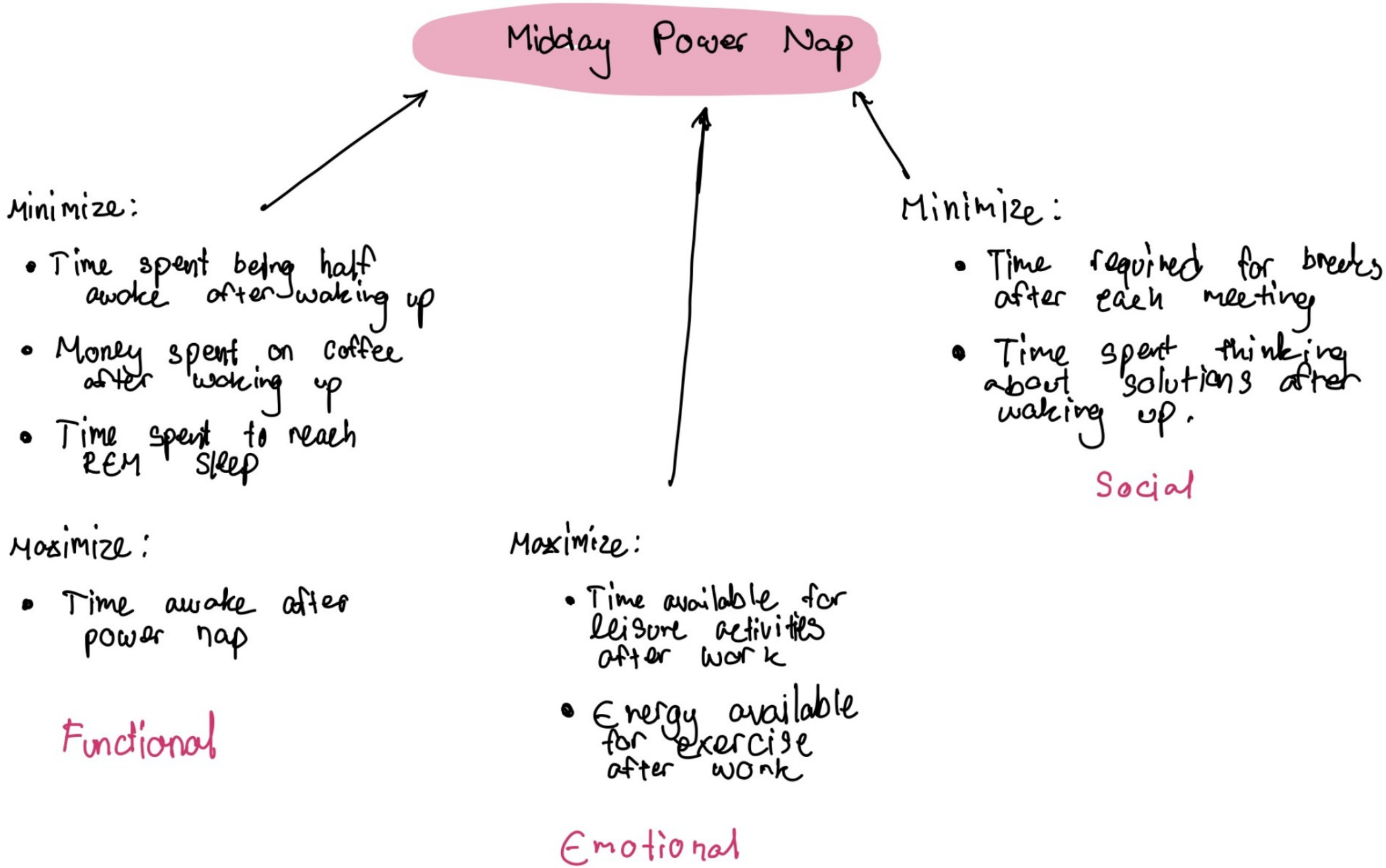
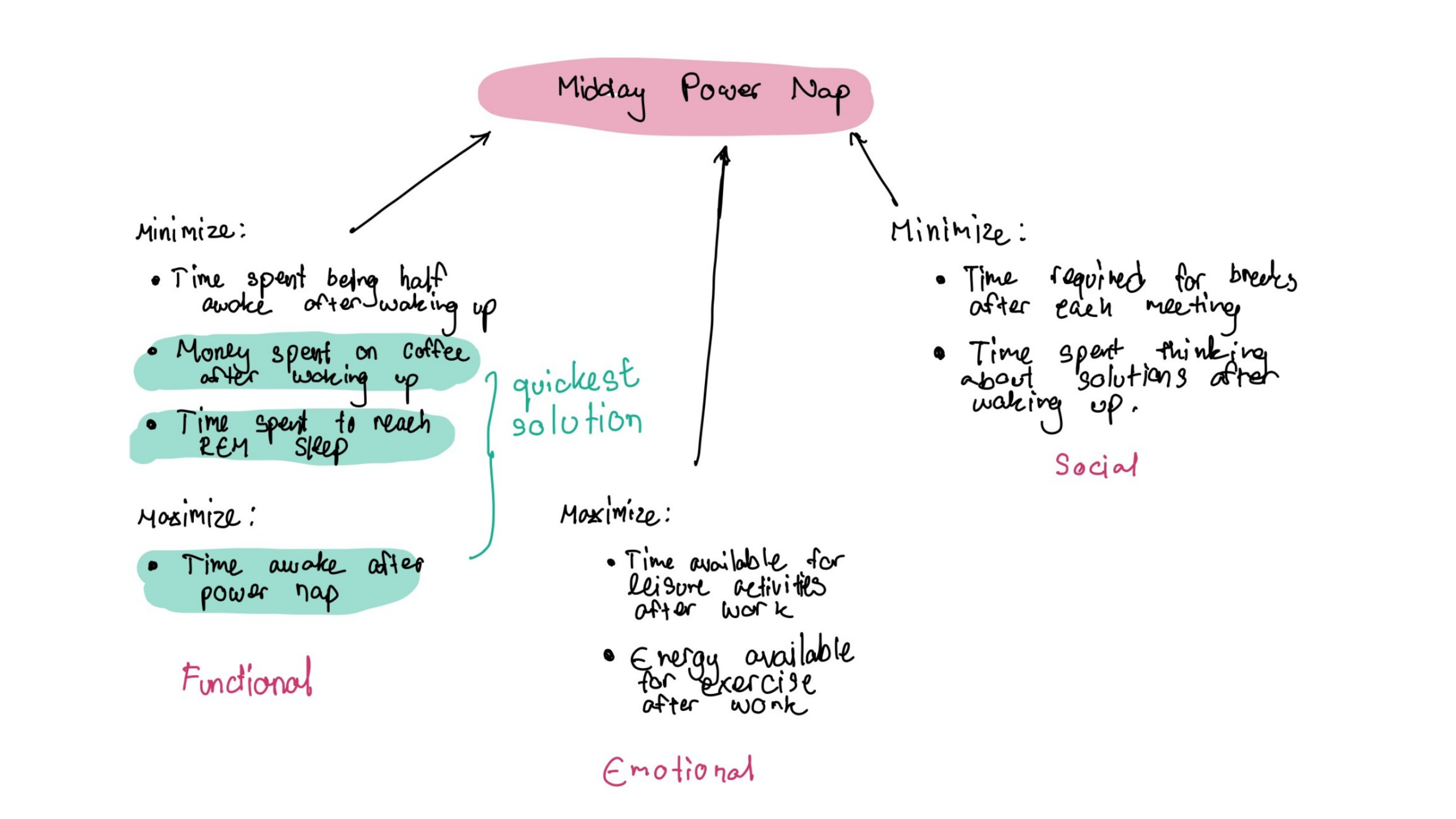
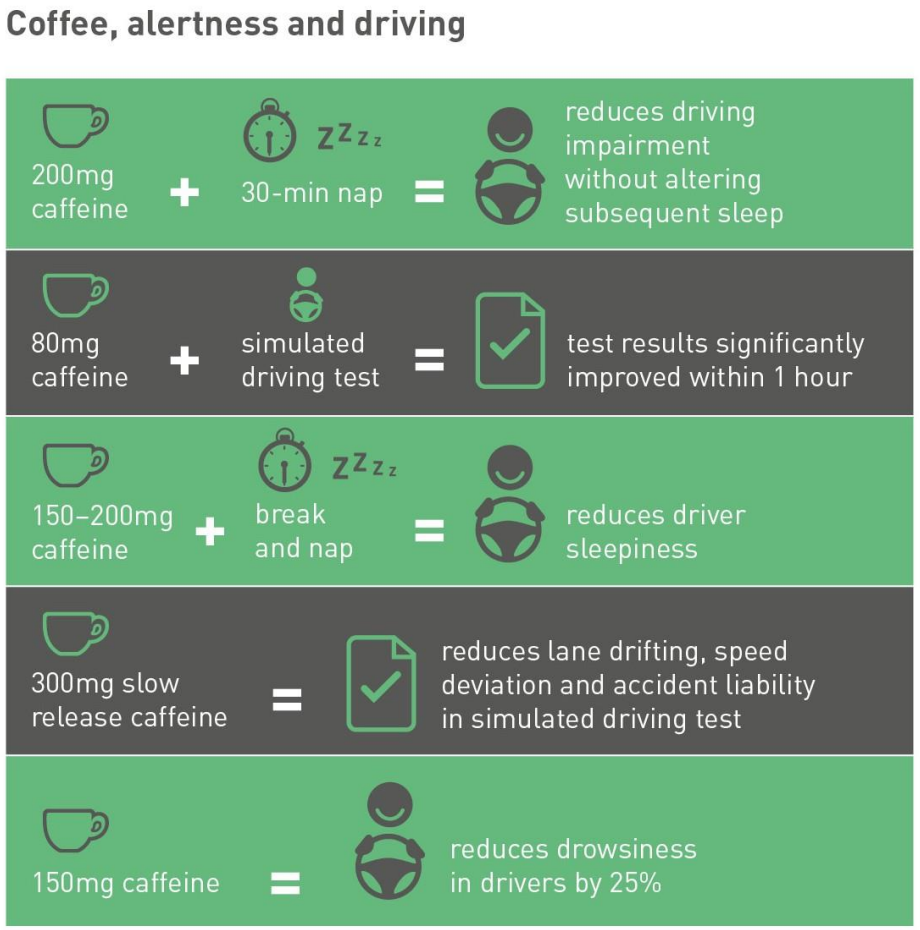
TYPICAL MEETING DAY

POWER NAPS EMERGENCY

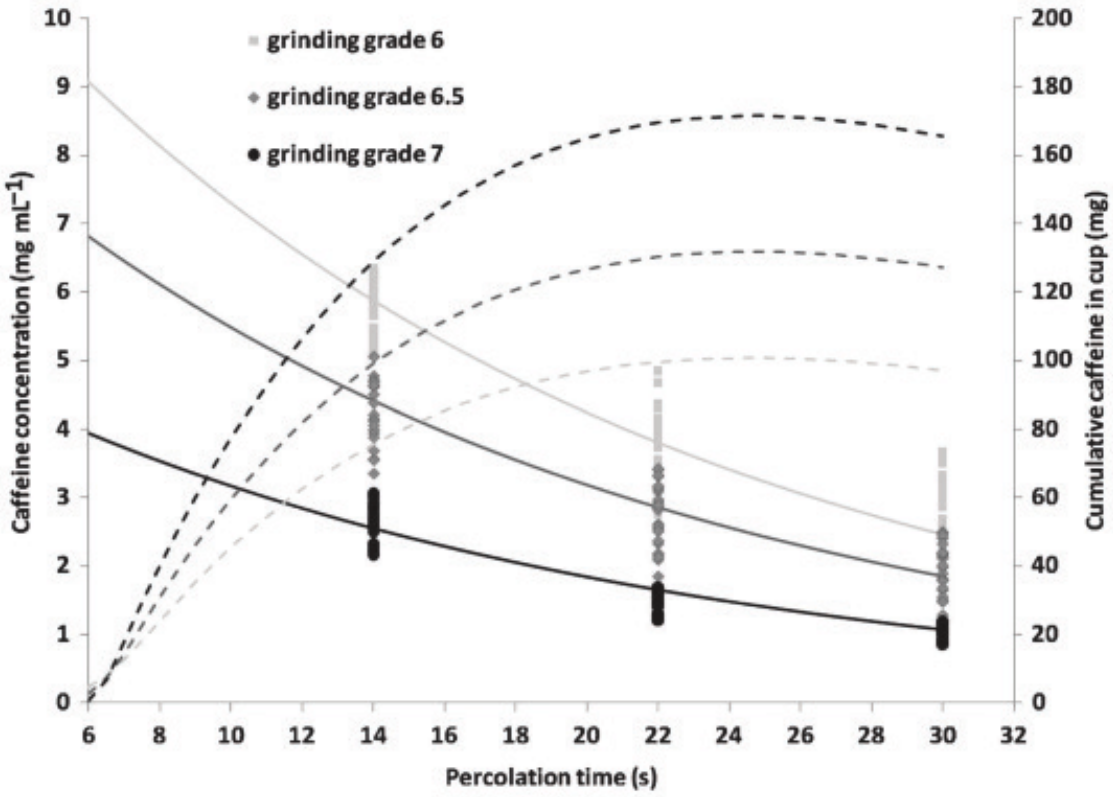

Midday Power Nap
Minimize:
• Time spent being half awake after waking up
• Money spent on coffee after waking up
• Time spent to reach REM sleep
Maximize:
• Time awake after power nap
Functional
Maximize:
• Time available for leisure activities after work
• Energy available for exercise after work
Emotional
Minimize:
• Time required for breaks after each meeting
• Time spent thinking about solutions after waking up.
Social


Midday Power Nap
Minimize:
• Time spent being half awake after waking up
• Money spent on coffee after waking up
• Time spent to reach REM sleep
Maximize:
• Time awake after power nap
Functional
quickest solution
Maximize:
• Time available for leisure activities after work
• Energy available for exercise after work
Emotional
Minimize:
• Time required for breaks after each meeting
• Time spent thinking about solutions after waking up.
Social

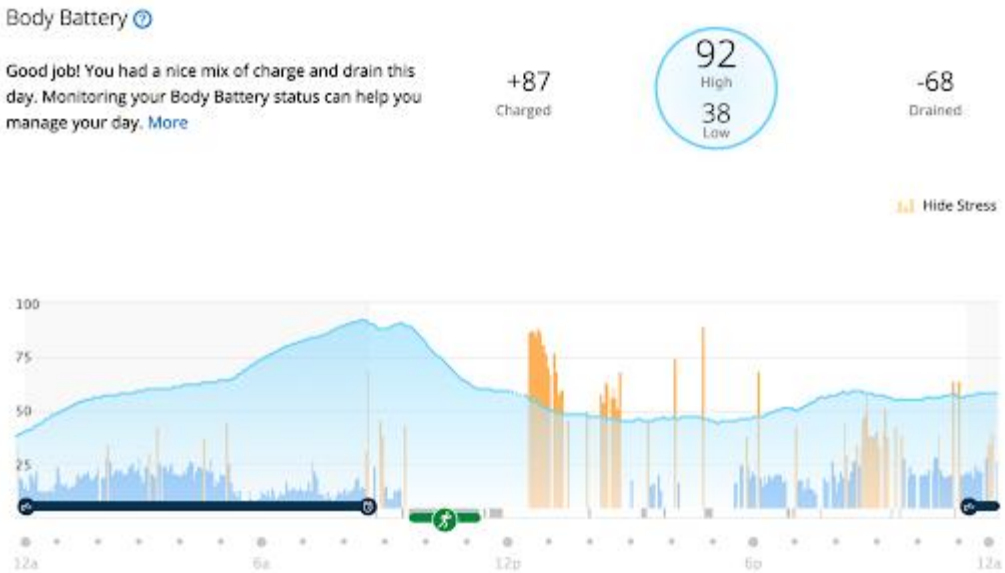
The way out fine tuning



Caffeine and grind size



The combinations of



Process overview

Step 1:

Algorithm to detect weariness of user based on

- Amount of sleep
- Amount of deep sleep
- Previous 8HR of caffeine intake
- Previous 8HR of water intake
- Meetings gap
- Amount of meetings

Step 2:

Algorithm to brew coffee based on Step 1 input

- Grind size
- Grind amount
- Sugar/Syrup
- Coffee type
- Milk/Cream

*** Step 2: Combination List**

Caffeine +	Less water	=	Power Nap
	More milk	=	Slower Release
	More sugar	=	Power Spike