

# Smart Sit-Stand Desk

Encouraging movement without interrupting workflow

## Motivation

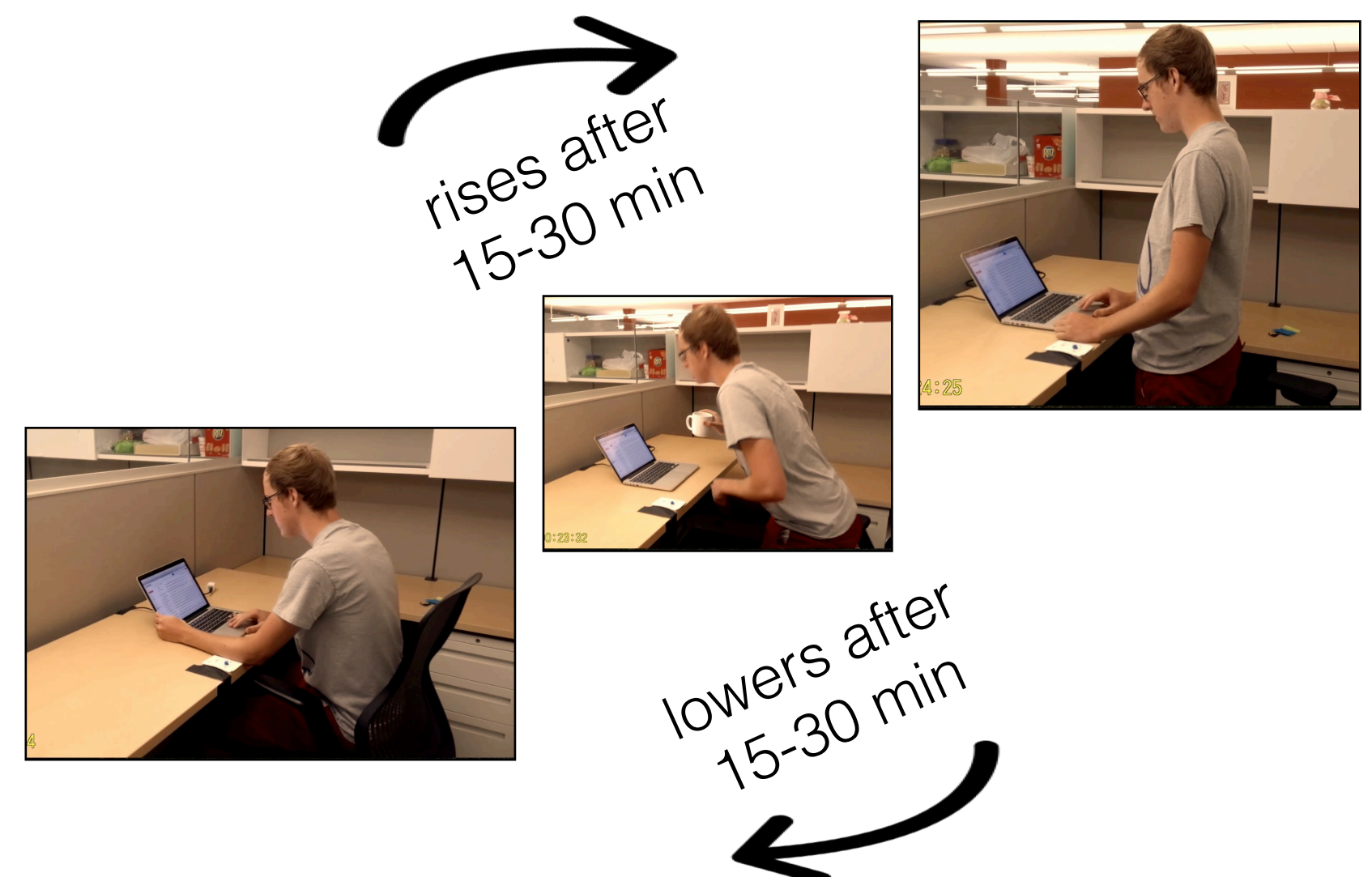
*What?* Switching from sitting to standing and vice versa every 15-30 min is good for your health.

*But...* 63% of sit-stand desks end up as sitting desks after a few months.

*Why?* Most people with sit-stand desks simply don't bother to change the desk height!

## Our Innovation

Desk that automatically raises and lowers throughout the work day



## Early Feedback

- Transitions can be surprising
- Spent more time standing
- Switched positions more often
- Easy to use and override
- Easy to understand
- Didn't affect productivity

## Affordable Solution

|                           |         |
|---------------------------|---------|
| Microcontroller           | \$1.2   |
| Ultrasonic Sensor         | \$2.3   |
| Motor Driver              | \$11.9  |
| Motion Sensor             | \$6.0   |
| Potentiometer             | \$1.4   |
| Total (~2% of desk price) | ~\$20.0 |

## User Requirements

Snooze when focused on a task  
Manual override controls  
Warning cue - vibrotactile or sound  
Night/power saving mode

## Next Steps

Controlled study to evaluate attitudes  
Longitudinal study on adoption rates



*Participant reacting to sudden desk movement*