &
PROGRAM


DEFINE

PROBLEM


Causes of sleep deprivation
There are many reasons why people do not sleep enough or suffer from a broken night's sleep, which causes them to suffer tiredness the following day.




Work related stress



Health and wellbeing



Life style factors



Impact of blue light

DESIGN DIRECTION

This design is focus on impact of blue light on sleep to future research.

LITERATURE

“ Although any type of light can stop people feeling sleepy, research has shown that light towards the ‘blue’ end of the spectrum is particularly likely to keep people awake because it suppresses the production of the sleep-inducing hormone melatonin.

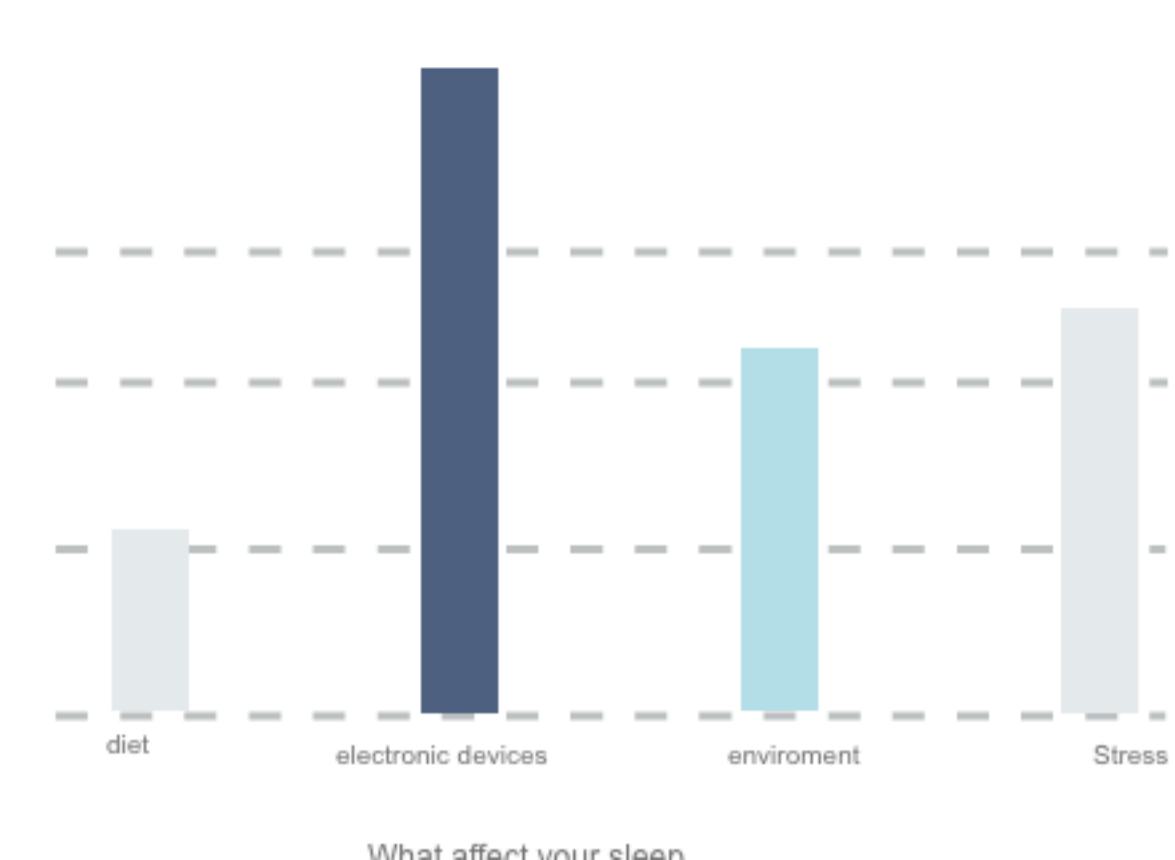
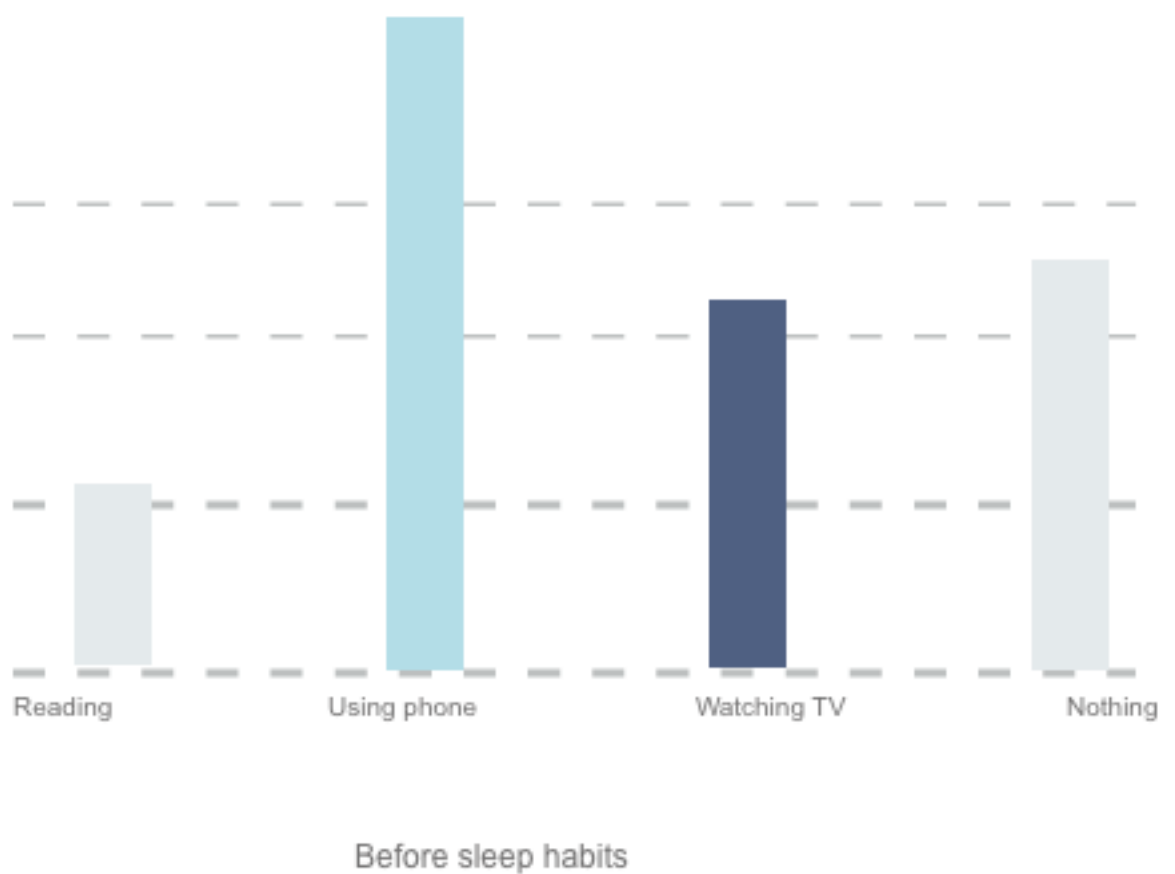
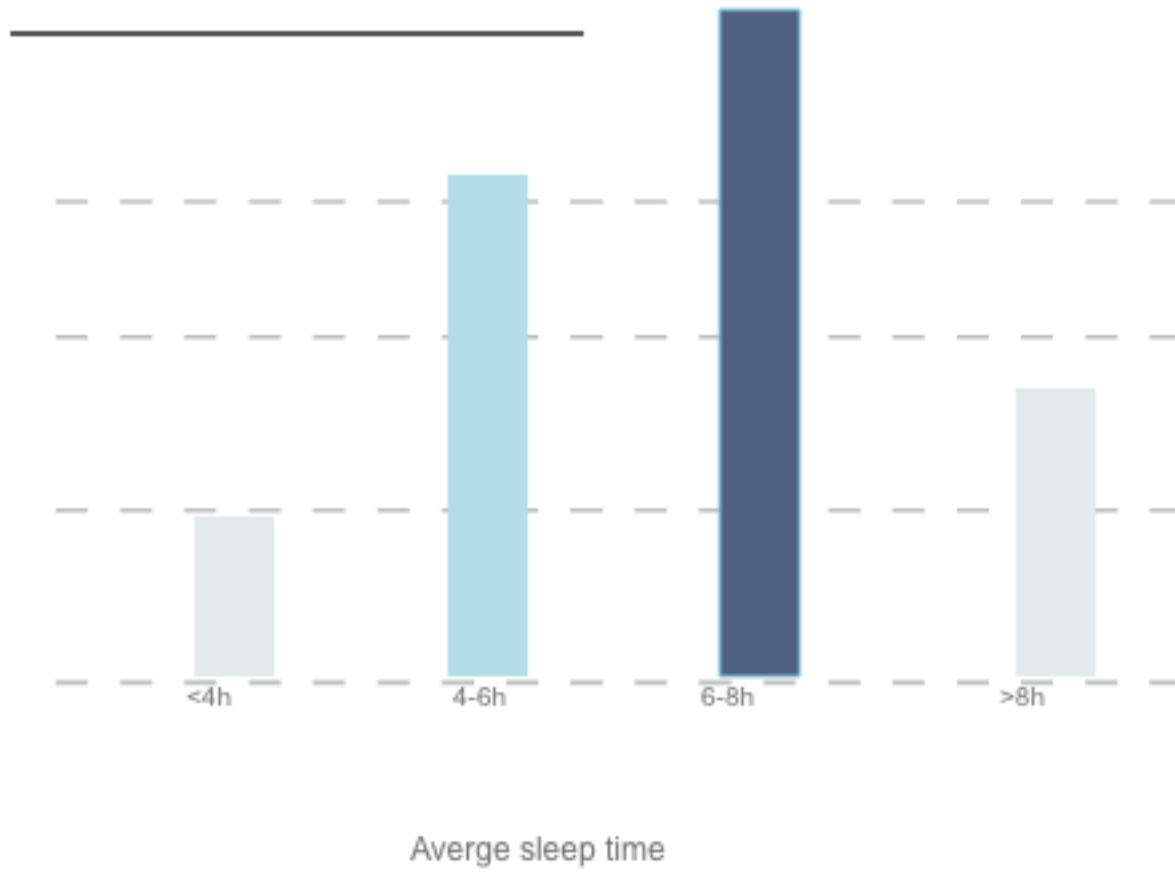
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● People who too focus on electronic devices will impact sleep quality, like decrease immunity. (world.people.com.cn, 2015.3.13)

● There are 43% American said they never have a good sleep quality in one week because of touch electronic devices before they sleep. (science American, 2016.8)

● Electronic devices emit short bursts of blue light can affect sleep.(xinhuanet.com, 2014.12)

INTERVIEW



HOW TO WORK





Lock the phone
User could stop using electronic devices at sleep time



Collect data
Collect user sleep data and sleep quality



Clock
Time to turn on or turn off dreamer and time to wake up and sleep

APP FUNCTION

