

Cycle 3

EL

Be mindful before sleeping

Lina Li
4234200

Context



Interaction Vision

The interaction with my
concept should be like:

“a girl lying on the grass and
taking a deep breath before
blowing on a dandelion”



- In control -
- Teasing -
- Mindful -

Design Goal

“encouraging 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.”

Main findings

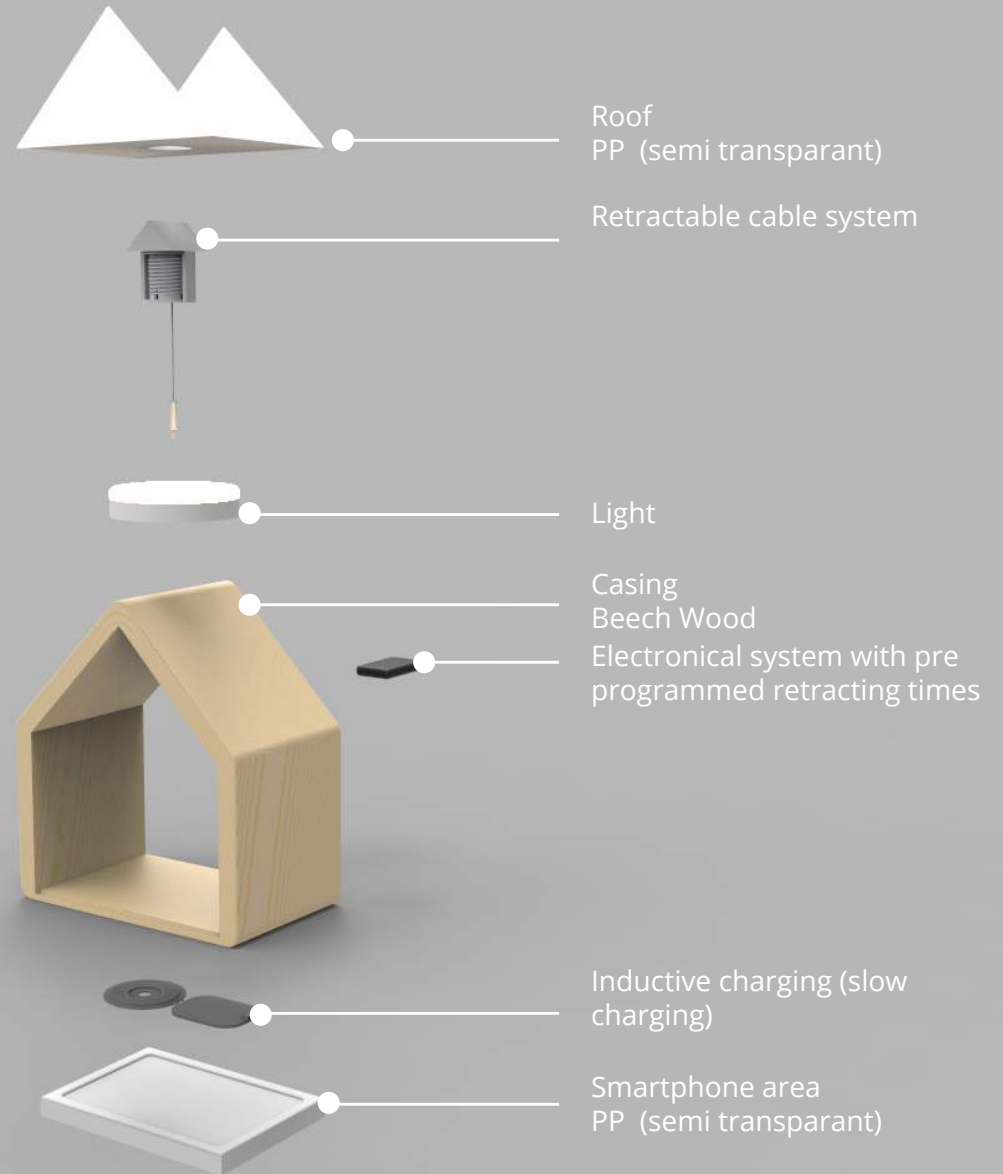


- We want to be and stay connected before sleeping
- A fixed place for the smartphone
- Introducing wireless charging as a healthier charging alternative for smartphones
- Making decisions creates friction in the moment and leads to creating awareness and change in behavior

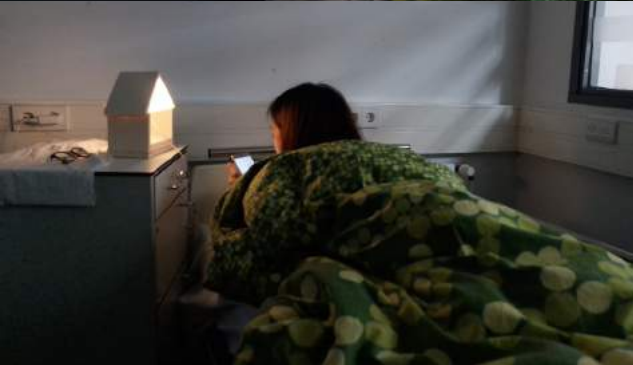


REMEMINDER

Re(m/w)inder



The results



- In control 5,6/7
- Teasing 4,4/7
- Mindful 6,3/7
- Meaningful 5,4/7
- Awareness 5,7/7

- 10/12 agrees that the design goal is met with the re(m/w)inder
- can be more teasing
- not forcing

Thank you for listening~

Are there any questions?

