

SLIGHT

A wall lamp that improves sitting posture of users.

good posture

good future

Why do we Design this?

1

Posture is one of the most significant matters that affect our life, yet most people often do not realize the fact that they need to work on correcting theirs.

2

Spending long time with improper posture gradually damages one's spine, which protects spinal cord and all the nerve connection branching out to every part of the body, and will eventually cause diseases such as heart disease, kidney disease and blood clots.

3

Moreover, since students and office workers usually spend long time sitting in front of a desk, we have designed a product which can remind people. Our product is a wall lamp that mimics the shape of one's spine in order to visualize one's sitting posture and help him or her to correct their posture by themselves.

Our design process

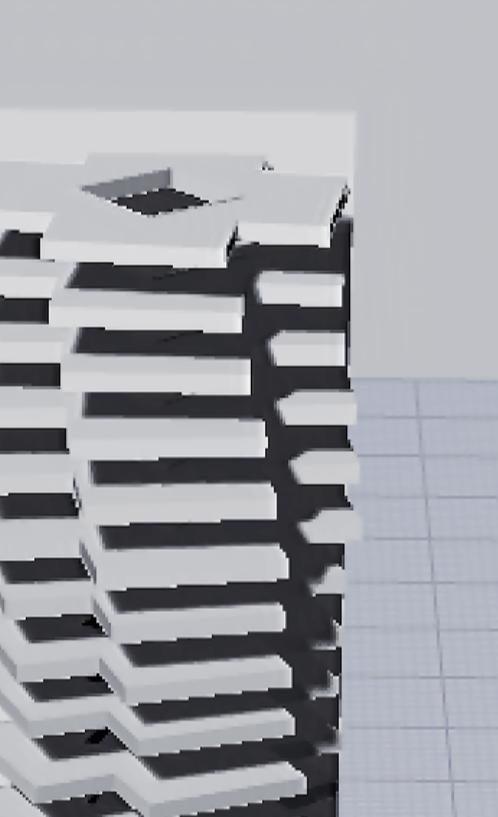


adjustable vest

keyboard wrist cushion



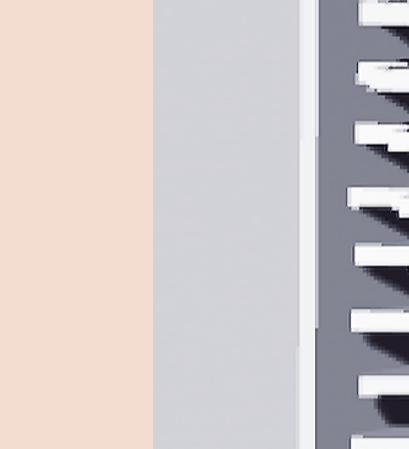
sitting cushion



wall lamp



belt

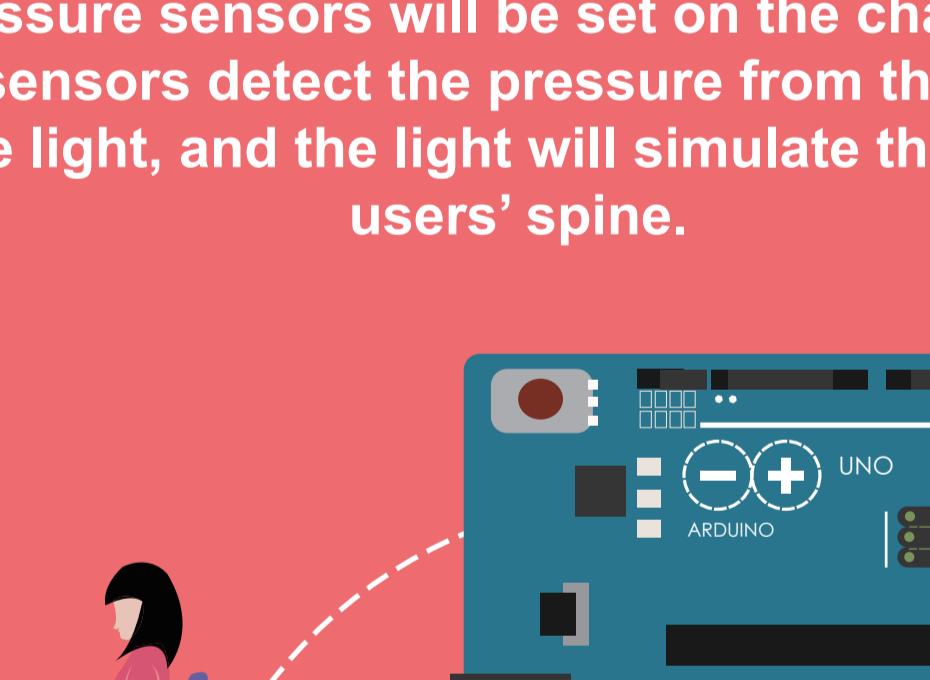
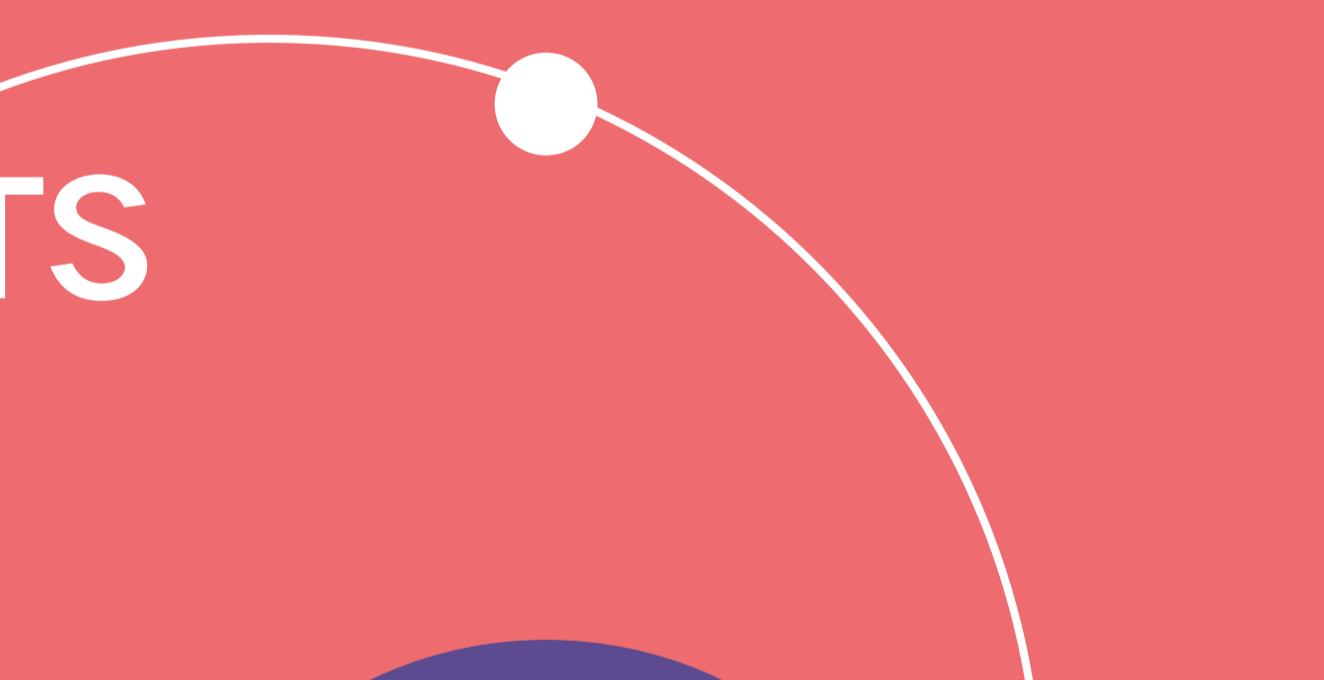


ceiling lamp

Originally, we designed an adjustable vest like BeiBeiJai. Then, we came up with an idea, which was a keyboard wrist cushion with a shape of a shark that has a shakable tail.

However, these methods force the users to pause their work instead of enjoying their working environment.

Finally, a lamp which has a shape of a spine was developed. By using the lamp, users can maintain a good sitting posture for a long time without concerning the harm of their spine due to incorrect posture.



COMPONENTS

Half-transparent acrylic

LED lamp

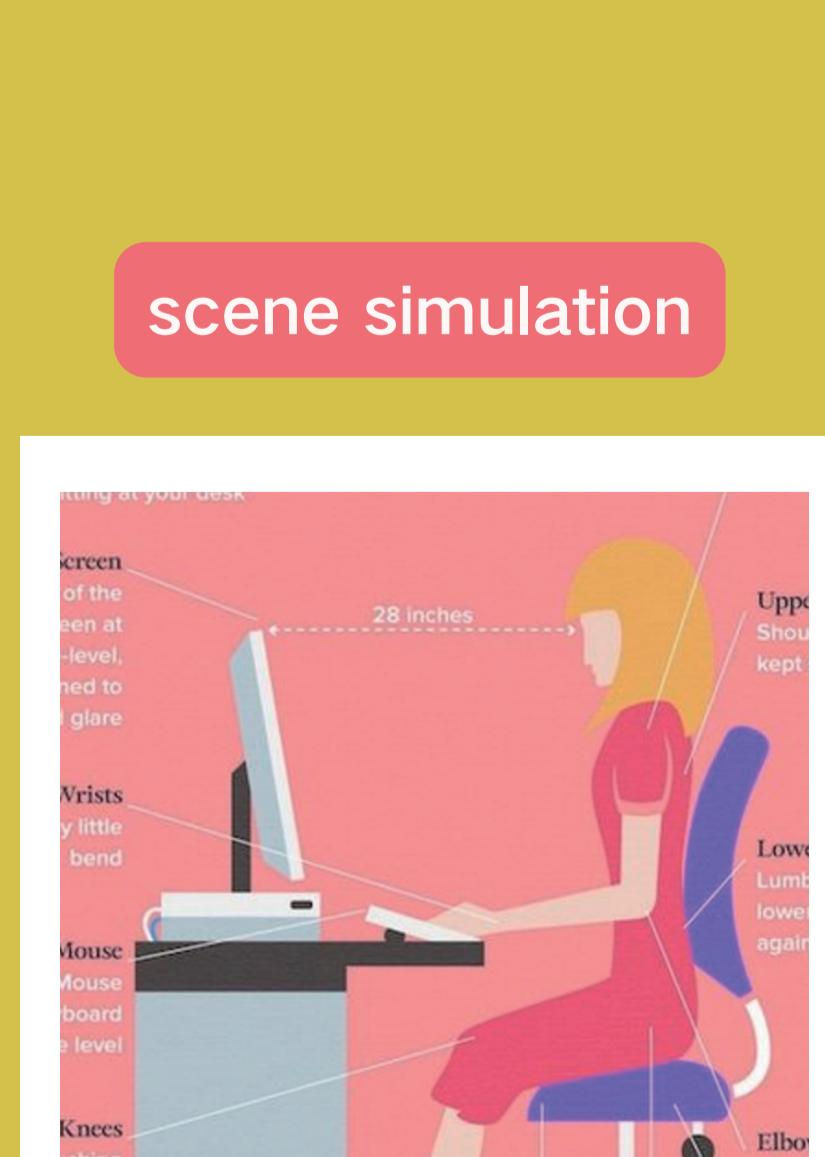
Spring

ADXL345 Accelerometer
Servo Motor
Arduino Board
Bluetooth Connection
IR remote control

Pressure sensors will be set on the chairback. When the sensors detect the pressure from the users, it connects to the light, and the light will simulate the shape of the users' spine.



scene simulation



0 mins

15 mins

30 mins

condition

good posture

states

normal

bad posture

brighter

change shape

good posture

brighter

change shape

good posture

normal

brighter

change shape

good posture

brighter

change shape