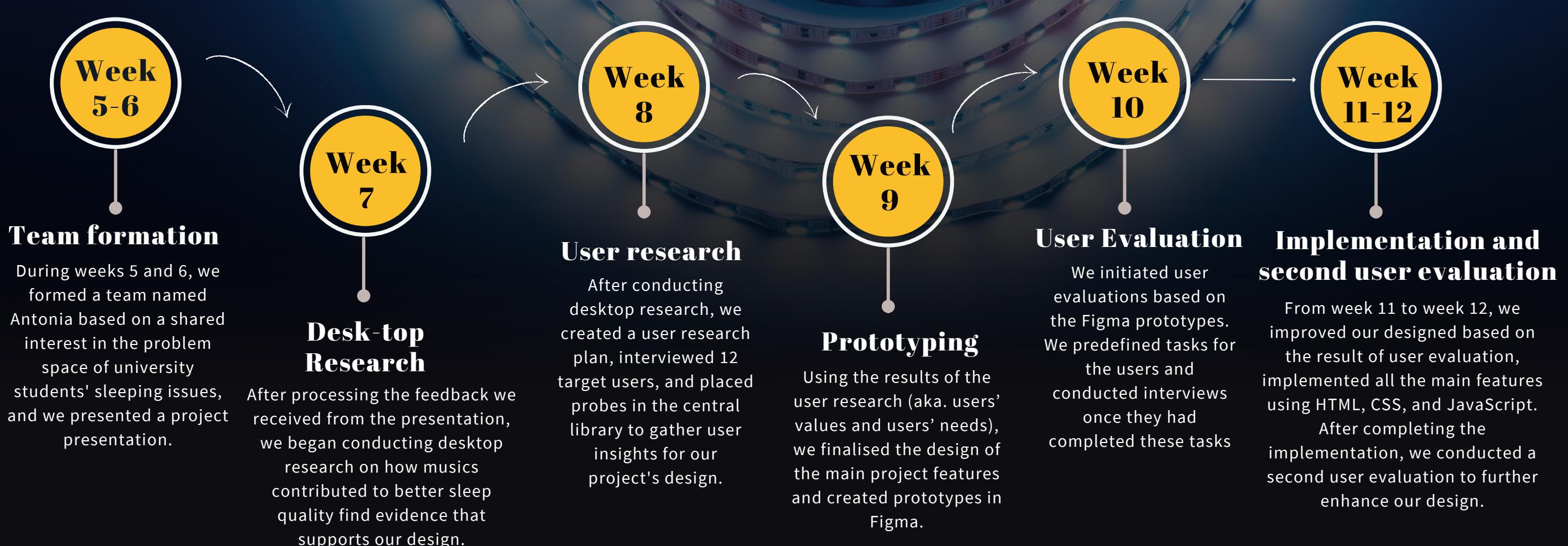


SMART LIGHT STRIP

Helping university students get relax during their bedtime

Problem space:

Based on the results of user research, it has been found that many university students experience significant anxiety as their exams or assignment deadlines approach. This anxiety not only affects their sleep quality but also makes it challenging for them to fall asleep. As the result, students often experience loneliness and exhaustion when they have insomnia, which affects their energy levels and overall mood the following day. Therefore, we aim to design a prototype that can help them relax and improve their well-being when they want to fall asleep, as well as enhance their overall health.



HOW PROTOTYPE WORKS

Audio library:

The prototype allows users to access an audio library, which are all **white noise music**. Users can also add their white noise favourite music to a personal playlist. This feature can help individuals create a **customized and soothing** audio environment for sleep. The ability to **share music with friends** adds a social element to the experience.

Social feature:

Users can connect with their friends through the prototype. They can **view their friends' sleep conditions**, which could include information about their sleep patterns, duration, and quality. The messaging feature allows users to **send reminders to their friends** to encourage healthy sleep habits.

Mode adjustment:

Users can set up different modes on the homepage. These modes are tailored to **specific situations or preferences**, such as "pre-exams," "holidays," and "weekdays." This feature makes it easy for users to customize their sleep environment based on their current needs and routines.

Light adjustment:

Users can **adjust the color** of the lighting equipment in their bedroom. This feature can help create a more relaxing and sleep-inducing atmosphere, as different lighting colours can affect a person's **circadian rhythm** and help them fall asleep more easily.

UNIQUENESS

Our project is a multifunctional approach to enhancing the sleep experience. By combining the following features :

- **Customizable lighting**,
- **An extensive audio library**
- **Social integration**
- **Adaptable modes for various scenarios**

We have created a versatile and user-friendly application. It allows users to customize their sleep environment, connect with friends to support healthy sleep habits, and adapt to different lifestyle needs. In comparison to sleep-enhancing applications, our project provides a comprehensive and personalized solution.

Applied mobile concepts: context-specific and location specific

INNOVATION

The innovation in this multifunctional sleep-enhancing prototype shines through its **unique social feature**. By facilitating connections with friends, users can not only **view their friends' sleep conditions** but also **send thoughtful reminders** to promote healthier sleep habits within their social circle. This emphasis on social connectivity adds a novel dimension to the device, which fosters a supportive sleep community and makes it a standout innovation in the realm of sleep-enhancing technology. There are no similar functions currently available on the market, making this social feature a distinctive and pioneering aspect of the prototype.