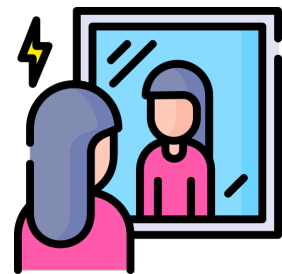


Motivation

It is difficult to ensure people wake up on time and do not go back to sleep due to sleep inertia. Exercise or movement may be a way to ensure people stay awake and help to avoid prolonging sleep inertia. There should be a method or system based on energy expenditure to ensure that people wake up on time and do not go back to sleep.

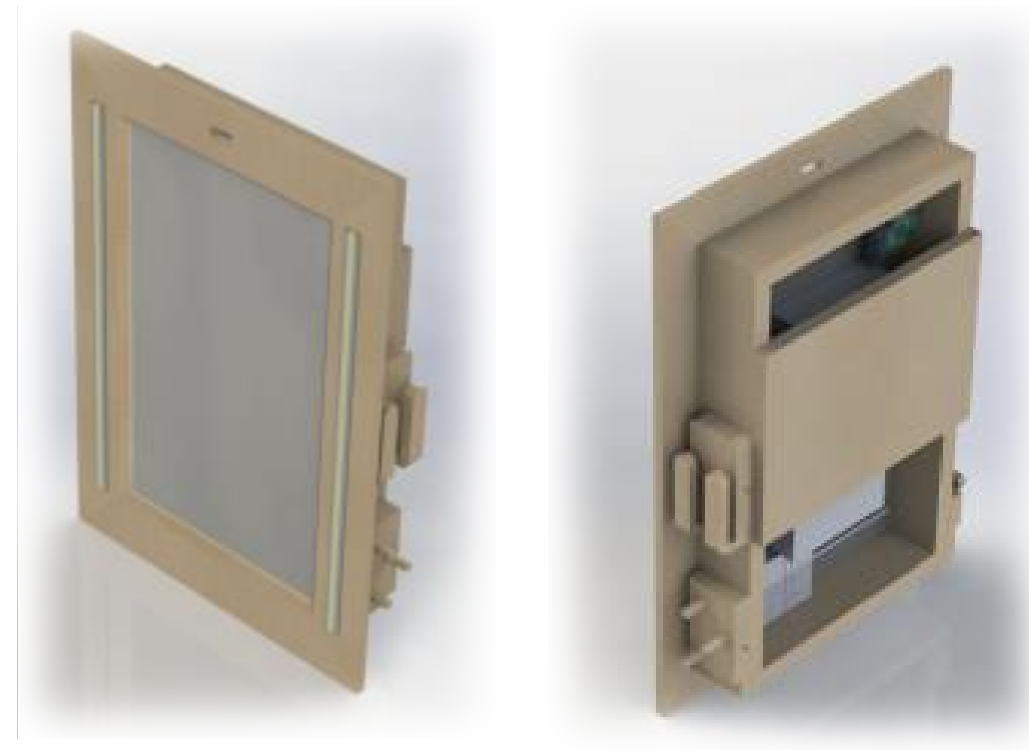
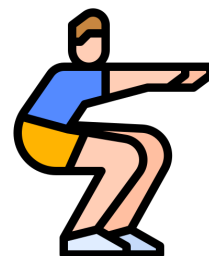
Solution

An integrated Wake Alert with Kinetic Exercise (WAKE) system that uses a Smart Mirror coupled with an Android phone app to create an alarm system without a snooze button.



When the alarm system is triggered, users first have to stand in front of the mirror's camera to swap to the exercise music.

Users must then perform one of the preselected exercises in front of the smart mirrors camera until their heartrate exceeds the predetermined set point to disable the alarm.



Features

Smart Mirror

A multifunctional device with mirrored LCD display screen, customizable with visual modules, LED illumination system, webcam with snap-into place privacy cover

Mobile Phone Integration

Integrates with your Android device

Handsfree Heartrate Detection

No wearable required; heartrate tracking with Computer Vision

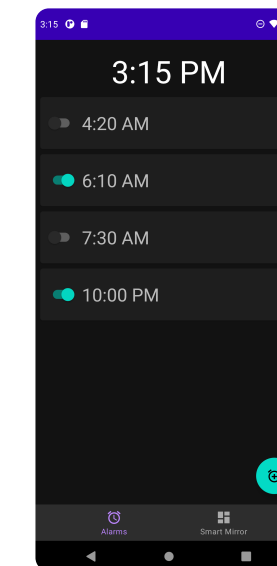
Charge 4 USB devices

Ability to charge up to 4 USB devices such as smart phones, watches, or other wearables

French Cleat or VESA Mount Compatible

Versatile, durable, and simple mounting options

Mobile App



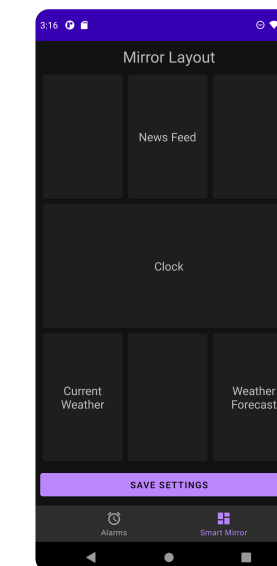
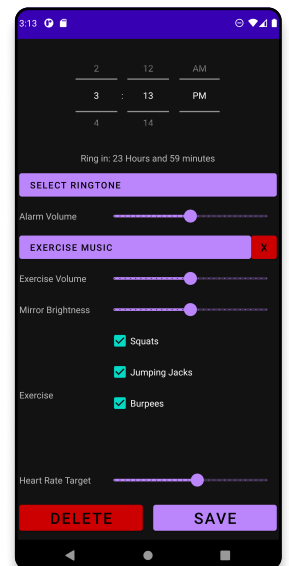
Manage Your Alarms

View and manage all your alarms at a quick glance

Wake Up Your Way

Customize your alarm with:

- Ringtones
- Exercises
- Target Heartrate
- Exercise Music



See What's Important

Customize your mirror to display up to five widgets