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PROCESS BOOK

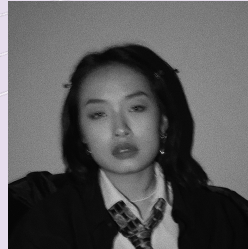# MEET THE TEAM

Kelly Pobgee

Project lead
Research lead

Kayla Haselein

UI lead
Videographer

Lina Cai

Visual design lead

Tang Tantivirun

Information Architect
Videographer

Madeline Walz

Product designer
Copywriter

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CONTENTS

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PROBLEM

PROBLEM

Stress is a major health risk.

Despite being something we deal with each and every day, prolonged stress increases your chances for everything from the **common cold** to **cardiovascular disease**.

That being said, despite all its negative effects, how you view and handle stress allows you to go as far as **creating your own positive biology.**

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STRESS CAN BE...

Mental

Physical

Emotional

TOPIC OF INTEREST

Taking a more physical approach to stress reduction for those in fast-paced work environments, with concepts like biofeedback training, haptic stimuli, and even classical conditioning.

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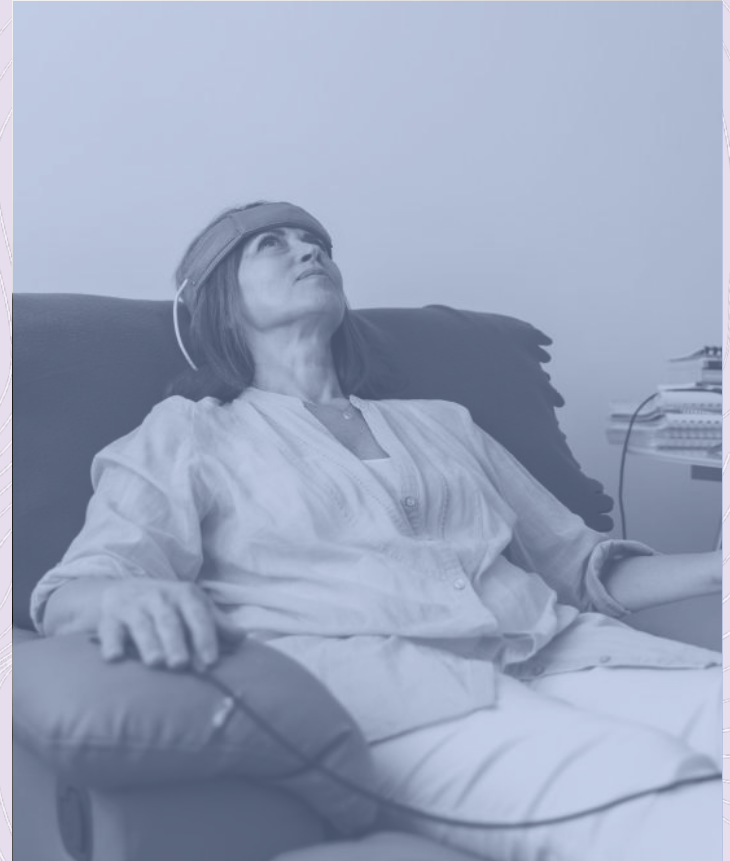# BIOFEEDBACK

WHAT IS BIOFEEDBACK?

/ˌbīōˈfēdbak/

noun

A process that focuses on **learning to control** your
body's involuntary physiological responses to stress.

The use of technology in some way to monitor physical reactions
in order to manage anxiety, stress, and distress.
Dr. Karin Cabeza

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Based on the visual feedback, the user learns to modify their **voluntary responses,** to achieve healthier **involuntary responses** for future exercises.

WHAT DOES THIS MEAN?

The user goes through **exercises** where they deal with things they **can control**-- like breathing or muscle tension-- to lower vitals they **can't control**, such as:

blood flow

temperature

pain perception

heart rate

blood pressure
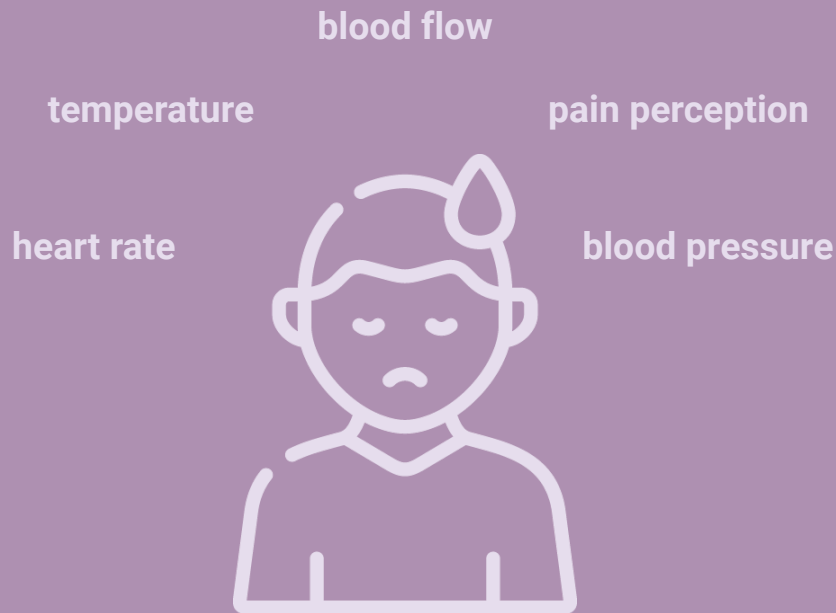
"Biofeedback therapy
is a process of
training as opposed
to a treatment."

PROCESS

Electrical sensors attached to patient

Sensors also connected to feedback device

Therapist guides patient through stressful exercises

Patient also gets recovery periods

Therapist trains patient on how to interpret the feedback

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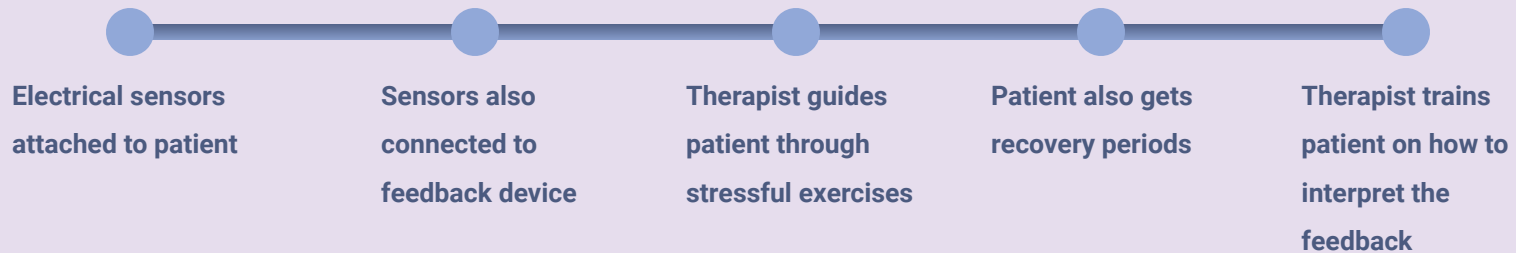
GOAL

For the user to be able to see

lasting results without

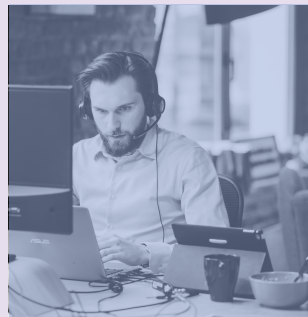continued use of an instrument.

TARGET AUDIENCE

TARGET AUDIENCE

People in fast-paced work environments with tight deadlines.

Life or Death

First responders

Pilots

Hospital employees

People Heavy

Customer service reps

Lawyers

Heavily Collaborative

Advertising employees

Construction teams

Film production teams

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WHY THESE GROUPS?

These constitute some of the **highest-stress** jobs.

These also constitute some of the **fastest-paced** jobs.

Stakes are high, time is low; a fast-acting, solution-oriented, biological treatment is the **best fit** here.

Simply put, because they **need** it the most.

NEED #1

Busy people want an **instantaneous** effective method of relieving their stress **while at work.**

NEED #2

Busy people may need to take a more **self-regulated approach** to their stress reduction.

NEED #3

Busy people **cannot** use a method that calls for **a lot of time** out of their daily life or **a lot of interruptions.**

SO HOW'S IT WORK?

User completes short, cyclical biofeedback exercises **at home** with an **app and wearable pair.**

A **haptic stimulus** is present for all exercises completed.

While at work, biofeedback wearable **monitors vitals.**

If stress gets above a certain threshold and becomes negative, the same **haptic stimulus intervenes.**

User can use what they have learned to calm themself down **in the moment.**

EXPECTED OUTCOME

Create a product that makes biofeedback therapy **accessible for day-to-day use**, provides a **quick and effective** way to mitigate workplace stress, and is **distraction free** for fast-paced work environments.

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PRIMARY RESEARCH

Survey

Aimed at people who are more prone to stress than others. Goals include discovering pain points for work stress, touch points for current stress relief methods, and familiarity/comfort level with wearables.

User Interviews

Target demographics.

Expert Interviews

To include clinical psychologists and behavioral therapists, biofeedback therapists, equipment technicians.

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RESEARCH

Wor

Our group
There are
All answe

1. How o

○ Unde

○ 18-2

○ 30-39

SURVEY

The survey focused on working stress and wearable devices. We aimed to find the **demographic characteristics**, **cause of working stress**, and a**cceptance of wearable devices**.
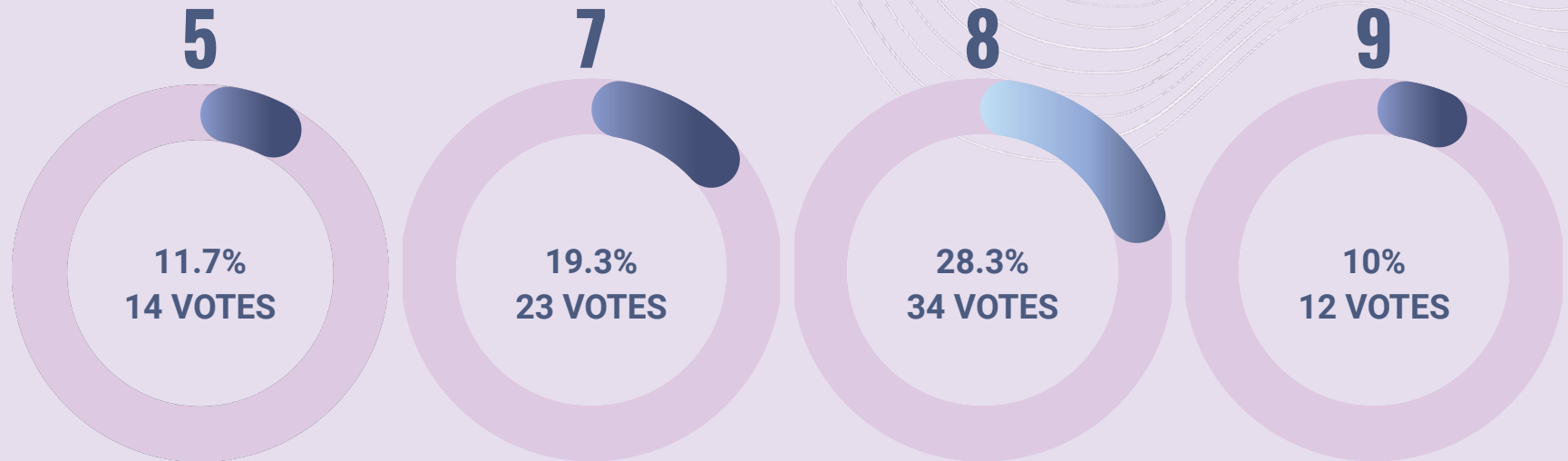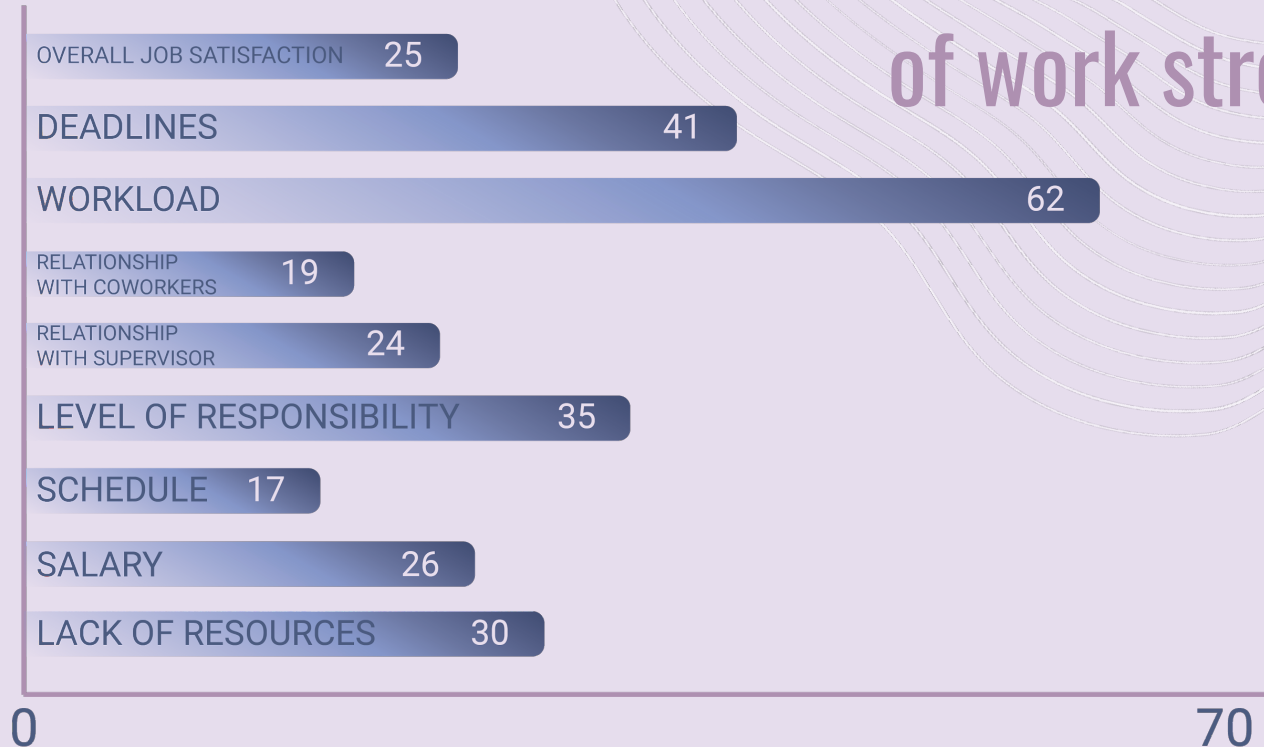
18 MULTIPLE-CHOICE

120 RESPONSES

What is your type of employment?

Employment Type	Count
SALEMAN	6
TEACHER	9
WORKER	9
LIFE OR DEATH JOB	6
DESIGNER	4
OFFICE WHITE-COLLAR	40

0   40

On a scale of 1-10,
how stressed do you feel at work?

5

11.7%
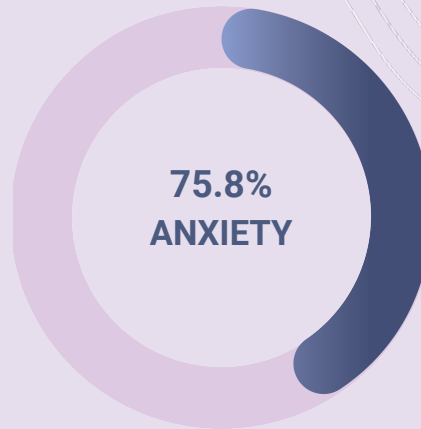14 VOTES

7

19.3%
23 VOTES

8

28.3%
34 VOTES

9

10%
12 VOTES

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What symptoms of stress do you experience?

ON BODY

68.3%
SLEEP
PROBLEMS

IN MOOD

75.8%
ANXIETY

IN BEHAVIOR

55.8%
OVEREATING OR
UNDER EATING

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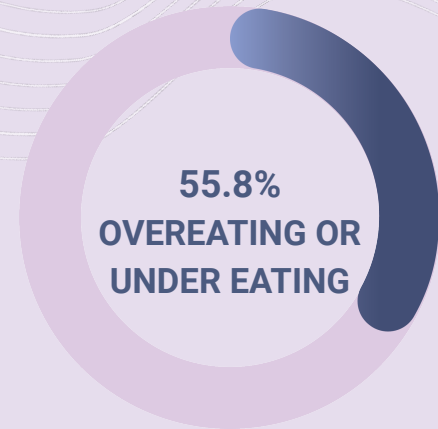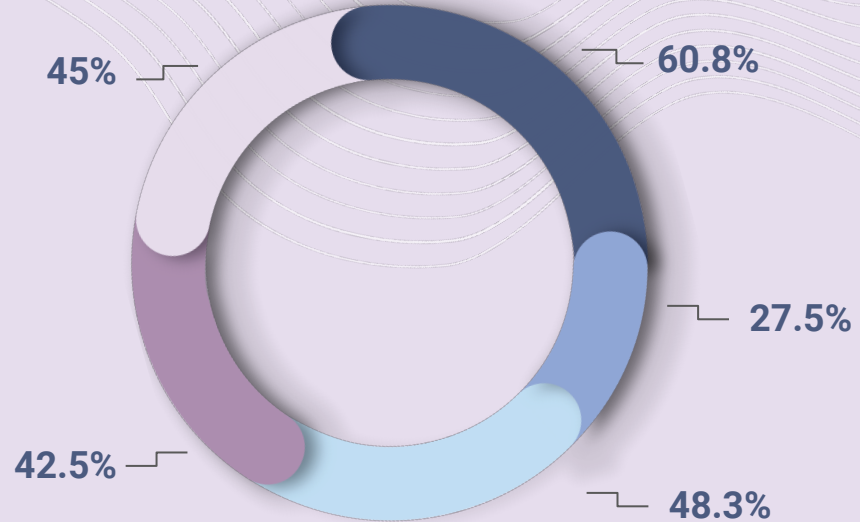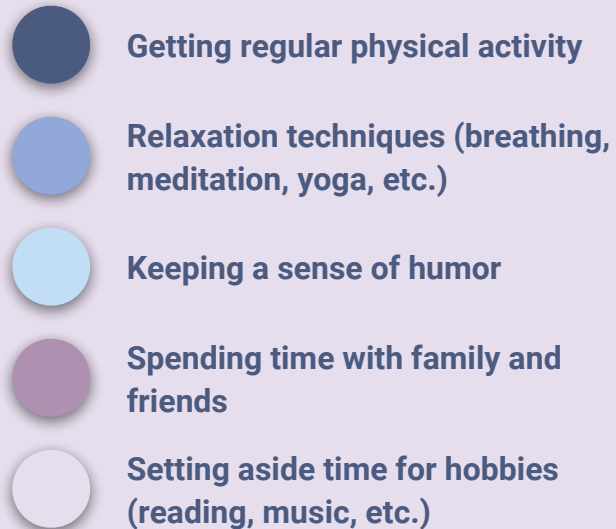
How comfortable are you with using wearable devices?

3

27.5%
33 VOTES

4

40.8%
49 VOTES

5

23.3%
28 VOTES

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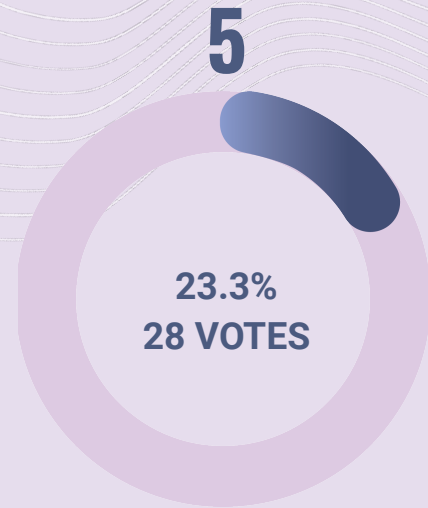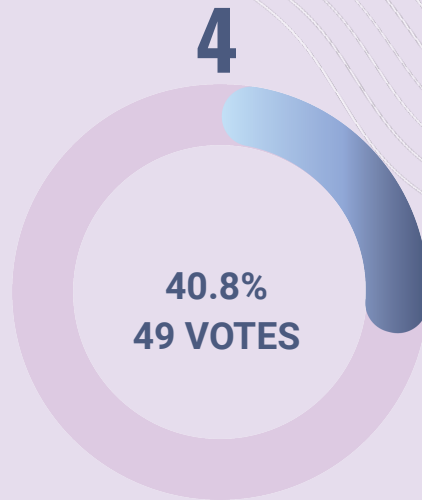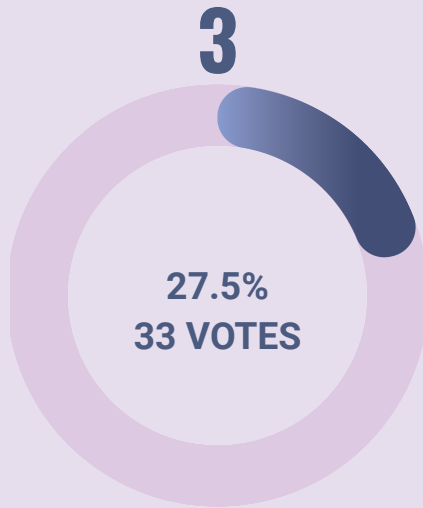
Do you currently use a wearable device regularly?

60%
No

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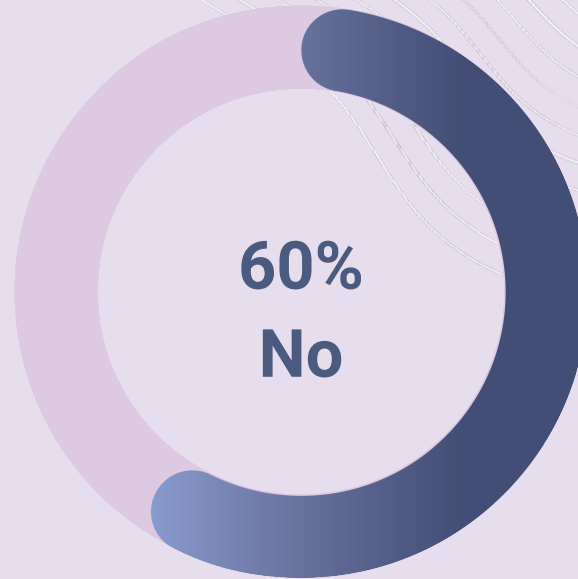
SURVEY INSIGHTS

- Fast-paced jobs and jobs heavy in communication cause more stress than other types of work.

- Workload and deadlines were the main complaints, reinforcing our demographic choice.

- The older people got, the less likely they were to have or want a wearable.

USER INTERVIEW

These interviews focused on people who work in **life or death jobs**, creative fields with **high levels of collaboration**, and jobs that require **communication** with the public. We aimed to know their working stress, stress relief methods, and experience with wearable devices.

19 INTERVIEW QUESTIONS

10 INTERVIEWEES

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USER INTERVIEW INSIGHT

People differ in their stress tolerance.

"I usually work for 15 hours if I do have surgery. However, compared with other hospitals, the pace of my work is slow."

The way people relieve stress is related to their living habits and hobbies.

"I used to spent 6 hours talking with my friends. In regards to sketching and running, I will do these everyday for 30 min. It became a habit of mine."

People are impatient with the effectiveness of a new approach to stress relief.

"... if given a week of time it has an effect, I will stick to it. If not, I will give it up."

Many people think wearable devices are unnecessary because they are not part of their daily habits already.
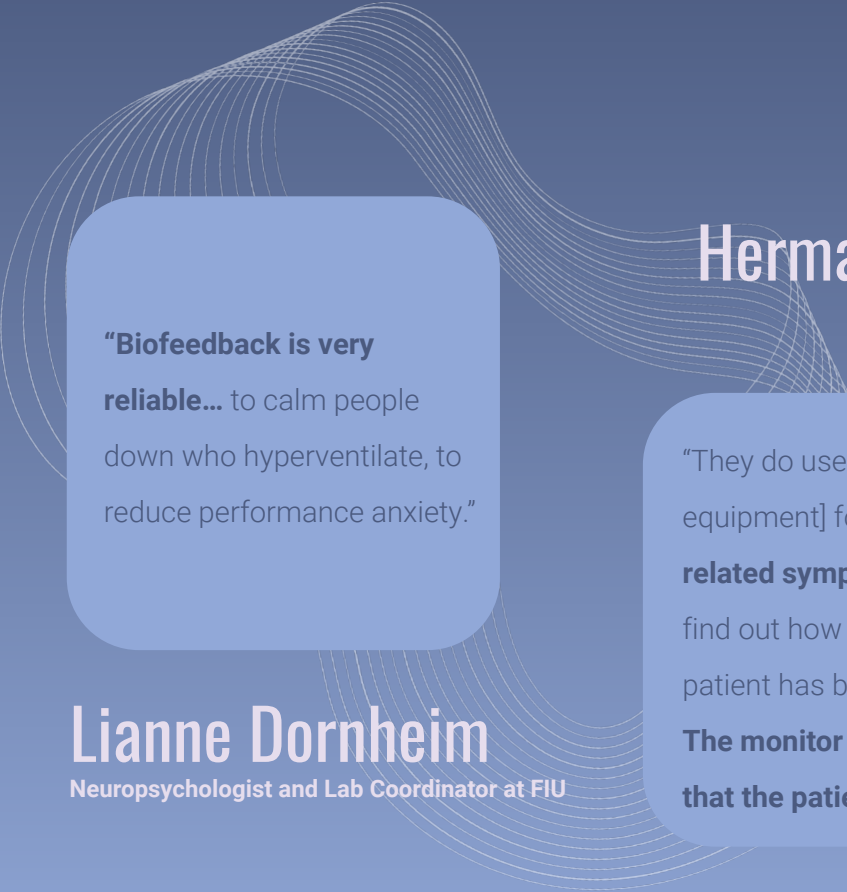
"I used to have a bracelet, but I used it for a week and it didn't work. [I stopped using it] because I found that the health function in the iPhone can replace the bracelet."

11

EXPERT INTERVIEW

The goal of these interviews was to discover the perspectives of different health professionals on **how people deal with stress, the connections between different approaches, and the possibilities of biofeedback use to lower stress.**

15 VARIED INTERVIEW QUESTIONS

5 INTERVIEWEES IN 4 DIFFERENT SPECIALTIES

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Herman Strong
ICU Nurse

"They do use [this equipment] for **stress-related symptoms** and to find out how long the patient has been this way. **The monitor can tell a story that the patient can't…"**

"**Biofeedback is very reliable…** to calm people down who hyperventilate, to reduce performance anxiety."

Lianne Dornheim
Neuropsychologist and Lab Coordinator at FIU

"**Online therapy** is an important part of our society. It allows people to work on a schedule that works for them. **Telehealth…** makes therapy **more accessible** for a wider amount of people."

Eb Roberts
LCMHC, JD, BC-TMH

"I, personally and professionally, believe in **people learning how to control themselves**. It's based on how engaged and willing people are, but people can **see** what they are doing is **working**."

Dr Karin Cabeza

Biofeedback Therapist
Psychologist with Memorial Health Physical Therapy

"Another struggle I seem to find is a large **lack of ability to self-soothe**. I work a lot with my patients on being able to self-soothe themselves **without** looking for **external factors** to do this (alcohol, drugs, people, places, things)."

Alexandra Gleason

LMFT

EXPERT INTERVIEW INSIGHT

- No matter what therapy method was assessed, **slowing down breathing and heart rate** was a recommended stress reduction method.

- Instructions need to be **both clear and specific** to put stressed people at ease.

- Exercises learned **must be practiced daily** by the patient at home to see results. People must be open and willing to change.

- People who are in a lot of pain or suffering are more willing to try **just about anything** that may help.

PAIN POINTS

What stresses our users out

INEVITABILITY OF PRESSURE

SHORT TERM EFFECTIVENESS FOR RELIEF

LACK OF CONSISTENCY

DISTRACTING ENVIRONMENT

HUGE EXPENSE ON TIME AND MONEY

TARGET AUDIENCE

People in fast-paced work environments with tight deadlines.

Ages 18-49

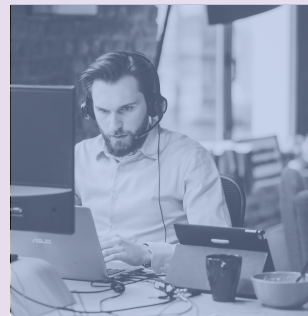Can't wear wearables at work

~~Life or Death~~
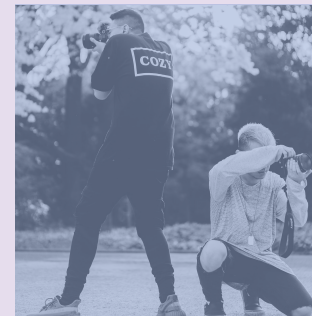
~~First responders~~

~~Pilots~~

~~Hospital employees~~

People Heavy

Customer service reps

Lawyers

Heavily Collaborative

Advertising employees

Construction teams

Film production teams

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MINDSETS

The Zen Master

The Fitness Techie

Mental/ Emotional ← → Physical

The Emotional Philosopher

The Naturalist

Skeptics

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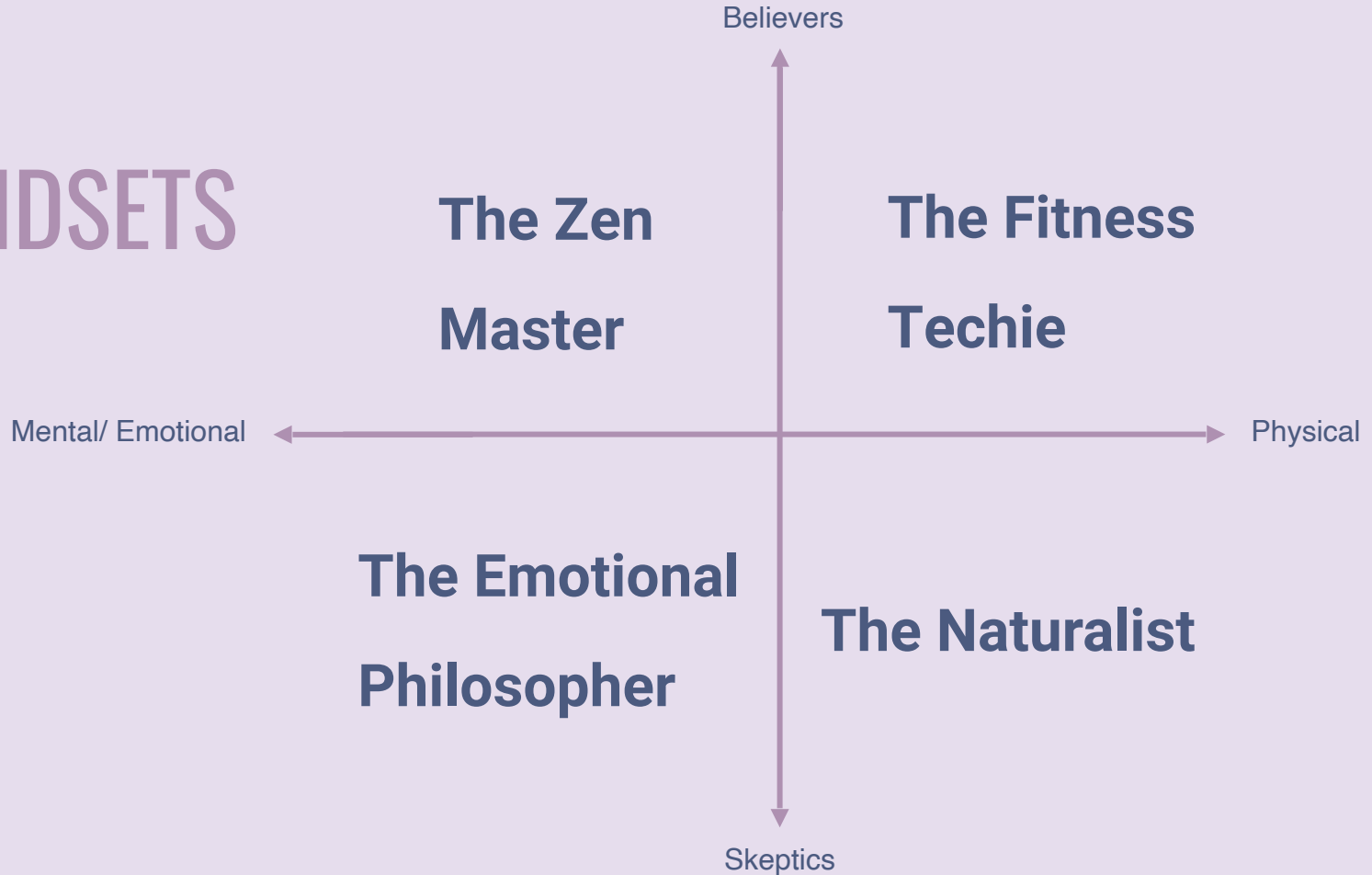
Believers

"I have almost all of them [wearables]. Wristbands, watches, and all the good electronics that go around your neck."

The Fitness Techie

Physical

- Gets out their stress in a physical way such as exercise
- Uses wearable devices such as a smartwatch or Fitbit
- Is open to trying new things and stays up to date with the latest technological trends

2/10
interviewees

1/10
interviewees

- The type to walk or perform a physical activity for relief
- Does not own a wearable and is not sure they would
  ever want to
- Doubts that wearables give back reliable information
- Not much of a tech person

Physical

"I'm not going to buy it. ... I'm
not very interested in this kind
of high-tech product."

The Naturalist

Skeptics

3/10 interviewees

- Might throw themselves into their work or read to help with stress
- Uses no wearable technology and is more critical of it because they are not sure if it works
- Prefers personal interaction over interaction with a device but is often open-minded of it.

Mental/ Emotional

The Emotional Philosopher

Skeptics

"Last week I had a theory exam, so I read books and reviewed the exam in my break time, which can relieve my pressure."

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The Zen Master

Believers

Mental/ Emotional

- Loves to use wearables already for mental health purposes.
- Engages in mindfulness and breathing already
- Relies on support from friends
- Favors a relaxing environment

"I don't have a specific break, so I get up and walk around when I'm tired. I go to the balcony to get air, drink tea, or go to see my own flowers."

4/10
interviewees

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AFFINITIZATION

Using our information from our **secondary and primary research**, we gathered our insights, HMWs, and pain points.

≈**500** DATA POINTS

≈**70** I STATEMENTS

6 HOW MIGHT WE'S

HOW MIGHT WE

make stress relief accessible to those that don't have time or resources for comprehensive mental healthcare?

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HOW MIGHT WE?

HMW make stress relief accessible to those that don't have time or resources for comprehensive mental healthcare?

- HMW make a physical approach to stress relief that still maintains necessary individualization?

- HMW appeal to varying effort/willingness levels?

- HMW use the method to mitigate both physical and mental/emotional stress symptoms?

- HMW boost job performance in the workplace with little to no distraction?

- HMW appeal to individuals that already have set routines for stress relief?

CONCEPTS

COMPETITIVE ANALYSIS

	WATCH	fitbit	Vital-Radio	Somnology	spire	spire
Heart Rate	✓	✓	✓	✓	✗	✓
Breathing	✗	✗	✓	✓	✓	✓
App	✓	✓	✗	✓	✓	✓
Contact-free measuring	✗	✗	✓	✗	✗	✗
Focused on stress relief	✓	✓	✗	✗	✓	✓

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COMPETITIVE ANALYSIS

Accuracy

Vital-Radio

Opportunity area

Somnology

spire

spire

fitbit

WATCH

Usability

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CONCEPTS

In developing our concepts we used the **insights**, **HMWs**, and **pain points** we gathered .

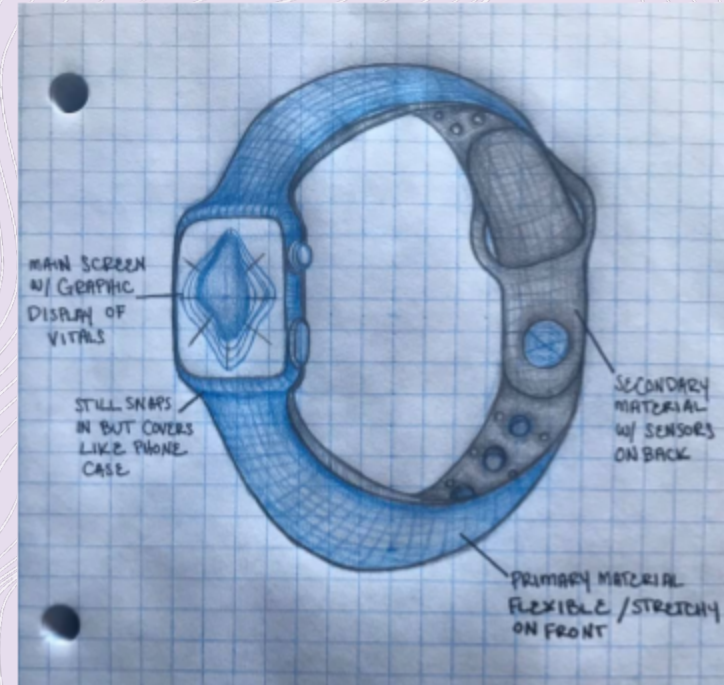**3** **PRELIMINARY CONCEPTS**

Watchband

Smart Home Device

Phone Case

WATCH BAND CONCEPT

Watch band with **built in sensors** that monitors skin conductivity and temperature for biofeedback that **works in tandem with the smart watch's built-in monitoring capabilities.**

Paired with a **smart watch app** that depicts feedback visually and takes the user through guided exercises, the watch band **boosts the functionality of the watch itself** and gives the user **more control** over their bodily responses than ever before as they watch their feedback lower to normal levels.

MAIN SCREEN
W/ GRAPHIC
DISPLAY OF
VITALS

STILL SNAPS
IN BUT COVERS
LIKE PHONE
CASE

SECONDARY
MATERIAL
W/ SENSORS
ON BACK

PRIMARY MATERIAL
FLEXIBLE / STRETCHY
ON FRONT

HOW DOES IT WORK?

Using our product's ability to measure

Using Apple Watch's ability to measure

Skin Conductivity

The skin momentarily becomes a better conductor of electricity during periods of emotional arousal.

Temperature

Body temperature rises during moments of stress. One main cause of this is narrowing of blood vessels.

Pulse

Pulse rate quickens in times of physical activity, but also during times of stress.

Breath Rate

During times of stress, breathing becomes quick and shallow. Deep breathing is also one of the quickest ways to relieve stress!
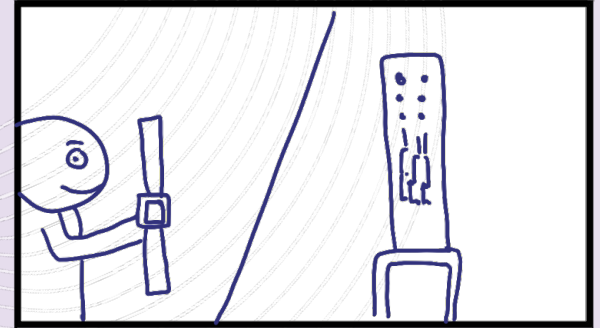
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WATCH BAND STORYBOARD
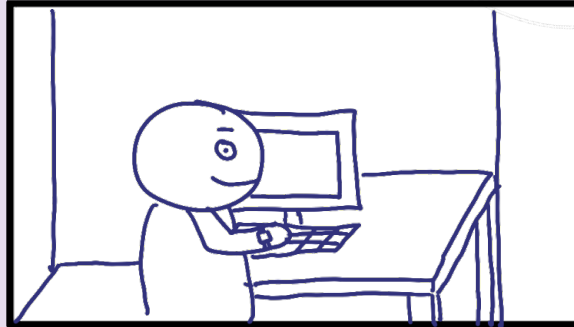

The Fitness Techie's job has been very stressful.

When she gets home, her mind is still focused on work, and it's driving her crazy. It's starting to take a toll on her family life.

She buys a new smart watch band and app that uses biofeedback to monitor and relieve stress.

Inhale

She begins using the band and doing the exercises the app gives her.

After a while, she begins to notice a difference.

Not only is she able to stop bringing her work home with her, but she is also less stressed at work!

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SMART HOME DEVICES

This product would be a small, affordable smart device that would **track disturbances in WiFi signals that fit the descriptions of breathing.**

It would **verbally walk you through biofeedback exercises** at the time of your choosing, and **alert your phone or smart watch** with a custom vibration pattern when your stress level passes a certain threshold and becomes unhealthy.

SOME SORT OF
TWIST MECHANISM
@ MIDDLE

PLASTIC

LIGHTS

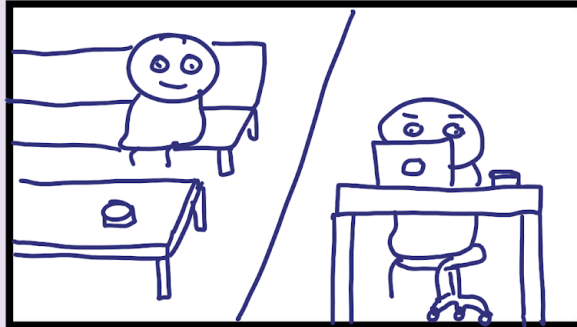CLOTH COVERING
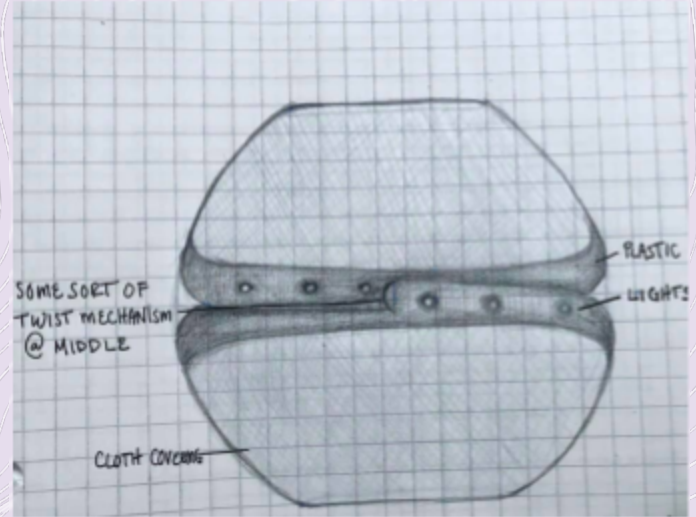
SMART HOME DEVICE STORYBOARD
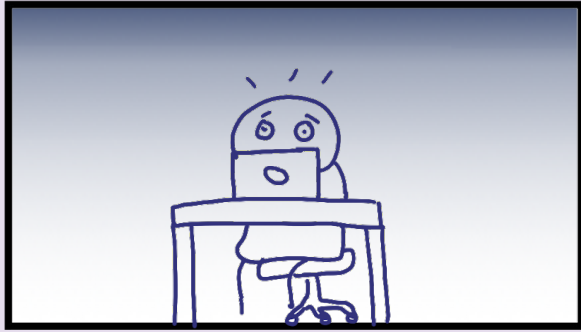
The Zen Master has been struggling with stress at work.
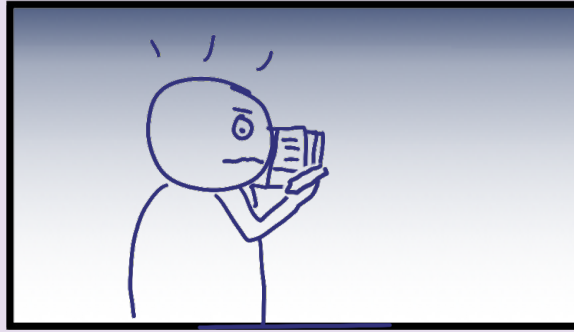
Her usual methods aren't working and she doesn't know what to do.

Then she comes across a small device that monitors her stress at work and home, using WiFi signals! It's not a wearable, but the technology seems cool, so she buys it.

She keeps one part at home and the other on her desk at work.

It talks her through new exercises to reduce her stress, and it works! As she continues to practice, using biofeedback and haptics, her stress level finally begins to go down.

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PHONE CASE

For those not too thrilled with the concept of an extra wearable, this phone case would clip to the waistband of your pants and allow for **monitoring at the hip** of vitals like breathing, heart rate, and temperature.

The device is **paired with an app** for customizable biofeedback training at home and haptic alerts at work. With **sensors on both the front and the back**, the phone case is uniquely able to monitor vitals from both the hands and the hip, **no matter how you are using your phone.**
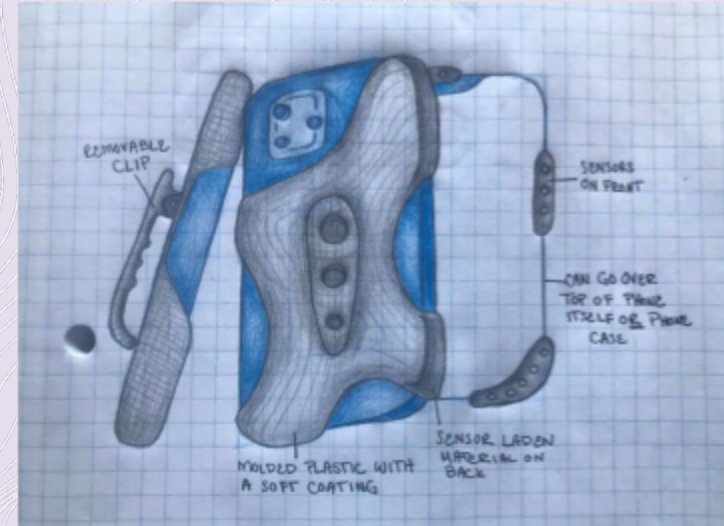
PHONE CASE STORYBOARD

The Fitness Techie's job has been very stressful.

Normally, she meditates to relax, but that isn't working, which makes her more stressed. She needs to get a handle on this.
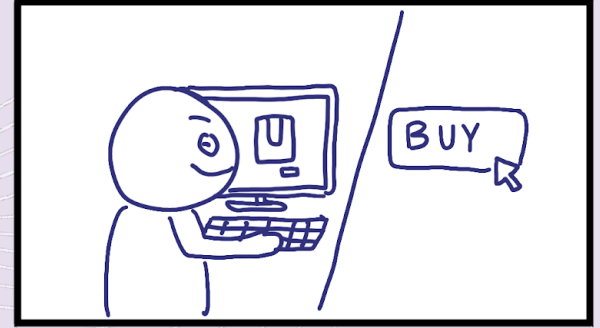
She finds a phone case with biofeedback sensors to monitor stress. She's not sure about this kind of monitoring, but she buys it anyway.

BUY
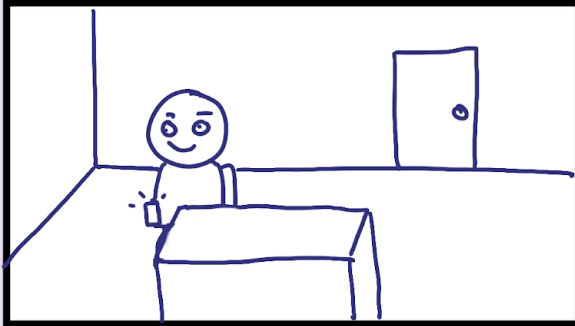
She soon discovers that it's easy to use, and it seems to be working.
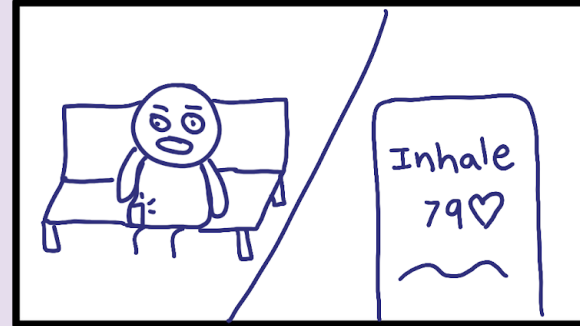
Using the at-home training and at-work haptic notifications, her mental exercises once again help her de-stress.

Inhale
79♡

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CONCEPT REFINEMENT

CONCEPT REFINEMENT
(Physical Product)

- Shape change to the physical product

- One piece

- Device no longer talks to user

- All interaction shifted to app

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COMPONENTS

Physical product

(Worry Stone)

+

Charging pad

+

Companion app

(Ebb)
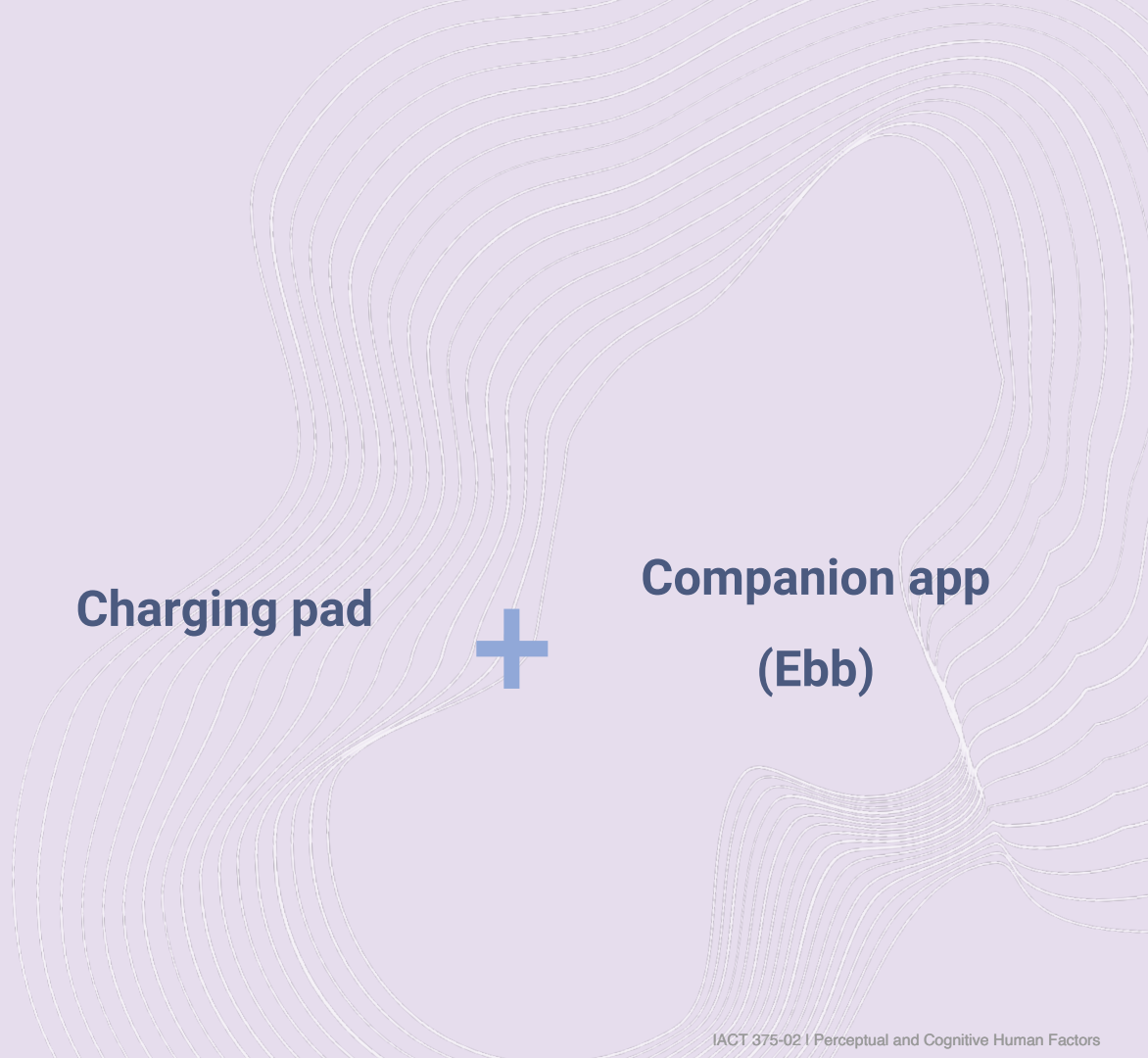
HOW IT WORKS

The device transmits wifi signals which can **bounce off the user.**

These signals can **detect changes in vitals**, such as heart rate and breathing.

If the device is strong enough, it can detect the **differences between multiple people.**

Users can be up to **24 feet away** from the device and still receive feedback.

The signals can even go **through walls.**

INTERACTION MAP

Turn Worry Stone on → Connect it to app via Bluetooth → Create account on app → Allow a week to establish baseline →

- Receive notifications about levels
- Complete exercises
- Conditioning the brain to lower stress
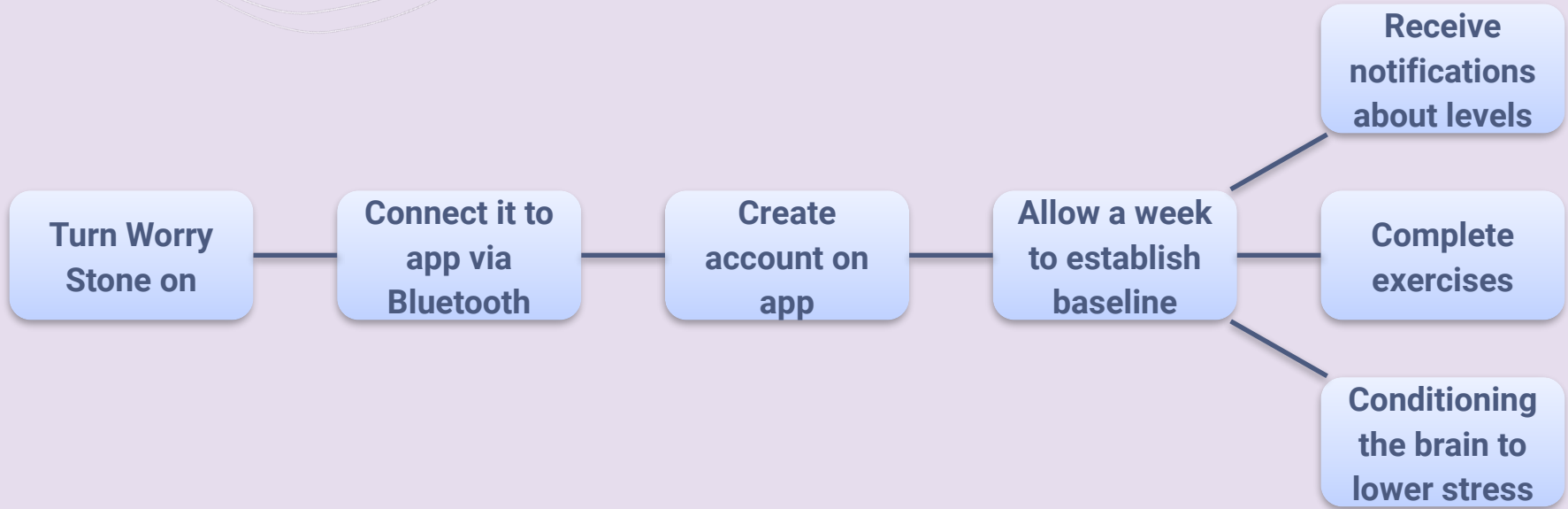
UNIQUE VALUE PROPOSITION

Taking a more physical approach to stress reduction

Combining familiar and trusted exercises in learning to control vitals with real time quantitative feedback to visually display progress and drive motivation.

Wireless monitoring without a wearable

Ability to tell differences between exercise, rest, and sleep periods.

Utilizes multiple forms of learning for greater retention
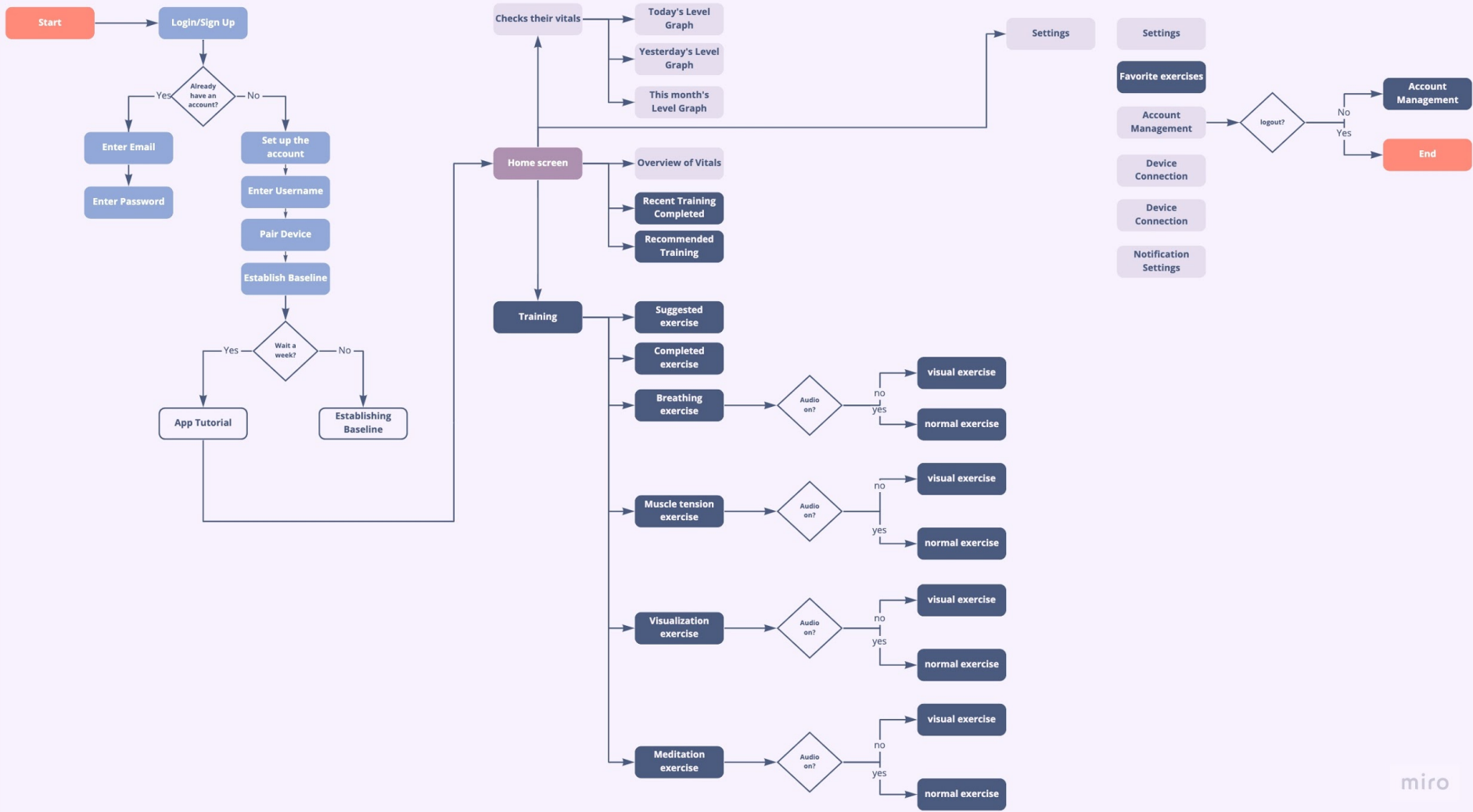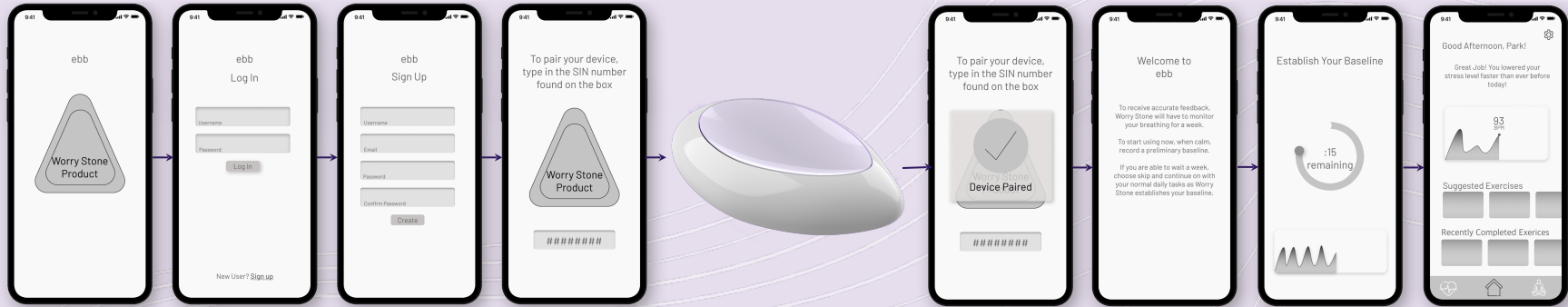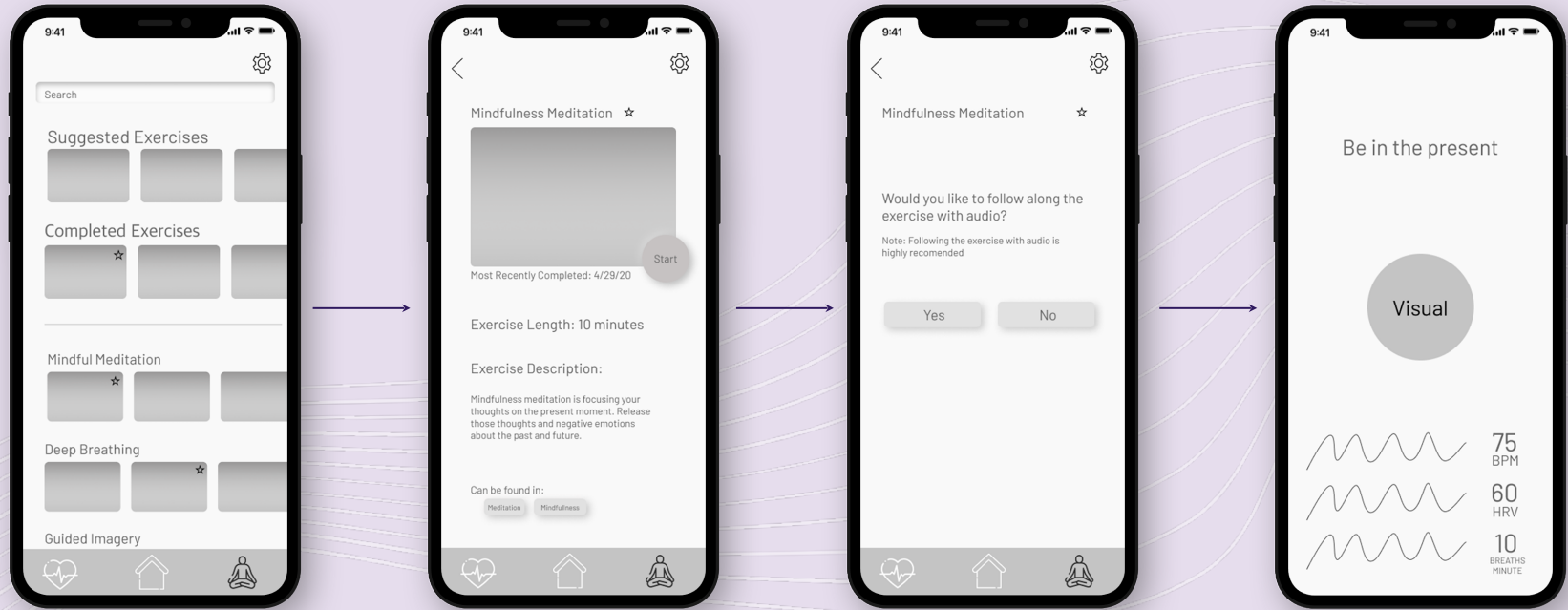
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PROTOTYPE

PHYSICAL PROTOTYPES

Start → Login/Sign Up

Login/Sign Up → Already have an account?

Already have an account?
- Yes → Enter Email → Enter Password
- No → Set up the account → Enter Username → Pair Device → Establish Baseline → Wait a week?
  - Yes → App Tutorial
  - No → Establishing Baseline

Home screen
- Checks their vitals
  - Today's Level Graph
  - Yesterday's Level Graph
  - This month's Level Graph
- Overview of Vitals
- Recent Training Completed
- Recommended Training
- Settings

Training
- Suggested exercise
- Completed exercise
- Breathing exercise → Audio on?
  - no → visual exercise
  - yes → normal exercise
- Muscle tension exercise → Audio on?
  - no → visual exercise
  - yes → normal exercise
- Visualization exercise → Audio on?
  - no → visual exercise
  - yes → normal exercise
- Meditation exercise → Audio on?
  - no → visual exercise
  - yes → normal exercise

Settings
- Settings
- Favorite exercises
- Account Management
- Device Connection
- Device Connection
- Notification Settings
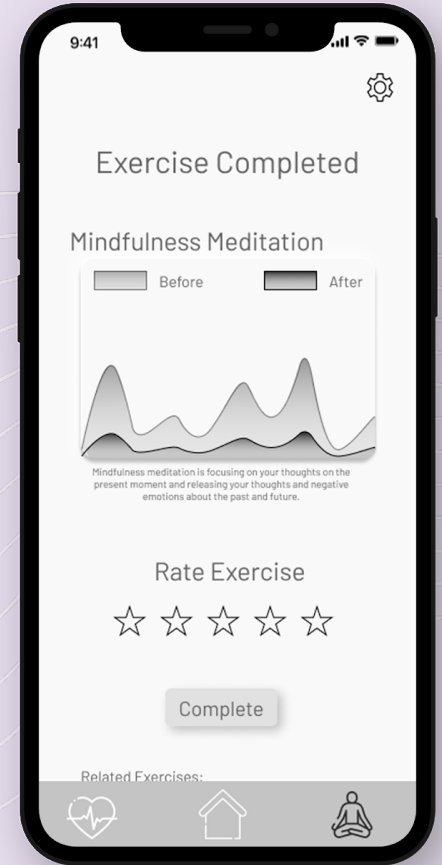
logout?
- No → Account Management
- Yes → End
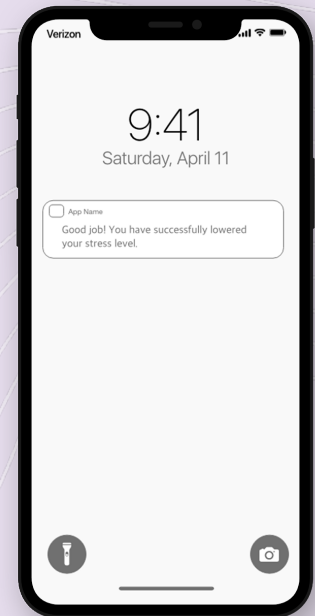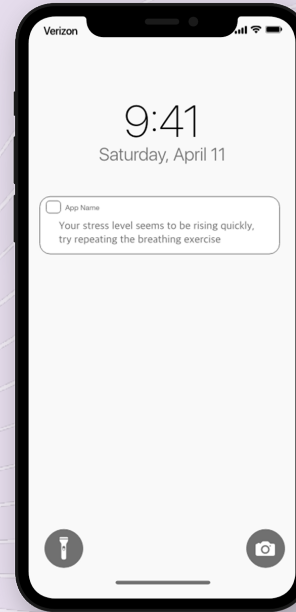
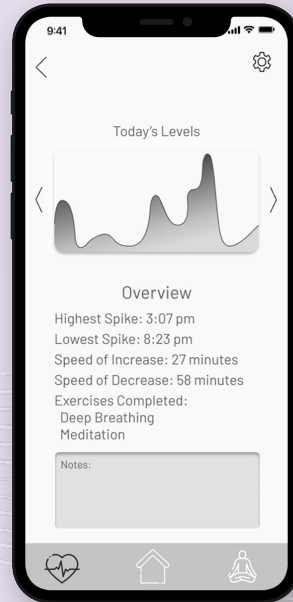miro

GETTING STARTED

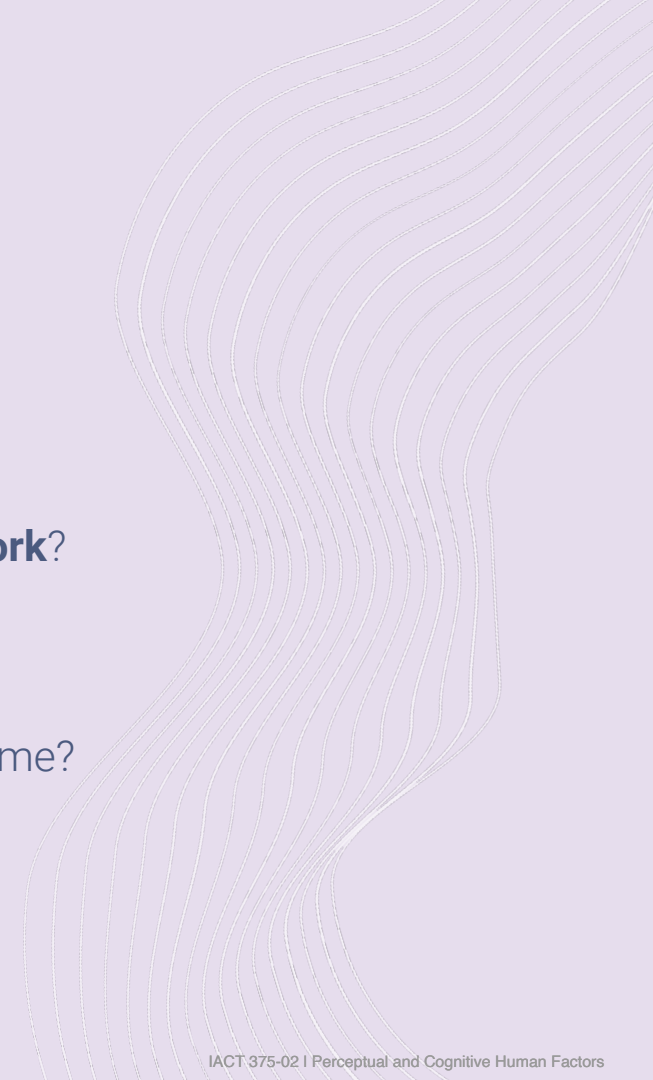# CHOOSING AN EXERCISE

COMPLETING AN EXERCISE

CHECKING YOUR LEVELS

USER TESTING ROUND 1

USER TESTING GOALS
(PHYSICAL PRODUCT)

- Is the **size** suitable for portability for them?

- Is it something they think would be **possible to use at work**?

- Is the form **discreet** enough?

- Is it something they can picture for **sustained use** over time?

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USER TESTING GOALS
(APP)

- Are the **icons** easy to understand?

- Do exercises need to be **visual**, **verbal**, or a **combination** of both?

- Are the exercise **instructions** clear enough?

- Are the **visuals** within the exercises appropriate, understandable, and non-distracting?

- Are the **vitals** easily navigable and helpful?

- Are there any **additional needed features** that were overlooked?

CARD SORTING

- Participants tended to sort cards into **three categories**

- Participants tended to separate **meditation**, **imagery**, and **breathing** from other exercises

Open Sorting

5 participants

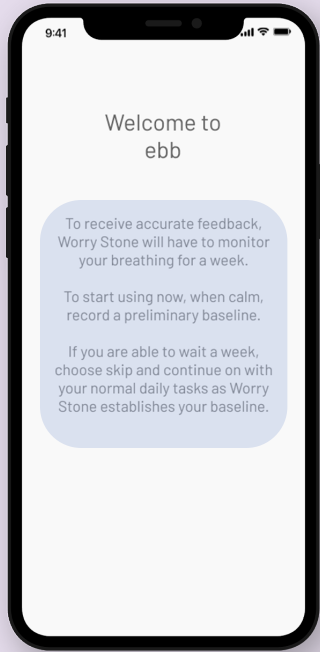# USER TESTING STATUS

Quasi-empirical and task based

5 user tests | 1 expert test
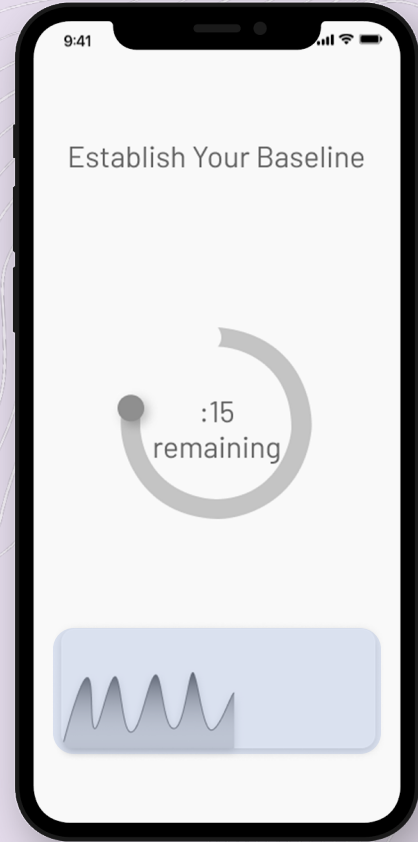
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USER TESTING FINDINGS
PHYSICAL PRODUCT

- The shape was generally found to be **aesthetically pleasing**

- Users found the size **portable**

- Concerns were raised about **pairing** and **multiple being used in the same household**

USER TESTING FINDINGS
APP

Welcome to ebb

To receive accurate feedback, Worry Stone will have to monitor your breathing for a week.

To start using now, when calm, record a preliminary baseline.

If you are able to wait a week, choose skip and continue on with your normal daily tasks as Worry Stone establishes your baseline.

Informationally overwhelming

Setting up a baseline difficult to understand

Establish Your Baseline

:15 remaining

USER TESTING FINDINGS
APP

- Tutorials needed

Main graph is nice to have but is currently superfluous

Motivational message is nice, but there needs to be more

Iconography needs to be re evaluated

9:41

⚙️

Good Afternoon, Park!

Great Job! You lowered your stress level faster than ever before today!

93
BPM

Suggested Exercises

Recently Completed Exerices

USER TESTING FINDINGS
APP

- Information and data visualizations need to be restructured

- There is no way to tell between periods of rest, physical activity, and biofeedback training.

- There is no way to check vitals at any given time throughout the day

Need clearer metrics

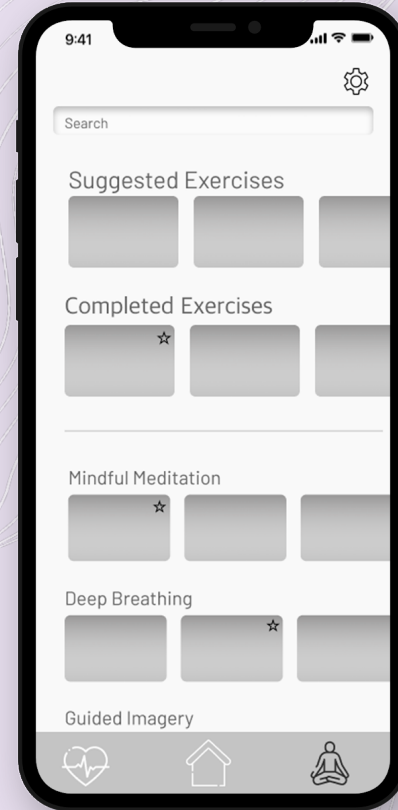**Need way to check spikes throughout day**
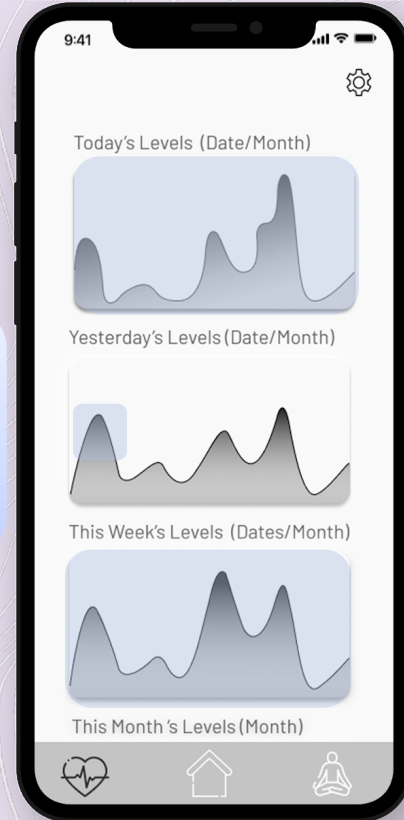
Charts need more of an indicator that they are clickable

9:41

Today's Levels (Date/Month)

Yesterday's Levels (Date/Month)

This Week's Levels (Dates/Month)

This Month's Levels (Month)

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USER TESTING FINDINGS
APP

- Needs way to exit exercises

- Needs a more clear way of customizing the types of learning

- Lack of motivation

- Needs a restructuring of visuals to best depict complex data in real time

- Needs clearer recommendation system

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USER TESTING CORE INSIGHTS

INFORMATIONAL

- Users **need clear and comprehensive labels** for vitals data, because oftentimes they are not familiar with the subject matter.

- Users don't currently understand the need for establishing a **baseline.**

- Users have varying preferences and learning types, and often **need unique combinations of learning methods**.

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USER TESTING CORE INSIGHTS

INFORMATIONAL

- Users **need clear and comprehensive labels** for vitals data, because oftentimes they are not familiar with the subject matter.
- Users don't currently understand the need for establishing a **baseline.**
- Users have varying preferences and learning types, and often **need unique combinations of learning methods**.

Planned Changes

- **Metrics labelled** and clearly explained
- Baseline screens informationally reworked
  - Explained more clearly
  - Split up into bite size pieces
- **Addition of auditory AND/OR visual** exercises based on user preferences

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USER TESTING CORE INSIGHTS

GENERATIONAL

- Users have **pronounced generational differences in mental model**, leading to differing usability needs.

Planned Changes

- Factor in that **clickability IS NOT ALWAYS assumed** by older generations

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USER TESTING CORE INSIGHTS

MOTIVATIONAL

- Users don't see a **reason for continuous use** of stress-reducing products.

- Users feel the **need for frequent motivation** to stay on track with stress reduction goals.

Planned Changes

- Drive continued usage
  - Notifications
  - Possible expansion of functionality
- Motivate users
  - Implement goals, either user or app set
  - Add in more motivational messages and graphics
  - Reward users with visuals

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Summary of our SUS Test

- Questionnaire has **10 statements**

- Responses are based on **5 point Likert scale**
  - 1 - Strongly disagree
  - 5 - Strongly agree

- Number of responses **(n) = 6**

- Average of score of 6 responses: **73.5**

- Scored in the **69th percentile**

| Question	Average Score	Variance
1	3	0.8
2	2.5	1.85
3	2.67	0.662
4	2.83	2.22
5	3.17	0.56
6	3.34	1.64
7	3	0.4
8	3	1.6
9	3.34	0.27
10	2.67	2.66

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THE BELL CURVE
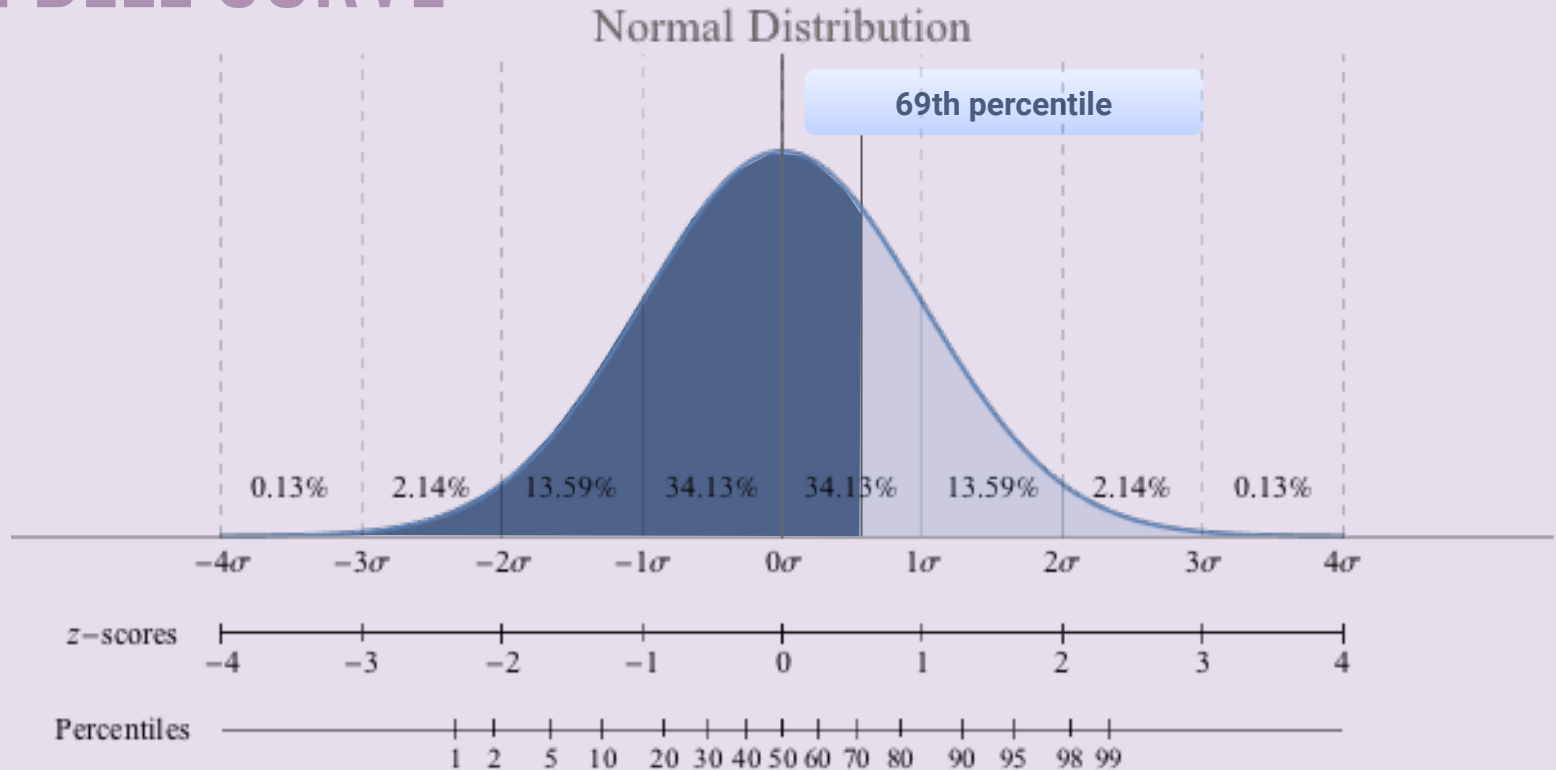
HIGH VARIABILITY SCORES

- Users have different level of ability to understand how the app functions.

- Simplification and clear, concise explanations need to be made a priority

Average: 2.5

Variance: 4

2. I found the system unnecessarily complex.

Bar chart:
- 1: 2 (33.3%)
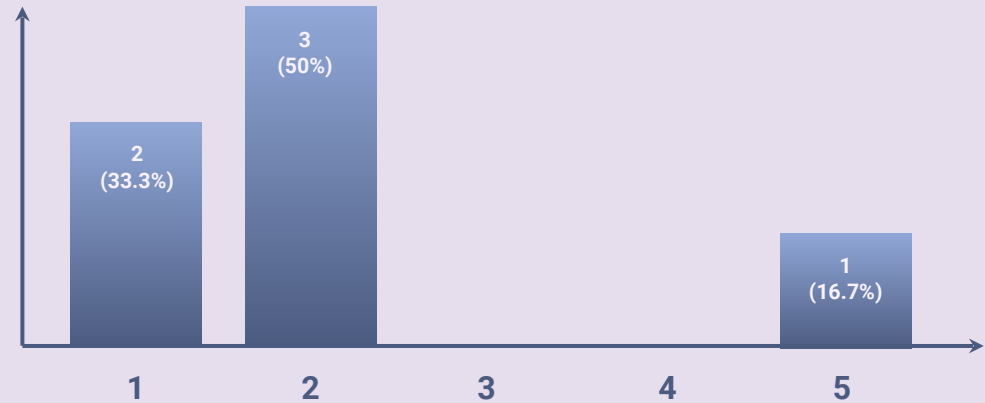- 2: 1 (16.7%)
- 3: 2 (33.3%)
- 4:
- 5: 1 (16.7%)
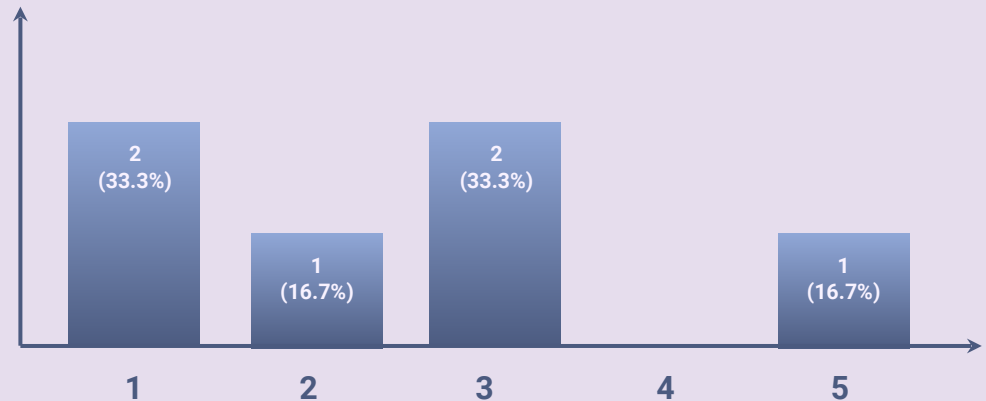
HIGH VARIABILITY SCORES

- Users have different mental model of how to navigate through the app.

- Usability for those in the upper half of target audience needs to be re-evaluated

Average: 2.83

Variance: 4

4. I think that I would need the support of a technical person to use this product.

Bar chart:
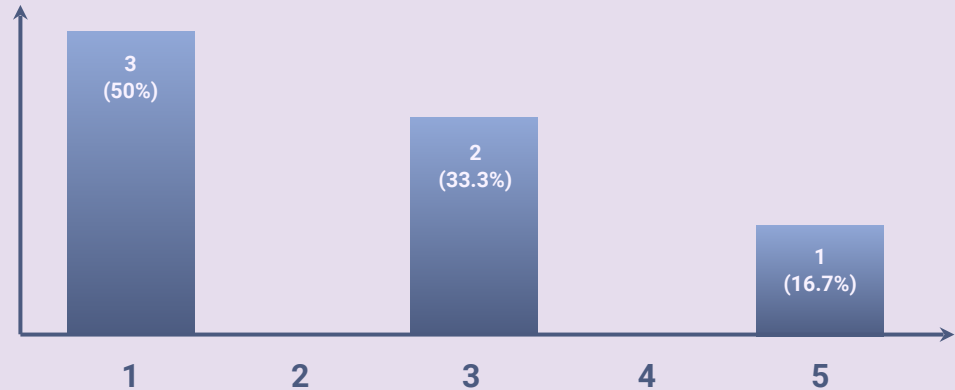- 1: 2 (33.3%)
- 2: 3 (50%)
- 5: 1 (16.7%)

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HIGH VARIABILITY SCORES

- Information needs to be readily available for those who need it.

- However, informational content needs to not be overwhelming to the user.

Average: 2.67

Variance: 2.66

10. I needed to learn a lot of new things before I could get going with this system.

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FURTHER REFINEMENT

REFINED CONCEPT

- The device transmits wifi signals which can **bounce off the user.**

- These signals can **detect changes in vitals**, such as heart rate and breathing.

- If the device is strong enough, it can detect the **differences between multiple people.**

- Users can be up to **26 feet away** from the device and still receive feedback.

- The signals can even go **through walls.**

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REFINED PHYSICAL PROTOTYPE

HI FI

USER TESTING ROUND 2

User Testing
(Round Two)

- Quasi-empirical

- Task based

- Target audience

4
Users

Goals

App:

- Re-evaluate data, visuals, and instructions

- Measure improvement

- Evaluate interactions

USER TESTING RESULTS
(ROUND TWO)

App

- Colors and graphics are pleasing

- Tutorial beneficial

- Even more explanation needed...

SUS ROUND 1 VS 2

- **Round 1**

  - Average score of 6 responses: **73.5**

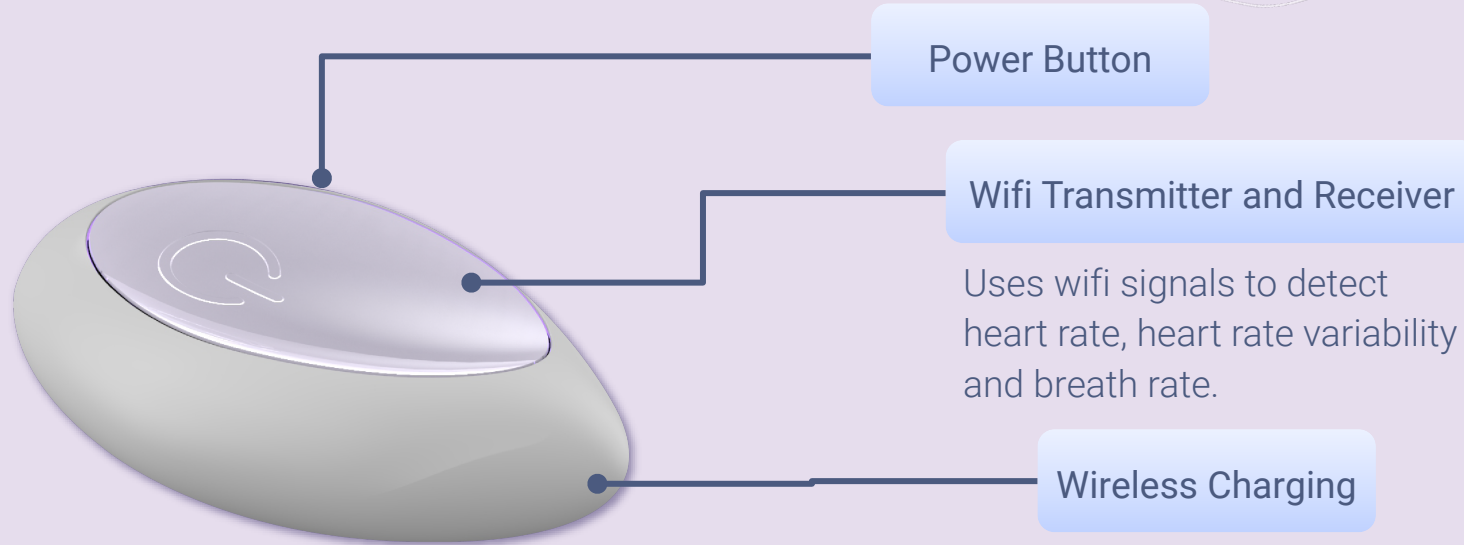 - Scored in the **69th percentile**

- **Round 2**

  - Average score of 3 responses: **76.875**

  - Scored in the **78th percentile**

FINAL CONCEPT

INTERACTION MODEL

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PHYSICAL PROTOTYPE

Power Button

Wifi Transmitter and Receiver

Uses wifi signals to detect heart rate, heart rate variability and breath rate.
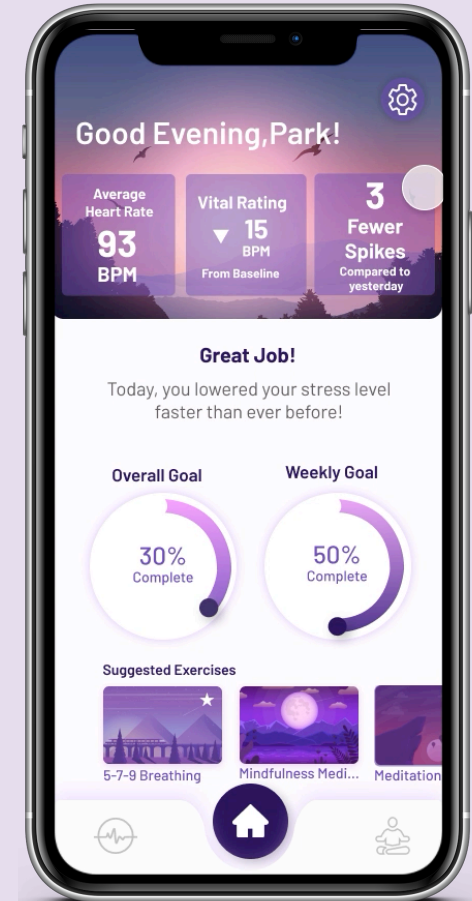
Wireless Charging

ONBOARDING

- Pairing a device

- Establishing a baseline

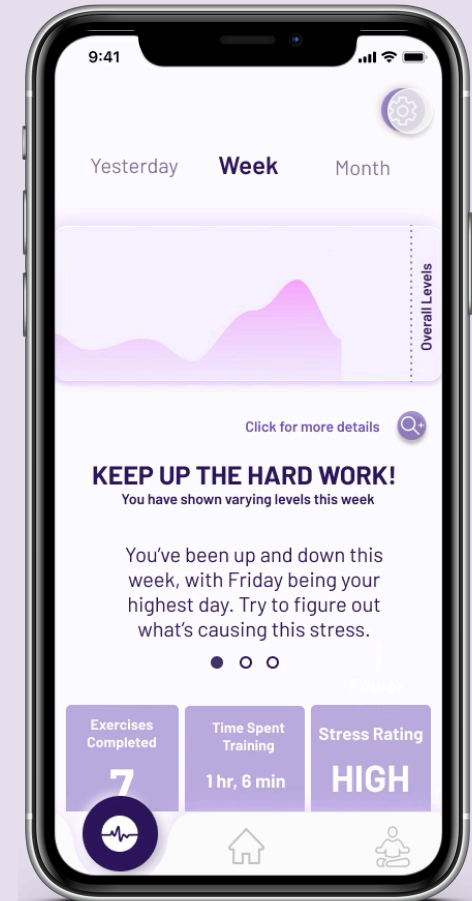- Goal setting

- Tutorial

STATS

- Data about levels
  - General and specific
- Implications on stress

EXERCISES

- Library of exercises

- Audio and visual learning

- Real-time vitals feedback

- Summary, rating, and recommendation system

Phone screen content:

9:41

Yesterday **Week** Month

Overall Levels

Click for more details

KEEP UP THE HARD WORK!
You have shown varying levels this week

You've been up and down this week, with Friday being your highest day. Try to figure out what's causing this stress.

Exercises Completed	Time Spent Training	Stress Rating
7	1 hr, 6 min	HIGH

HOME & SETTINGS

Home

- General vitals information

- Motivation

- Goal progress and editing

- Quick access to key exercises
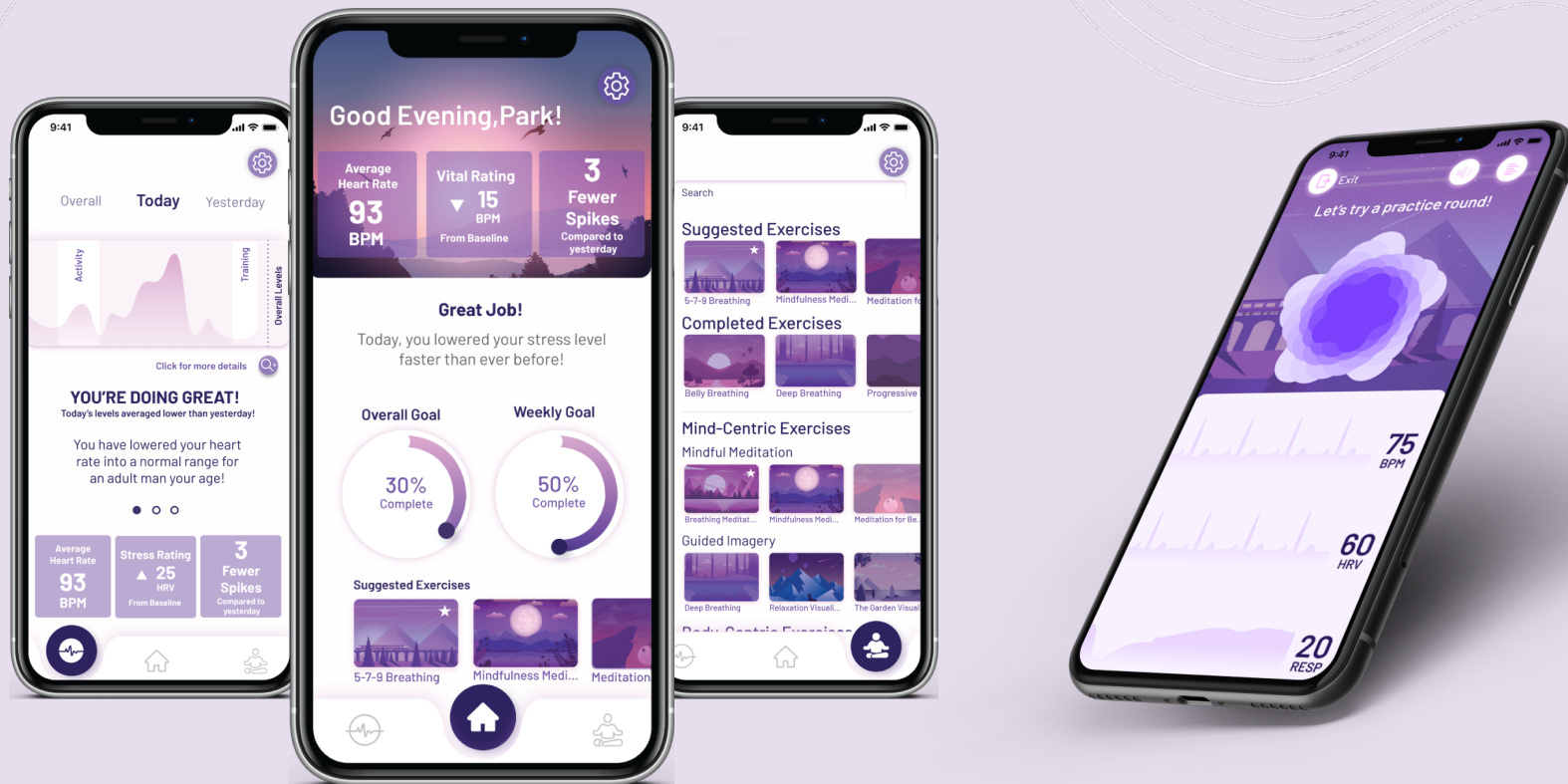
Settings

- Changing login information

- Customizable notifications

- Troubleshooting

- Log out
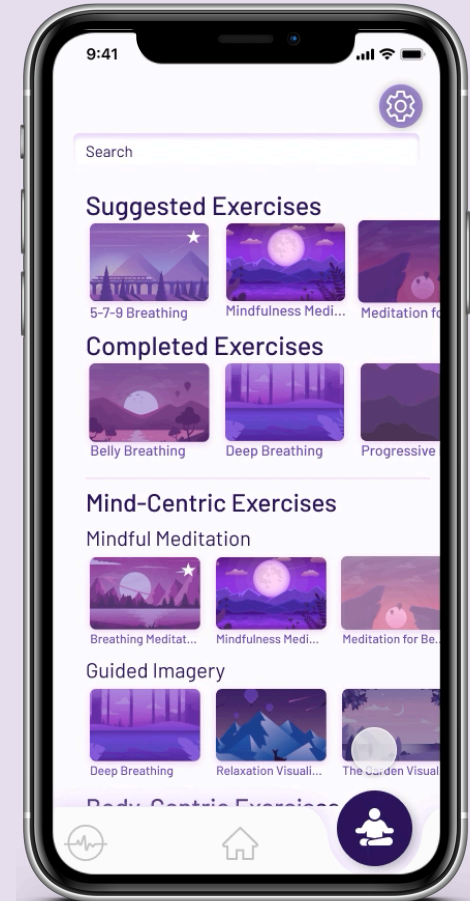
PHYSICAL PROTOTYPE

APP

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VALUE

- By providing a **wearable-free method**, ebb allows users to monitor their vitals without changing anything about their daily work routine.

- Biofeedback allows users who can't access mental healthcare to reduce their stress in a **more physical manner**.

IMPACT

Over time and with practice, the user learns how to **self-soothe**,

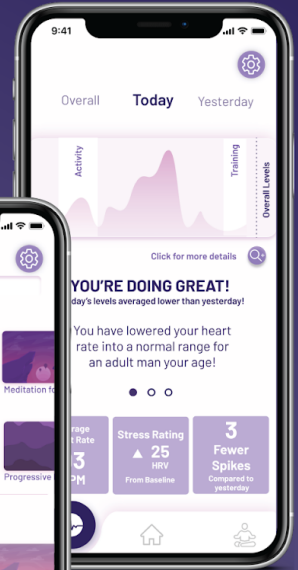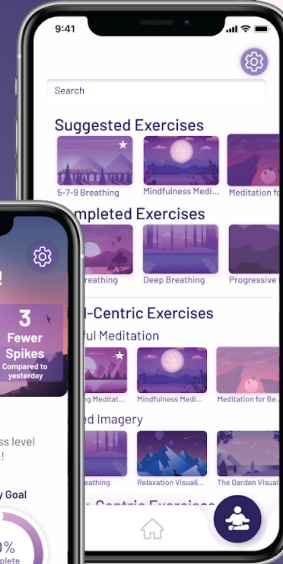making them better able to **function** in a **stressful workplace**.
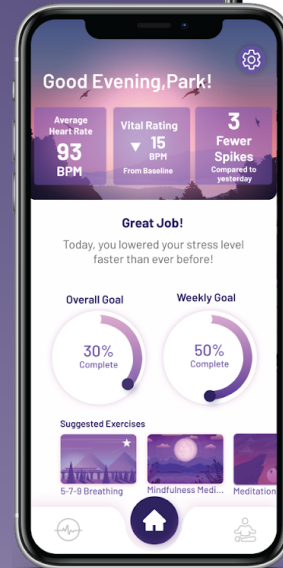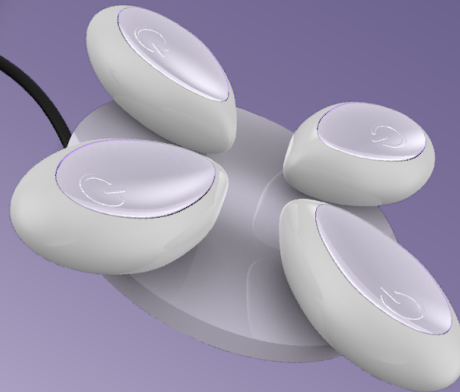
ebb

Problem

With prolonged stress increasing the chances for everything from the common cold to cardiovascular disease, stress is a major health risk.

Solution

The Worry Stone, a small, affordable smart home device. It uses disturbances in WiFi signals to measure breathing, heart rate, and heart rate variability and determine your stress level. It is paired with an app, Ebb, where you can see your stress level and do biofeedback exercises to lower your stress.

Target Audience

Approximately ages 18 to 49, with fast-paced work environments and tight deadlines, such as people-heavy or heavily collaborative jobs.

THANK YOU