From: Team 2 2/24/16

To: Team Members

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Update: Our presentation date is March 2. Next Conference call   
Sunday Feb. 28.

Thanks to everyone for getting on-line. It was a very good first meeting on 2/24.

We are lucky to have Leslie, already a Nurse working on her Master’s Degree, and Ivan, who is working on his Master’s in computer animation and digital imaging.

There was a lot of good discussion back and forth. I may not have got it all but here is some of it.

Our goal: To find a way to measure sleep, and improve personal sleep and hygiene.

How to tell if someone is sleeping? Measure respiration, heart rate, movement, EKG brainwaves vs. types of sleep and brainwave activity (Saw some research on duration and type), O2, and breathing noise level. What else.

What sensors do we need? What is out there already? Elsie mentions BEDIT. Fitbit also has a sleep mode. Can we use it and other monitors?

What do the professionals use? What is effective? How many different diagnosis of cause are there?

What is a good sleep? How much sleep do people need? Varies from person to person. 5 to 8 hours. Maybe more or less depending on age.

Let’s have people rate their sleep each day (1 to 10) (sad to happy face) and tie it into their sleep history. Objective is for people to learn to gauge their own needs and tie it into their sleep history and their perceptions.

We could have a list of Tips for people to get a better night’s sleep. Also could do a quiz to rate how well the person prepares for sleep. Phone away from the person, room temperature, ( should we measure?), know your sleep needs, relax before bed, music, noise, affect of exercise, type of bed and pillow, snoring steps, or other breathing aides, etc. Need to tips and ways to tie in our data to help.

Have the ability to forward data securely over the internet to a doctor.

Need to do a survey of current products out there. What is the competition?

The product and app needs to be easy to use friendly and rewarding to the user.

It needs to be easily worn and used while sleeping.

What to present next Wednesday. Some concepts were discussed and agreed to, then will be reviewed Sunday. See attached sketch.

To get started we need

|  |  |  |  |
| --- | --- | --- | --- |
| Person | To Do | Due Date | Result |
| Leslie | Write out what you think we need and send it to us. What sensors should we use? | 2/24  2/28 | Good discussion |
| Santiago | Set up Visional Conf call  Send info to all via email | 2/24  Next 2/28 | Done worked |
| Ivan | Get familiar with the presentations made before and come with a format  (Balsamiq maybe)  Need Basic concepts of screens from Bob | Rough draft of screens 2/28  Review of screens 2/28  Presentation 3/2 |  |
| Bob | Investigate sensors  Update minutes  Prelim Screen layout  To all and Ivan | ongoing  2/21  2/25 | done  done |
| Charles | Research medical analog amp., proposed system. BEDIT  Look at prelim. Android  program | ongoing  2/28 |  |

