BRHYTHM
WATCH YOURSELF BREATHE

A plug-in to BreathWear in iOS
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Brhythm

Animated Summary of your breathing history augmented with contextual information about your Activity and Location
BreathWear, a Calming Technology

- Hardware breathing sensor connected to iOS Map
- Neema Moravegi, Calming Technology Lab.
- Helps you achieve calm by monitoring and controlling your breathing rate.
Related Apps

MyCalmBeat

Breathe2Relax
Problem

How Might We engage Mobile users in better understanding and making sense of their breathing Data?
Our solution

- Leverage the power of Animation to create a **Dynamic Summary** of breathing data over a period of time
- **Bring context** to Breathing History by connecting it to Metadata like activity and location.
- Provide a **Physical metaphor** of Breathing
- Enable users to **Interact** with their breathing data
Motivation

- Induce Calm by providing breathing awareness to mobile device users.
- By providing contextual information, users can understand and control their stress sources.
- Physical Metaphor is an intuitive way to understand Breathing and is also engaging and entertaining.
Storyboard

LOCATION: Bytes Cafe

LENGTH: 30s

CALM INDICATOR:
- Circle vibrates proportionally to breathing rate.
- Changes color based on BPM.

Breathing rate is being plotted progressively.

START: 1:00 PM

LUNCH

PRESENTATION

1:00 PM  TUE NOV 27  2:00 PM

CAROUSEL:
- Swipe to move forward/backward in time.
- Pinch to change time window.
Milestones

※ Pulsation Model and Mapping to Color
※ Time/Calendar Navigation with Carrousel
   ※ Populating Calendar Events
   ※ Gestures (Pinch, Pan)
※ Animated BPM Graph in Carrousel
※ Detailed Task Breakdown on Wiki page.
Questions

⋆ Does adding a graph to the Carrousel make it too cluttered?

⋆ As users, would it be useful to add notes or pins for personalization?

⋆ Is there a more preferable way of representing the data rather than through calendar events?