Serene

VR Cure Insomnia

SERENE is a VR based application that helps you fall asleep easily by calming your brain. Utilizing VR headsets to treat insomnia is one step forward.

OUR GOAL

This project intends to provide a fun and safe atmosphere for those who suffer from insomnia using virtual reality technology. Our goal is to make sleeping more pleasant. Users should be spoiled rather than being forced to fall asleep. Serene provides a fun and safe environment.

Brain Storming

WHY VR?

Virtual reality (VR) has the power to remodel the brain and provide a fun and safe environment. It is a promising tool for treating insomnia.

Virtual reality can be used to distract people from the stressors in which sleep, images, and objects are associated with insomnia. Virtual reality can also be used to provide an environment that is quiet and relaxing, and stimulating as a bonuseness.

DESK RESEARCH

Sleep is a fundamental human need, and it is essential for a healthy and productive life. Sleep deprivation can have a significant impact on a person's well-being.

Where do people of insomnia reside

People who have trouble sleeping are more prone to have psychotic episodes, anxiety, depression, and suicidal thoughts.

Insomnia & its effect on Mental Health

- Chronic insomnia can affect your overall physical and mental health.
- Frown lifting through gladening, children can have insomnia at any moment, and in more severe cases, it can lead to suicide. Insomnia can. Restless behavioral and issues getting to sleep are symptoms of symptoms.

Long term effects of insomnia can cause:

- Mental health problems
- Increased brain functioning
- High risk of chronic illness
- Risk of cardiovascular issues

But the best part is that insomnia is curable!

Acute insomnia

- Sleep difficulties can last from days/weeks with only a few or just one nights where they get enough quality sleep.

Chronic insomnia

- Long-term (several nights of quality sleep) to recover from long-term sleep deprivation.

Cognitive behavioral therapy psychotherapy for insomnia is a technique for sleeping insomnia without medications.

Changes that can prevent insomnia

- Consistent and regular bed time.
- Action life shift
- Reduce caffeine intake
- Reduce screen time
- Limit caffeine and alcohol
- No naptime
- No heavy meals before bed
- Exercise daily
- A warm bath
- Reading & listening to soft music

VR meditation is a gateway to first-time users to experience the wonderful yet complex way to shake up their current practice.

Basic Components of VR Meditation

Sensors

VR headsets come with a number of sensors, and some devices even have a degree of sensitivity to the user's movements.

Immersive Environment

Stereoscopic lenses positioned between the screen and your eyes that divide the image into separate images for each eye.

Interactivity

VR headsets create the impression that users are immersed in some sort of synthetic world.

Computing

Powerful processors, or controllers, work from the out-of-the-box/shelves controllers that come with some headsets.

TARGET AUDIENCE

Age: 18 to 24

People with a VR Headset

Interview Insights

To understand their main pain points and their use of sleep, a total of 21 interviews were conducted with participants of different ages.

The participants were asked questions such as their sleeping habits, their use of technology, and their use of sleep aids.

- Most of the users are used to be overtimers.
- Reading the screen before bedtime affects their sleeping cycle.
- Lack of sleep affects their mood and their productivity.
- Lack of balanced diet and exercises causes sleep.
- Most of the users are using sleeping pills to help them fall sleep.
- Most users are aware of the negative impacts of sleeping pills like drowsiness, brain fog, and other side effects.

77%	33%	77%	54%	64%
Have difficulty falling asleep	Use their phones before bedtime	Have difficulty falling asleep	Have difficulty falling asleep because of their mind	Have difficulty falling asleep because of their mind

Sarthak jain

- Age: 20
- Location: Surat, India
- Occupation: Software Engineer
- Occupation: Student

Quote Personal

Bio

Sarthak is currently working research engineering, his free time is spent playing video games, watching movies, and reading. Regarding his sleeping habits, he has difficulty falling asleep because of his mind, which affects his ability to concentrate.

Goals

- Wants to have more time to do more right.
- Wants to get a good sleep.
- Wants to be productive.

Pain points and Frustrations

- Can't fall asleep at night.
- Can't focus on his work.
- Feels tired and exhausted.
- Feels irritated & disorganized.

Empathy Map

STAKEHOLDER MAPPING

INDIRECT
DIRECT
CORE
Serene
Sleep Aids
Sleep Clinics
Insomnia Patients
Insomnia Patients
Insomnia Patients