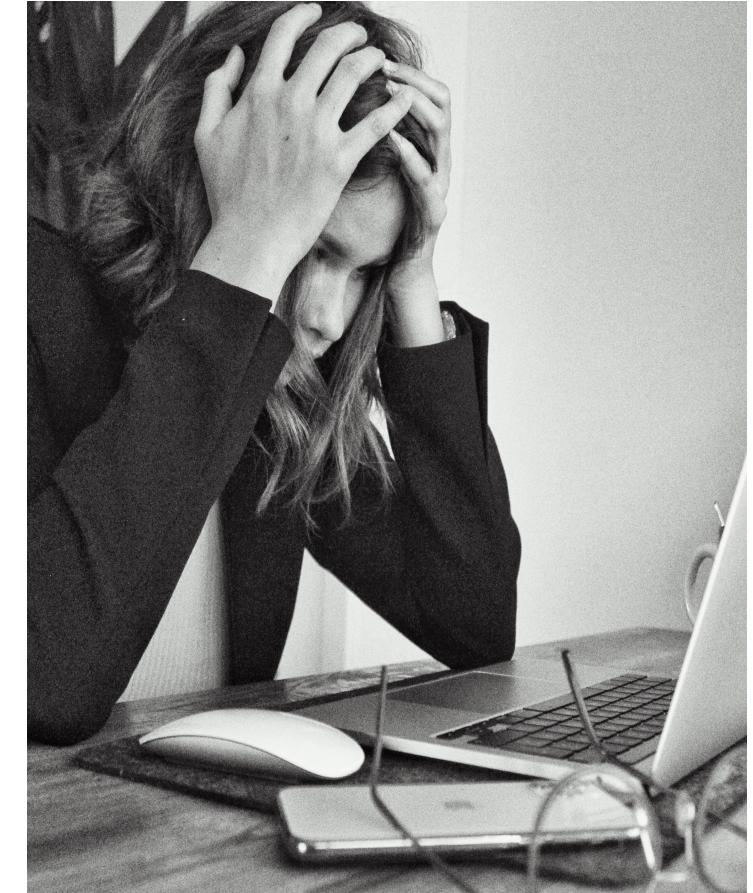


# Seem Familiar?

Such issues but also humans set goals can involve measurable data points called *signals*.

What are signals? What are they used for and where do they come from?



Pictures taken by Ivan Radic (left), Elisa Ventur (right)

# The environment “Office”: Common issues and signals

Typical points of interests

And issues at the office:

- Stress, mood
- Environmental qualities
- Strain, posture issues,  
musculoskeletal disorders
- ...



Example signals for named issues:

- Working and sleeping hours,  
blood pressure, ...
- Temperature, humidity, indoor  
CO2 Levels, ...
- Workstation-worker-alignment,  
time in one posture, ...



Gaining awareness through  
*reflecting on these signals*  
(collected data)

Additional Questions:

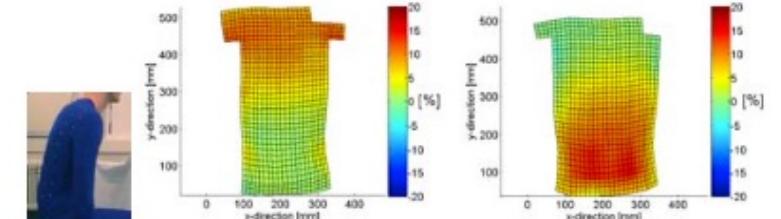
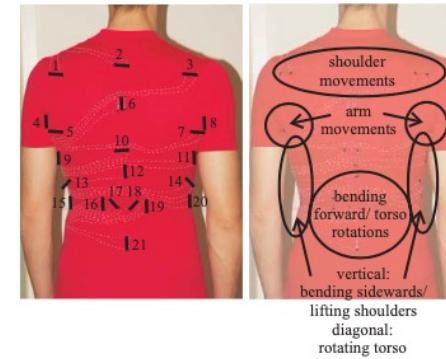
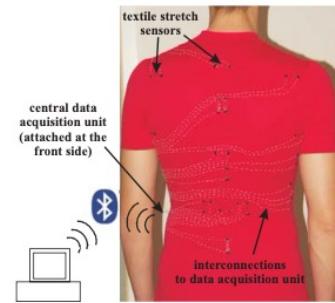
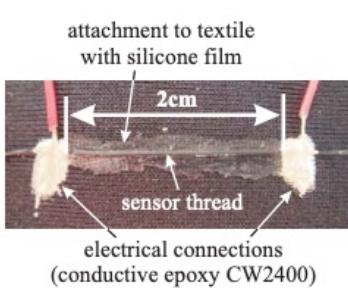
1. How can signals be effectively presented and effectively made use of?
2. The opportunistic approach “how can issues/goals that involve these signals be solved/achieved?”

# A Chance to Alleviating Struggles at the Office

Awareness through Signal Reflection using Mobile Sensors [1]

What are Awareness and Signal Reflection? What do these look like in the office using mobile sensors? What are common issues/goals at the workplace? Which solutions exist to alleviate/achieve them?

**Solution Example:** Sensors for posture recognition [2]



[1] Title might change. Originally suggested title: User Awareness through Data/Signal Reflection D (office environment, mobile sensors)

[2] DOI: 10.1109/ISWC.2007.4373773