



# Dreamcatcher: Serving Our Veterans

John Alling, Marissa D'Alonzo

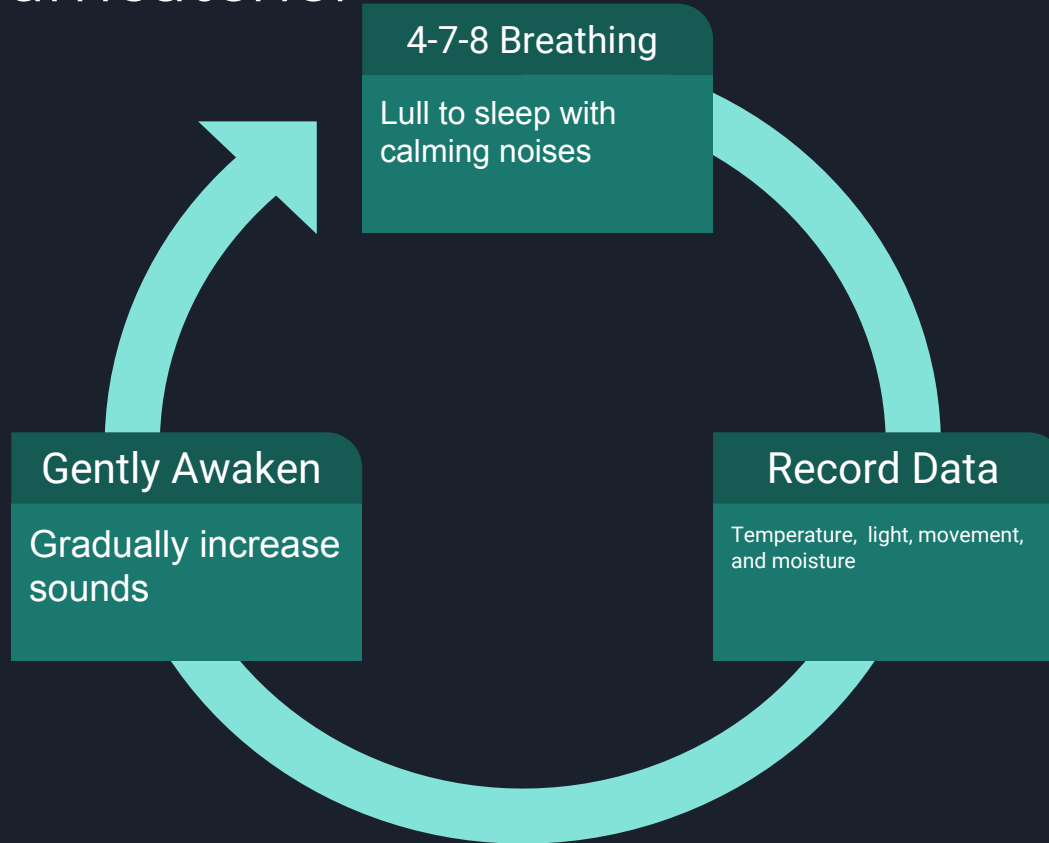


# Problem

- 8% of all veterans suffer from PTSD - 1.6 million people
  - Common symptoms - nightmares and insomnia
- 52% of combat veterans suffer from recurring nightmares
- Sleep deprivation has negative effects on:
  - Mood
  - Motor and mental function
  - Health



# Dreamcatcher



Live Demo





# Further Improvements

- Bluetooth-enabled sensor band with more sensors- EKG, moisture, etc.
- Better speakers
- Chatbot to discuss nightmares



# References

- <https://academic.oup.com/sleep/article/19/4/318/2749842>
- [https://www.ptsd.va.gov/understand\\_tx/tx\\_basics.asp](https://www.ptsd.va.gov/understand_tx/tx_basics.asp)
- <http://neuro.hms.harvard.edu/harvard-mahoney-neuroscience-institute/brain-newsletter/and-brain-series/nightmares-and-brain>
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