Proposal
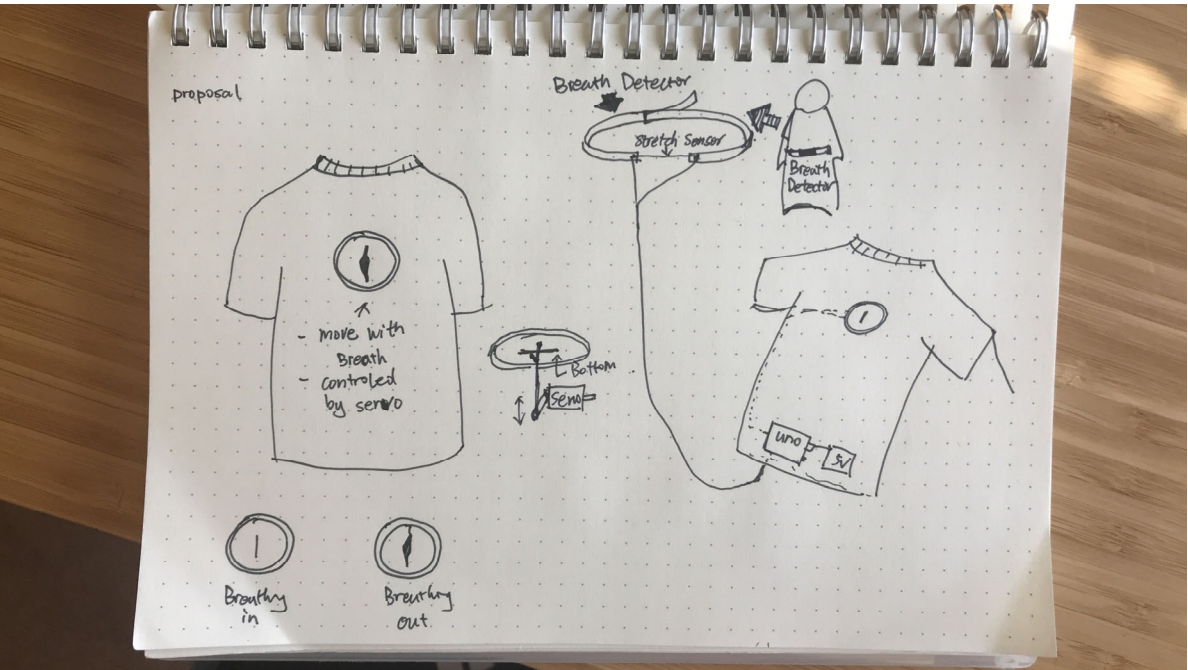
Breathing T-shirt

Work flow:

Breath in --> Stretch sensor expand --> serialRead number of resistance go up --> servos serialwrite the degree.

Breath out --> Stretch sensor shrink --> serialRead number of resistance go down --> servos serialwrite the degree.

Further research:

1. Structure of breathing on the T-shirt. It should be super compactable.

   Learning sewing......

2. Test 2 tutorials of breathing sensor(rubber stretch sensor/knitted band)

   Learning knitting......

3. Wireless connection if needed

Components:

Arduino Uno

Conductive Rubber Cord

Resister

Pull down resister

multimeter

Duct tape

Jumper wires

A breadboard

 2 Alligator clips

Ringed Crimp Terminals

Battery

Resource:

Arduino T-shirt
https://create.arduino.cc/projecthub/Maddy/tv-tee-shirt-da8fb4?ref=tag&ref_id=wearables&offset=22
Self-made breath sensor
https://www.instructables.com/id/Quick-and-dirty-Respiration-Sensor/
https://www.instructables.com/id/DIY-Breath-Sensor-with-Arduino-Conductive-Knitted-/
Stretch sensor rubber
https://www.adafruit.com/product/519