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Objective/Background/Motivation

- ***Preferably not more than 5 - 8 lines, in point form (e.g. font: Arial; size: 56 - 80)***
- ***Preferably with pictures or diagrams***
- ***Points to include: What problem you would like to solve; The motivation behind the project***

Existing Solution

- ***Preferably not more than 5 - 8 lines, in point form (e.g. font: Arial; size: 56 - 80)***
- ***Preferably with pictures or diagrams***
- ***Points to include: How the problem has been addressed by the current solution; What technologies they use***

Your Solution

- ***Preferably not more than 5 - 8 lines, in point form (e.g. font: Arial; size: 56 - 80)***
- ***Points to include: Possible improvements on the current solution; What new technologies to bring about***

Resources Needed

- ***Preferably not more than 5 - 8 lines, in point form (e.g. font: Arial; size: 56 - 80)***
- ***Points to include: Resources needed to implement your design; Help from the professionals***

Objective/Background/Motivation

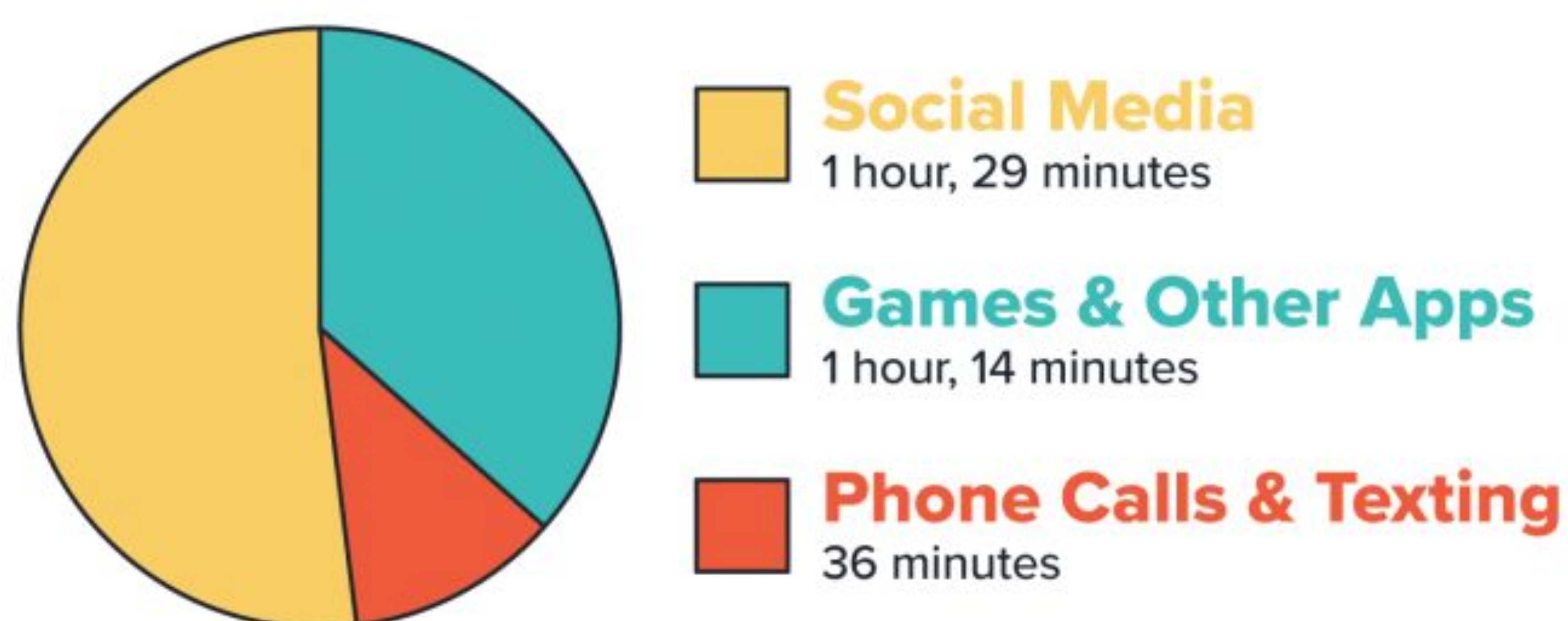
<https://www.pcmag.com/news/using-your-smartphone-in-the-dark-risks-speeding-up-vision-loss>

- Many people often turn off the lights and play with their phones.
- The researchers say that people should be careful about using their electronics devices in the dark. Doing so can focus the blue light directly into your eyes.

Our aim:

- Prevent eye disease caused by astigmatism and cervical spine disease
- use of mobile phones in dark places

How much time do Americans spend on their phones per day? 3 hours, 19 minutes



Of the 3 hours and 19 minutes per day spent on their phones, Americans spend an average of **50 minutes on their phones before bed.**

Existing Solution

In the previous solution:

- *The phone will automatically adjust the phone's own brightness in a darker environment.
- *And also, there is already a product on the market that is voice-activated to turn on the lights.

So, we use the Ambient Light Sensor to solve this currently problem.



Voice-activated sensor light
(image source from Google)



Phone Automatically
adjust brightness

Your Solution

Develop an app, which runs if the phone is turned on.

Using the ambient light sensor/ front camera of users' phone to collect the data (the light intensity at the front and back of the phone/ angle of the phone) in period.

Using AI (Machine Learning) to recognize the data eg. normal/ abnormal, the angle of the phone.

IF the environment is dim OR the angle of the phone is unsuitable,

1st : remind the user to turn on the light/ stop using the phone/ use the phone at the correct angle.

2nd : after 5 mins, the system turns on the light automatically (slowly increases the intensity of light).