



Lego™ to Sleep

BY JACKIE CHOU

Lego™ to Sleep is a kit that helps you track your bedtime routine using both analog and digital methods. This kit helps you explore your bedtime ritual: things you do before sleep. It could be something as simple such as brushing your teeth or reading a chapter of your favorite book. It consists of a physical kit to track your sleep routine using legos, as well as integration into the Philips SleepMapper App and SmartSleep band.

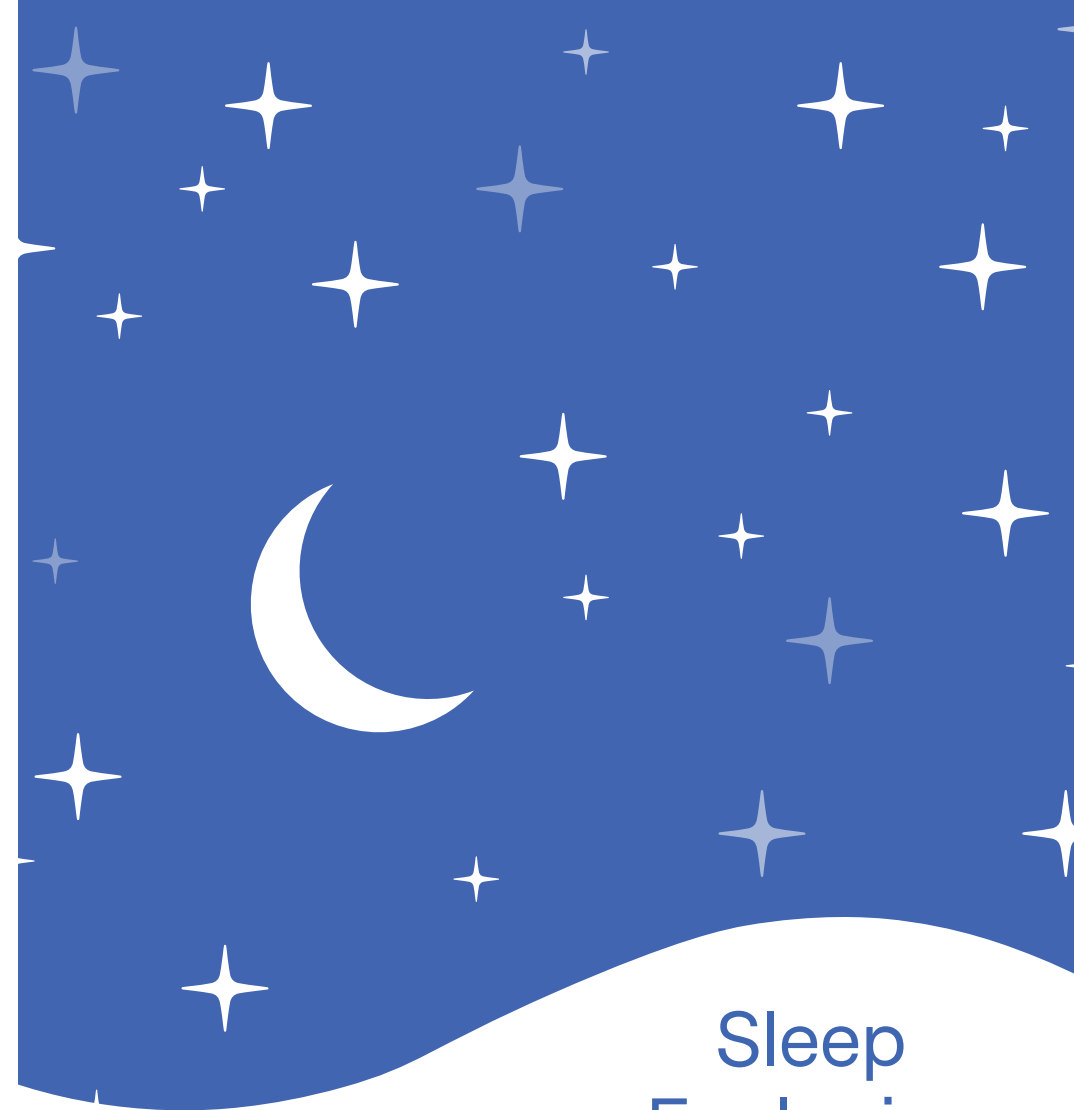


Making Time

BY TAMMAR ZEA-WOLFSON

Habits which support well-being and healthy sleep behaviours often fall away during the busy times of our lives.

A continuation of research into how people imagine human temporality, Making Time is an analog recorder which acts as a daily reminder intention. Audio cues help individuals or groups attend to the practice(s) they deem most valuable over the course of a week, a month, or a full season.



Sleep Ecologies

Environments Studio IV
Spring 2019
School of Design, Carnegie Mellon University

Dan Lockton, Instructor
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Sponsored by 

about this project

In this project, developed in collaboration with Philips Design, we have applied our Design for Environments skills and sensitivities to understanding the ‘ecologies’ of sleep, wellbeing, and mental health, with student life as a context. We are working on designing and developing creative and playful methods of engagement, using probes and prototypes to explore and intervene in people’s habits and routines around sleep, and particularly considering an ecology perspective where the environments (physical and digital) and other contextual aspects of people’s lives are treated as connected and important aspects.



Sleep Armor: Combating Discomfort

BY CJ WALSH

I am exploring non-traditional sleep environments, specifically within the within the context of college campuses, but also generally looking at public sleep practices. Students on campuses often work late hours in libraries, labs and studios; spaces not conducive to a relaxing or rejuvenating nap.



Forest of Sleep: Data Enabled Digital Environments

BY ERIN RYAN

I’m exploring how data relating to our sleep can be translated into a visceral, digital landscape that both confronts you with the realities of your sleeping habits while calming and relaxing you as a way to prepare for bed, all with the underlying prerogative of getting people, particularly college students, to re-prioritize their sleeping patterns, and restructure their sleep habits. The final form of the project will be an interactive digital forest where the form of the trees is informed by Fitbit data about your sleep.



FocusWatch

BY ANTONIO SONG

I’m exploring the relationship between focus and sleep. Sleep is a double-edged sword — lack of sleep has impact on focus, but adequate sleep has a very positive effect on focus. By tracking a person’s focus rate through Google Chrome, I was able to identify an intervention point where the advantages of sleeping at that moment heavily outweighs those of continuously working overtime. The final form of the project will be an Apple Watch app, offering real-time focus-rate measurements, series of watchfaces and a nudge system.