**FEATURES**

**AWARE**

You can choose between sound, vibration, light, or any combination of ways to wake up. Once you decide it’s time to get some sleep, you can quickly and easily toggle between awake mode and asleep mode.

**INTEGRATION**

AWARE is designed to be worn every day comfortably and discreetly. Thanks to the versatile clip design, AWARE can be integrated into any bracelet, watchband, or armband.

**DISCREET**

Our wearable detects the bodily signs of falling asleep in a non-intrusive way. Using medical grade materials and technology, AWARE does its job without limiting your daily life.

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**APPLICATION**

**CUSTOMIZATION**

The app customizes AWARE to your body and your preferences. You can decide how sensitive the wearable should be to your level of sleepiness, how you prefer to be woken, and more.

**RESPONSIVE**

In addition to choosing how to be woken up, you can also choose if you want the wearable or your phone to wake you up. AWARE can also send you custom tips on getting healthy rest based on your own sleep patterns.

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**USER RESEARCH**

We surveyed 75 participants to discover:
- High frequency of feeling fatigue
- Sleep perceived as tool for staying awake
- Major impact of fatigue on work life
- Fatigue leading to dangerous situations

**PROTOTYPING**

AWARE has taken shape through many iterations of prototyping that have included:
- Sketches
- Paper models
- Wireframes
- 3D prototypes
- Mockups
- CAD models

**USABILITY TESTING**

We conducted two rounds of usability testing with multiple iterations of wearable and app prototypes to find out:
- Comfort of wearing each prototype
- Usability of wearable and app system

**WEARABLE TECHNOLOGY**

Using medical sensors such as PPG, our wearable detects changes in physiology that occur at the onset of sleep, such as:
- Body temperature rapid decrease
- Heart and lung activity decrease
- Blood oxygenation increase