

Your Workflow Wingman

Nomo is your responsive, health-savvy sidekick—built to support both your focus and your well-being.

While You Work

- Sits quietly beside you during focus sessions
- Guides you to take mindful breaks
- Responds to your pets and gestures, but never distracts during work
- Gets quiet if left idle too long—it misses being included!

Off the Clock

- Purrs when petted
- Waves hello and looks for people.
- Feels happiest when it's brought along and included in your routine

Work better. Feel better. Make Nomo part of your workflow

HOW NOMO WORKS

STANDBY MODE

Nomo boots up in Standby Mode. Its LED gently fades in white, signaling it's awake and ready. In this mode, Nomo looks for gestures like hand **waves** or touches to pet, and it happily waves back when it sees someone nearby or **purrs** when someone pets it. It won't trigger work or break sessions here, but it's alert and interactive.

WORK MODE

Work mode comprises of a **Work session**, where you actively focus on something, and a **Break session**, when you take Nomo to a different location and have a break before getting back.

To begin a Work Session, simply show a closed fist (more about gestures in the next page). If you're already in the work location (**BLUE**), Nomo will begin your work session. If you're not in the work location, Nomo will request you to take it to the work location (more about LED in the next page). During the work mode, Nomo stays quiet: no looking for people and waving, just pure focus.

When it's time for a break, Nomo will glow in **PURPLE** or **YELLOW** depending on your randomly chosen break location, guiding you there. Once you reach the break location, Nomo stops the work session and starts a break session.

If you want to skip a break during a work session, or extend a break during a break session, you can always do so showing the closed fist again. At any time, you can end the flow with a thumbs-up telling Nomo you're done.

We know you spend a lot of time at your desk or any other work location, hustling to reach your daily goals and move forward on your journey to success. However, what many people tend to forget in the process is to take care of their **physical and mental well-being**.

Sitting for prolonged hours, skipping breaks, or staying glued to screens can lead to fatigue, burnout, and even long-term health issues. Studies show that even short, regular breaks can reduce stress, improve posture, and enhance overall cognitive performance. In fact, stepping away for just a few minutes can boost productivity, focus, and decision-making once you return.

That's where Nomo comes in! It nudges you, gently and playfully, toward these breaks so that your work habits support both your **ambitions** and your **health**.

OTHER INFO

WEBSITE



CONTACT INFORMATION

Feel free to contact the creators for any questions or feedback.

Liza Datsenko: yelyzaveta.datsenko@nyu.edu
Sri Pranav Srivatsavai: sri.pranav@nyu.edu

Capstone Advisor: Professor Nimrah Syed



NOMO

A LITTLE FRIEND FOR A BIG
FOCUS

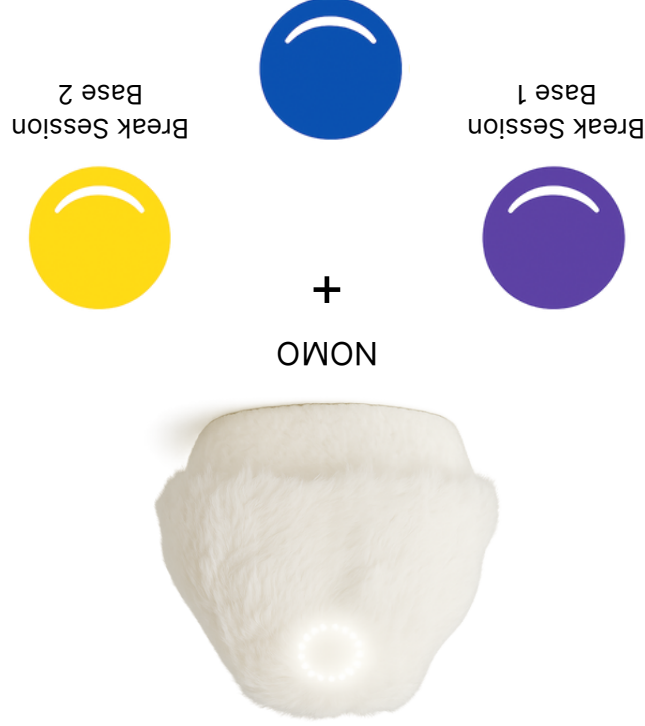
PRODUCT MANUAL

BY LIZA DATSENKO AND SRI PRANAV
SRIVATSAVAI

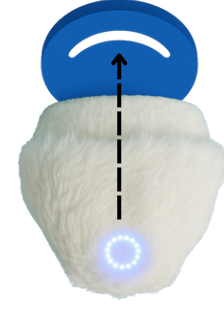


WHAT'S IN THE BOX

1



Align the face of Nomos (LED) with the smile on the base. Refer to the illustration below.



HOW TO PLACE NOMO ON A BASE

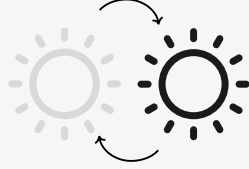
HOW NOMO COMMUNICATES WITH YOU

3

Fading LED signifies that Nomos is in **Standby** mode. Nomos is calm, and just looks around for people in this state. It can wave back at you, purr when petted, and will look for people if it doesn't find anyone for a while. The color of the LED indicates the current or most recent base color. If it's white, Nomos has not recognized any base yet.



Fast Blinking LED signifies that Nomos wants to be moved to the base corresponding to the blink color. Nomos is requesting you, with its puppy eyes, to be taken to a different location. It gets sadder the more it has to wait. This usually occurs either when you want to begin work mode, or during the work mode when Nomos nudges for a break session. Avoid making Nomos feel uneasy by waiting long when it's blinking to be moved to another base.



FAST BLINK



SOLID

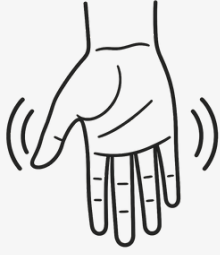
Solid LED signifies that Nomos is currently in the **Work** Mode. Nomos is sitting there quietly keeping track of time and nudging you to take a break and give some rest to your eyes and brain. The color of the LED indicates the current or most recent base. Nomos is comfy when it shows solid LEDs during the Work mode, i.e. avoid keeping Nomos waiting when it's blinking to be moved to another base.

HOW YOU CAN COMMUNICATE WITH NOMO

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Wave at Nomos to say hello and watch Nomos wave back at you! This gesture works when Nomos is in Standby mode. Try waving slowly with an open palm. Nomos cannot understand fast or jerky motions.

⚠ Nomos does not respond to the wave gesture during Work mode so it doesn't distract you while you're working.



- Show a **closed fist** to:
- Start the work mode.
- Extend work session / skip a break.
- Extend break session.



⚠ Nomos gets confused by quick or jerky movements. Hold your fist steady for a second so it knows you're serious! If you show it by accident, Nomos might think you want to extend your work/break session.



Show a **thumb up** once you are done with the work mode, or whenever you would like to wrap up. You'll see Nomos acknowledge by shifting to fade LEDs.

⚠ Nomos takes it seriously if you show this by accident during the work mode.

CAUTION: Please be mindful of unintentional gestures. While Nomos includes built-in safeguards to reduce false detections, certain movements may still be interpreted as valid gestures in some cases.