



# Circadian

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



REFLECT



CONSEQUENCE



SMART DEVICE + IoT

## VISION STATEMENT

Urge teleworkers 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 adjust ↑ ↓ Easy to adjust
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"	

## USER JOURNEY MAP

Change Model of Public Health



## Solutions

## 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