

Snooze Pillow Detail Sheet

The Snooze Pillow is an object created to merge the aspects of a sleep cycle together, that being falling asleep, staying asleep, and waking up. The pillow is comfortable, soft, has internal heating to allow an ease of comfort and sleep. It also has an internal timer and alarm system that wakes up the user when he desires so. The alarm uses vibration motors so that the action is only known to the user.

This was inspired from my own sleep pattern. I am a deep sleeper and need quite an alarm sound to wake me up. This work find until I moved in with my girlfriend and quickly discovered that my alarm system is quite disruptive to people sleeping in the same room. We never really found a solution to our problem and tried to meet half way on the issue. I will no longer use five alarms and she will not give me a hard time if I accidentally wake her. This problem was common with a lot of my friends and family and even colleague in this project. Together we established a concept of a pillow that allows naps, and wakes up only the user. There will be no more alarm collateral damage.

The existence of this object is meant to cut our dependency on phones but more importantly, would allow for one to wake up properly without risking waking up someone who is sleeping nearby. The ease of setting an alarm allows it to be ideal for short naps without risking the dreaded multiple hour long nap. I personally find it a hassle to use my phone as an alarm. This implies that it is near me, has power, and I need to manually set a new alarm every time I want to take a nap. You can be anywhere without power and the Snooze Pillow will work (of course as long as you have the batteries for it).

The personality is binary. It's an alarm perfectly disguised as a pillow. Nobody but the user will know this, and when the time comes for use, even the user will forget that an alarm system is in place. The pillow is just that, a pillow, used for comfort and sleep, until the alarm

goes off which takes away that personality. And justly so, with the alarm going off, the pillow shouldn't be used in that fashion anymore, the user must get up and carry on life and not linger on. Seeing as it is only known to the use, the pillow manifests itself only to this person. Other than that, it is simply a pillow used for comfort and sleep. Waiting until the user starts a timer to its true manifestation.

Personality to physical, it does not relate. A pillow is meant for prolonged comfort. But most people use an alarm to wake up. These 2 aspects contrast strongly, but in the sense of things, they are perfectly meant for each other. One must always wake up, why not make the pillow the center of this action to destroy the sense of sleep and comfort when one wakes up. With that in mind, it provokes perfectly predictable emotions. When used for rest, it calms down the user and allows rest. When the alarm goes off, the user must wake up. Naturally, everyone wakes up in different moods, this object does not control which state one wakes up in, it simply wakes them up.

The pillow has five vibration motors located on the inside that lie dormant until activated by an internal time system. There are two modes to the vibrations. One utilizes a photocell to create a more vibrant alarm if during the day, and a softer, more sensible one during night. The other mode is makes the motors go off very strong, and slowly die off. Aside from the motors, there are four heating pads that heat the pillow decently for a warm comfortable touch (Further iterations would call for a device to control the heat). All this is controlled by three buttons. One starts a timer and allows the motors to go off when the timer hits its target. Another button incrementally increases the target time allowing for naps and full on sleep cycles. The final button cycles the alarm between both vibration modes. The whole machine is powered by two nine volt batteries.