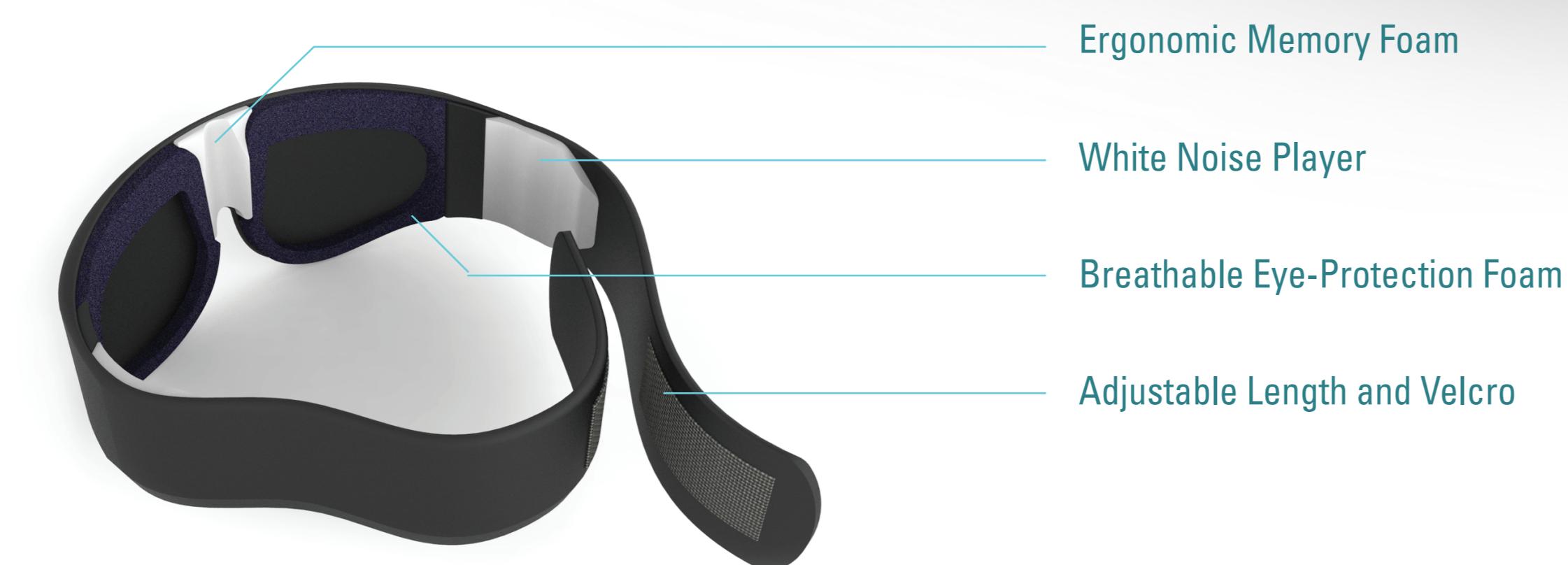
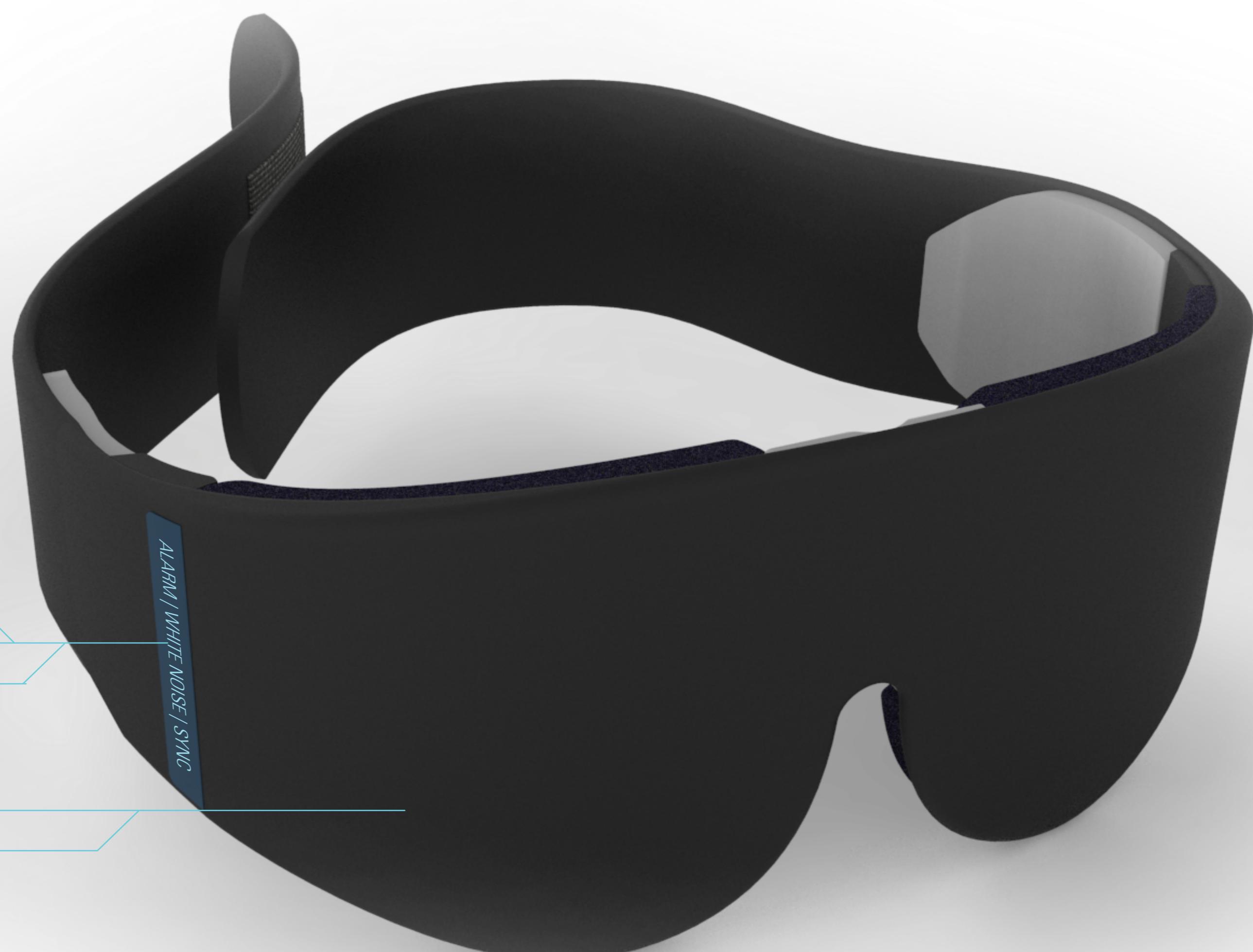


iMask

Sustainable
Ergonomic
Efficient

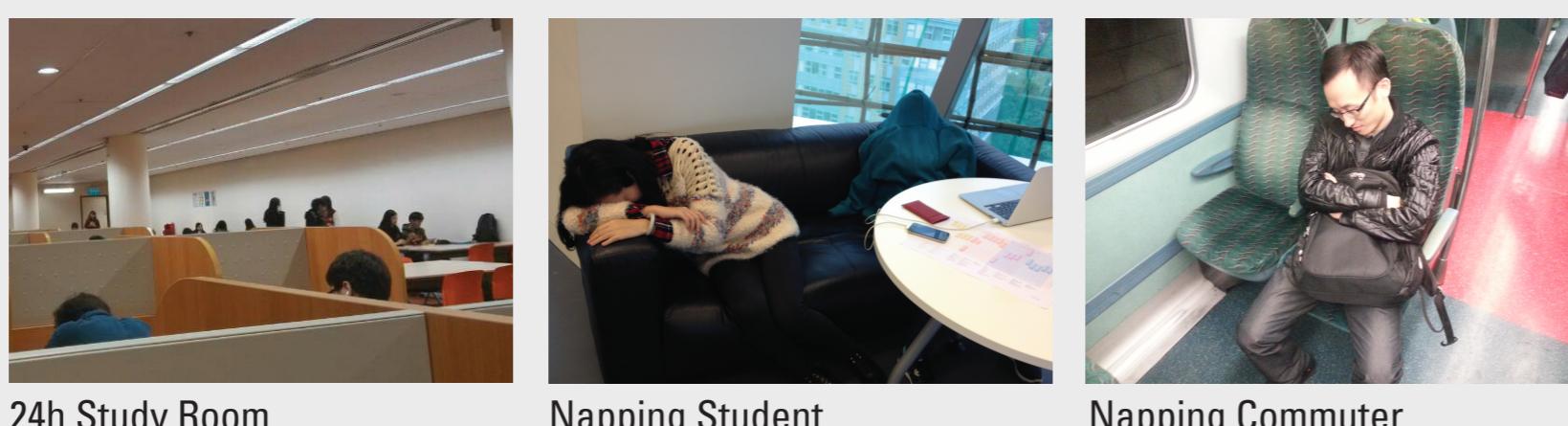
SD5215
Introduction to
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RESEARCH

1. OBSERVATION



2. LITERATURE



SLEEP DEBT

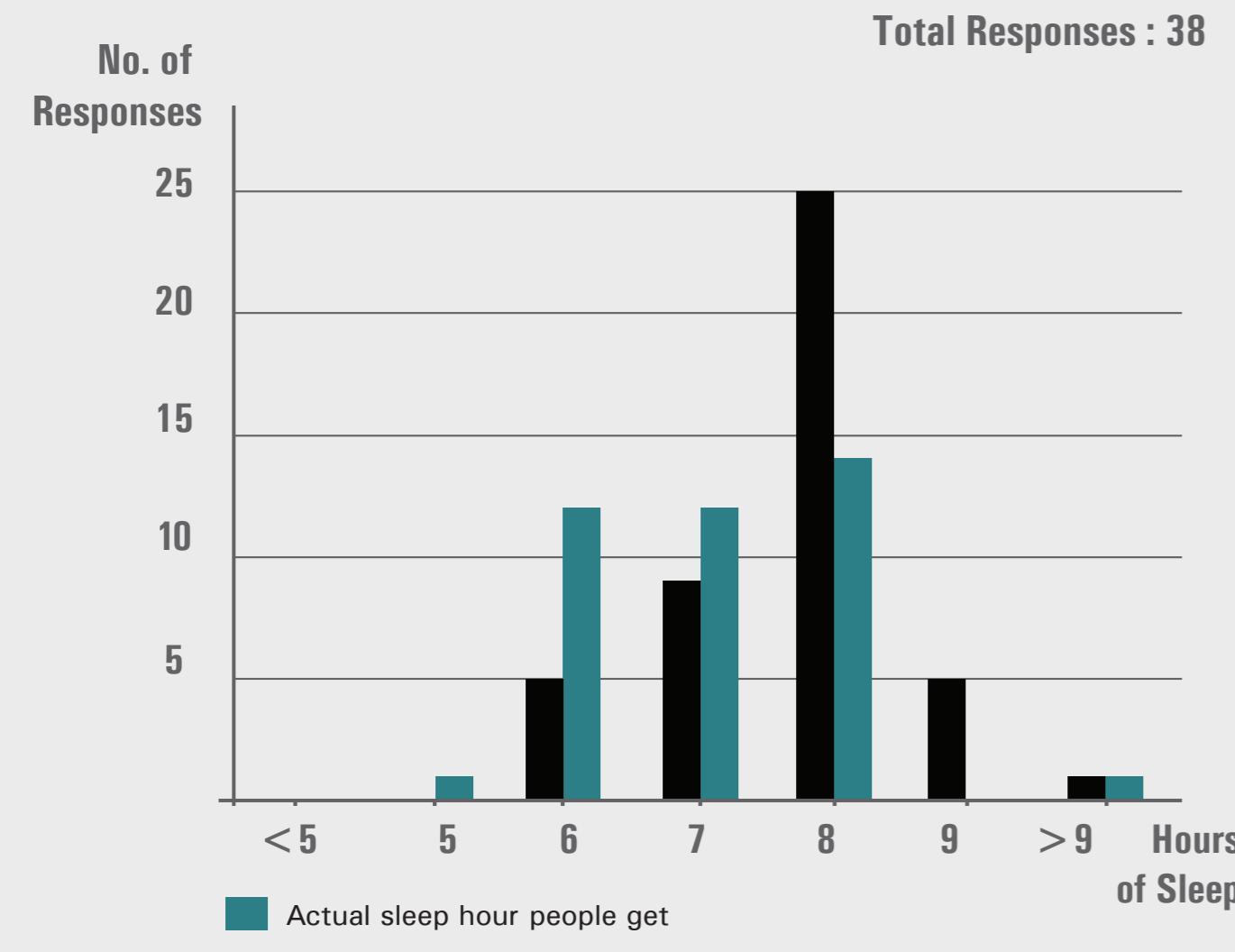
When daily sleep is less than what an individual needs, a "sleep debt" develops. Relatively modest daily reductions in sleep time can accumulate across days to cause a sleep debt.



25 min SCHEDULED NAP

A scheduled nap is healthier than catching up on or banking sleep. 25 minutes is ideal. That refreshing, scheduled break is better than an occasional, disruptive weekend lie-in.

3. COLLECTION



Sleep Hour: Ideal vs. Actual

Average ideal sleep hour = 7.73 hr
Average actual sleep hour = 7.15 hr

According to the survey, most of the participants actually do not sleep as much as their expected ideal sleep hours.

Ideal Sleep Environment

More than three-quarters of the participants mentioned that they need darkness and a quiet environment when they are sleeping. Some of them mentioned that they would listen to music. Particularly, one stated that a little noise is acceptable as long as it keeps in the same frequency.

HOW IT FUNCTIONS

iMask senses eye movement and body motion to seamlessly interpret your sleep status and process the information to monitor your sleep. With 2 advanced EMG sensors and a nine-axis IMU, iMask has been engineered to recognize the sleep pattern.

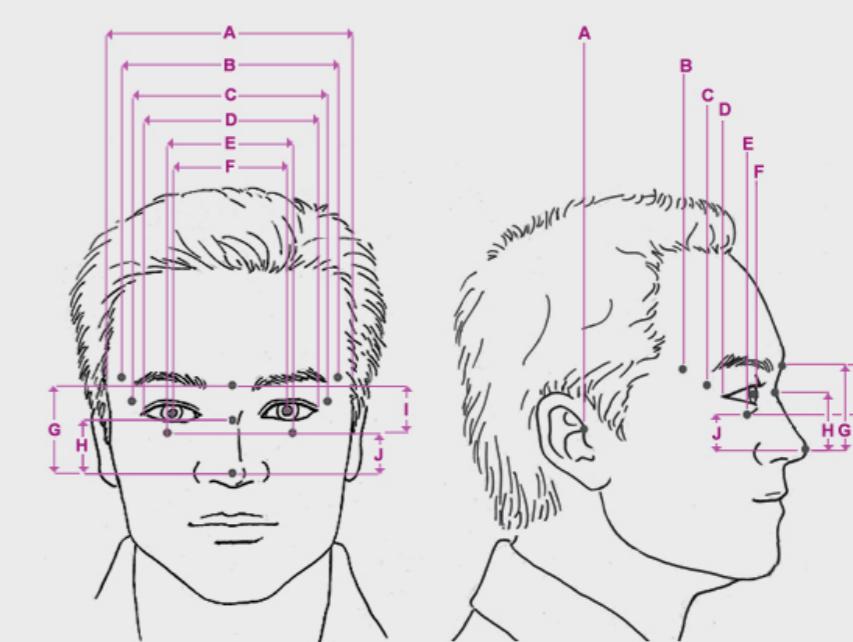
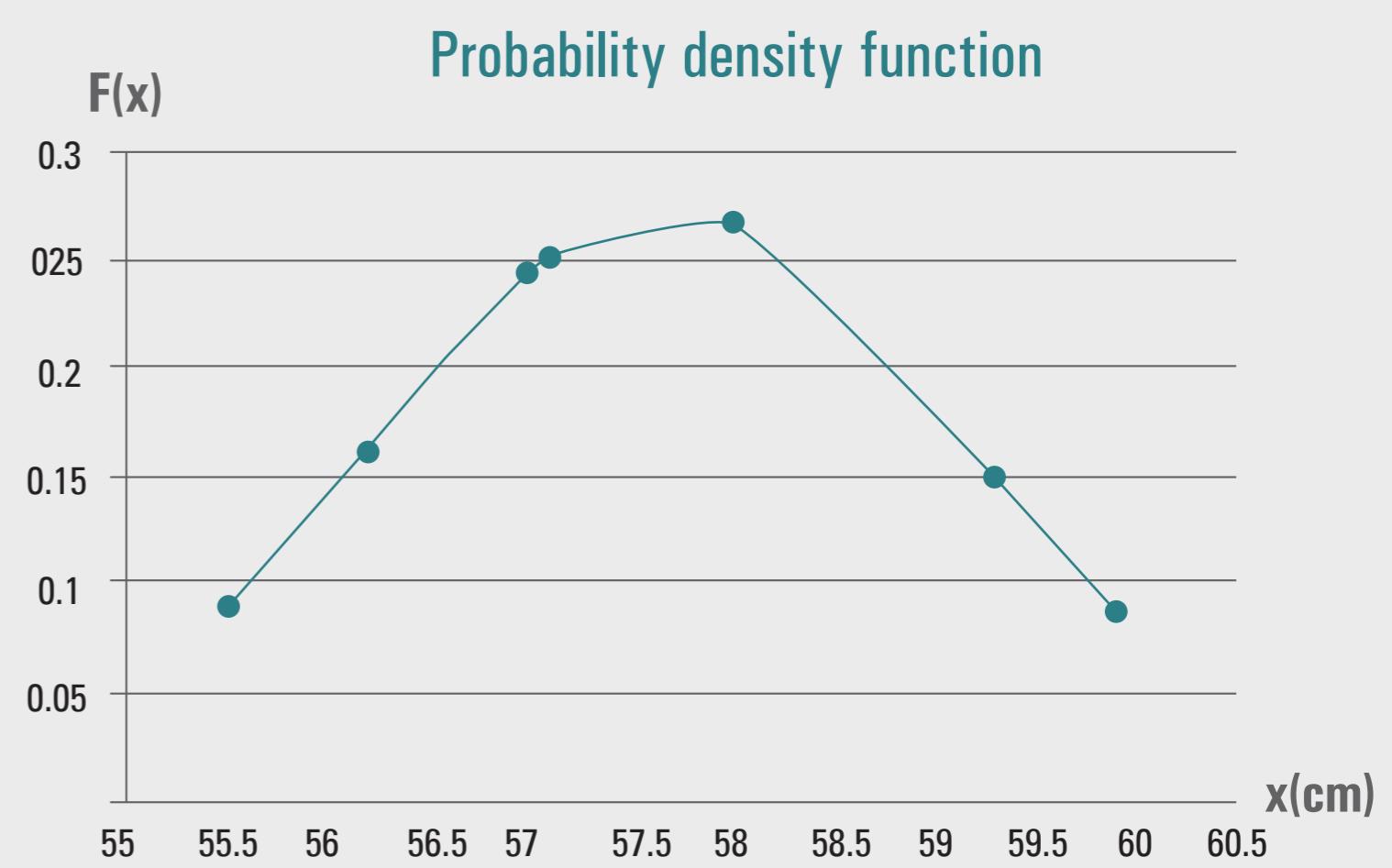
MAIN FEATURES

Block Light
Block Sound
Smart Alarm

Integrated Sleep Monitoring
Self-powered
Asian-specific Fit

ANTHROPOMETRY

1. HEAD CONFERENCE



2. OTHER DATA

	Intraocular	Extraocular	Between ear	Glabella to Sellion
Mean (cm)	4.02	12.00	28.05	1.69