IOT PROJECT

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My problem :

In my everyday life, I have a lot of troubles to go not go to bed too late. It’s because I don’t look at the time. And because all my lights are on, I don’t understand that it’s already the night. In result, I’m very tired and I sleep during class for example. So it’s a very big problem for me, and I think a lot of peoples are like me.



My solution:

I would like to create a light that give a powerful light when it’s early night, and progressively become less powerful while the time pass and finally, turn off when it’s too late. So I can understand that I have to sleep.

It would be possible to modify the preference, like the time at which I want to go to sleep or the intensity of the light.

Material:

I need and lamp and a Arduino and a Bluetooth extension for Arduino.

I think my idea could help a lot of people.

Thank you !