

RE MINDER

Be mindful before sleeping

Design goal

"encourage a student to create awareness and reduce the use of their smartphone before sleeping alone, to let the body and brain have a good night's rest."

In control // teasing // mindful

Smartphones are one of the best inventions and we can't live without them. We wake up and we go to bed with it. We see our smartphone as an irreplaceable 'friend' and depend a lot on them since it's always available 24/7. Technology allows us to have creativity, enjoyment and connectivity until overusing might be negatively impacting our lives without us even knowing. To become aware of this situation and be in control, we take one step at the time to be more mindful and reduce the smartphone usage before sleeping. Sleep is the sacred moment for the brain and body to repair and prepare itself for the next day. When you are sleeping, the smartphone won't be used. What if we can change this daily behavior in an annoying, but in a nice way?

Before we go to sleep, we tend to plug in the charger and leave it overnight to charge. To wake up and see that the phone battery is full (100%) gives a feeling of reassurance, because you are also energized. And can start the day together. But what we forget is that the smartphone will be fully charged after 1 hour even though you are still asleep. This is very damaging for the batteries and we should not do it for the sake of the longevity of the phone. Instead we can use wireless charging. This alternative is more 'healthier' for the smartphone as it takes more hours to charge and in the end is better for the phone. There is no need to quick charge your smartphone overnight.

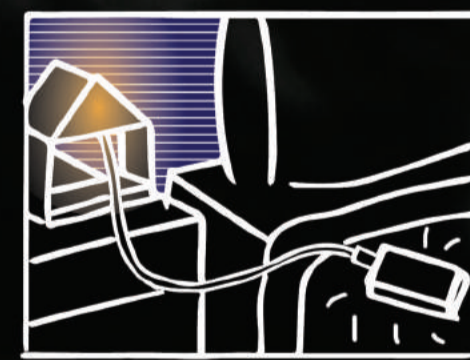
Storyboard



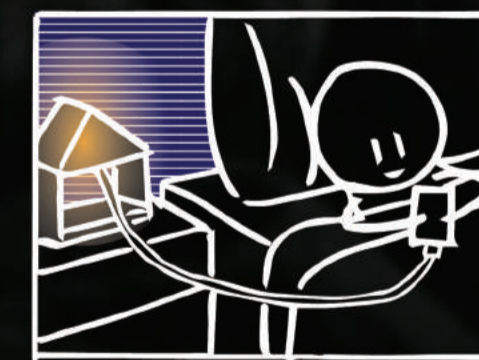
1 Planning on going to sleep. Pull out cable.



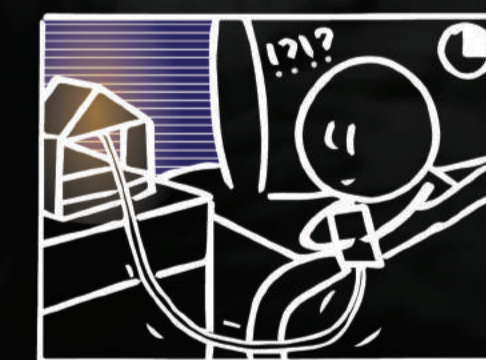
2 Put charger into smartphone. Re(m/w)inder lights up.



3 Turn off roomlight. Re(m/w)inder shines bright enough to see the room.



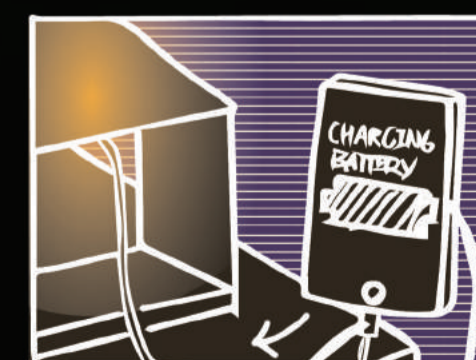
4 Going to bed and play with the smartphone for X min.



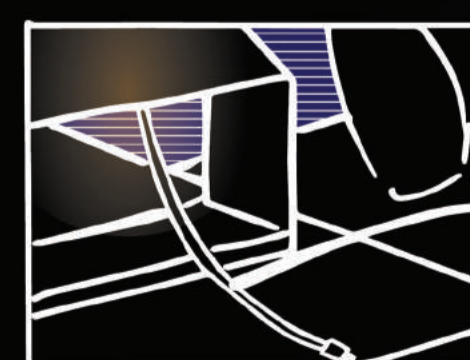
5 Cable retracts slowly. User notices.



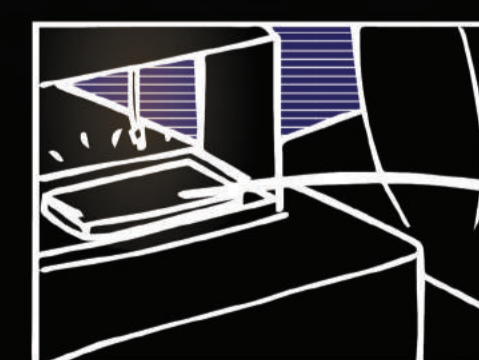
6 'I want to play more'. Pulls out the cable again. This repeats: Cable retracts faster.



7 Or when the user wants to sleep. Pulls charger out of the smartphone.



8 Shortly pull the cable back and it will retract itself.



9 Put phone on the slow charging area and the light turns off.



10 User goes to sleep mindfully. Good night!



Slow Charging
Putting the smartphone in the slow charging area



Pulling out the cord from the retractable cable system



Fast charging
Plugging in the smartphone to charge

Re(m/w)inder (you can pronounce it as reminder or rewinder) is the product that enables and encourages you to be mindful before sleeping while you are in control with a new interaction. It is a two-way charging station with dimmable light. The product offers you two choices. **Fast charging** with the cable, that's the usual way of charging. And an alternative way: **slow charging** (wireless charging). Both options results in that the user is more mindful of the situation of using the phone before sleeping. How? When you use the fast charging option, you pull out the cable and after a while the built-in retracting cable system rewinds the cable, slowly teasing and reminding the user to stop playing the smartphone. Want to use the phone more? No problem, pull out the cable again, but this time the cable will retract faster. When you are done using the phone, it's time for both of you to rest. You in bed, your smartphone in the slow charger area of Re(m/w)inder.