

A novel intelligent sunflower and application solution facilities interactive circadian health management

ABSTRACT

Communicate mobile technologies allows people to work and study anytime and anywhere. Telework becomes a new trend lifestyle. However, people have to face social jetlag without a regular schedule, the misalignment between biological and social time. The circadian disruption causes damage to people's health. People's attitude toward circadian is the key to help them change unhealthy behavior.

DESIGN CONCEPT

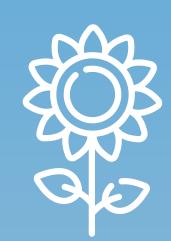
Circadian App is designed to help users manage their circadian situation by recording their sleep, eating, and exercise activity. According to their circadian activities record to urge them to reflect on their lifestyle.

The sunflower interactive light represents user's health situation based on their circadian. The change of sunflower (blooming or closing) is the consequence of the user's circadian management and triggers user change behaviour.

DESIGN CRITERIA







CONSEQUENCE



SMART DEVICE + IoT

VISION STATEMENT

Urge teleworks to reflect their attitude of circadian, showing the consequence of circadian disruption to trigger behavior change, and use IoT + Smart product maintain a healthy lifestyle.

TARGET USER

Teleworker

General people who have social jetlag

FACTORS

Forced factors	Work/School requirements, workload, diseases(physical/mental)	Hard to adjus
Social factors	Overtime culture; "Enjoy the moment" value	
Environmental factors	Unfamiliar environment; Light/noise; Influence by cohabiting members	
Personal factors	Need private rest time; Want to finish work/study earlier; Self-control; Time management ability,	
	Personal attitude: "Nothing is more important than my sleep" VS "I would trade my sleep time to work/casual time"	
		Easy to adjust

USER JOURNEY MAP

Change Model of Public Health

Precontemplation

Contemplation

完成

设定我的「理想生物钟」

理想生物钟 你可以手动调整理想的活动时间 我的生物钟

2021年7月1日今天

Preparation (Determination)

我的向日葵

Action and Maintenance

Solutions









我的向日葵

预测情况:情况







Behavior

Enhance understanding about circadian background knowledge

Aware of self lifestyle by record 'My circadian' Share 'My circadian' with friends Reflect circadian current situation by report Realize the health consequences affect by circadian

Adjust circadian clock by Smart Sunflower and IoT device