

Gaming Fatigue and how to solve it

1. Physically
 - a. Eye strain
 - b. Muscle cramps (hands and legs)
 - c. Back Pain
2. Mentally
 - a. Sleep schedule
 - b. Memory
 - c. Obsession

How to control playing video games

Users while they game can get eye strain, muscle cramps, and backpain. They can also lose sleep and/or have a poor sleep schedule as well as have decreased memory capacity and may form an un-healthy obsession with the game. Our solution intends on reminding our to take a small break and/or to limit their obsessive gaming.

Who: People who use video games for stress relief and light activity.

What: Fatigue during lengthy gaming sessions.

Where: Where-ever the gaming set-up is but typically at home.

Why: Gaming fatigue can lead to less sleep and poor body health.