ONEIRA

Project Overview

Oneira is a smart sleep wellness system designed to tackle the dilemma caused by Sleep Paralysis. The project transforms from chasing sleep paralysis as an incurable condition into a manageable condition through wearable technology and gamification.

Problem Statements

- Sleep paralysis is a sudden inability to move or speak while falling asleep or waking up, causing immobilization and intense fear.
- Sleep paralysis is not a medical condition but a symptom of underlying issues like sleep disorders, stress, or trauma, affecting millions globally.
- Traditional treatments focus on managing symptoms through lifestyle changes and therapy, but there is no cure or guaranteed prevention.
- The lack of awareness and understanding of sleep paralysis exacerbates the fear and anxiety associated with the condition, making it more challenging for individuals to seek help and support.

Objective

- Develop a smart sleep wellness system that transforms the management of sleep paralysis into a manageable condition through wearable technology and gamification.
- Implement real-time monitoring and early warning systems to detect sleep paralysis episodes and provide timely interventions.
- Enhance user awareness and understanding of sleep paralysis through educational content and gamified learning experiences.
- Reduce the fear and anxiety associated with sleep paralysis by providing a supportive and informative environment.

Introduction & Research

- **Introduction** - Sleep paralysis is a sudden inability to move or speak while falling asleep or waking up, causing immobilization and intense fear. It is not a medical condition but a symptom of underlying issues like sleep disorders, stress, or trauma, affecting millions globally.
- **Problem Statement** - The lack of awareness and understanding of sleep paralysis exacerbates the fear and anxiety associated with the condition, making it more challenging for individuals to seek help and support.
- **Objective** - Develop a smart sleep wellness system that transforms the management of sleep paralysis into a manageable condition through wearable technology and gamification. Implement real-time monitoring and early warning systems to detect sleep paralysis episodes and provide timely interventions. Enhance user awareness and understanding of sleep paralysis through educational content and gamified learning experiences.
- **Research Methodology** - Conduct a literature review to understand the current state of sleep paralysis research and existing treatments. Analyze user feedback and gather insights from sleep paralysis sufferers to inform the design and development process.
- **Expected Outcomes** - The project aims to reduce the fear and anxiety associated with sleep paralysis by providing a supportive and informative environment. The system will enable early detection and timely interventions, potentially preventing the onset of sleep paralysis episodes.

Design Process

Research

Ideation

Design

Prototype

Test

Design Timeline

PRIMARY RESEARCH

Primary research involves gathering first-hand information and gaining insights and understanding the target audience. This research is conducted to address specific goals or to provide solutions to challenges such as surveys or in-depth qualitative and quantitative data about users's behaviour and preferences in a particular scenario.

Quantitative Research

- Quantitative data is a type of information that can be measured, or at least categorized. It is a numerical form of data that allows for statistical analysis.

Sample size = 100

- Have you ever experienced sleep paralysis?
  - Yes
  - No
  - I don't remember or I'm not sure
- Do you feel that sleep paralysis has had a significant impact on your sleep quality and overall well-being?
  - Yes, it has caused me to lose sleep and feel exhausted during the day, affecting my ability to function normally.
  - No, it has not had any noticeable impact on my sleep or daytime functioning.
  - I'm not sure or I don't remember experiencing sleep paralysis.
- Do you feel that the fear and anxiety associated with sleep paralysis have had a significant impact on your mental health and well-being?
  - Yes, I have developed a fear of sleeping and experienced increased anxiety and stress as a result.
  - No, I have not experienced any significant fear or anxiety related to sleep paralysis.
  - I'm not sure or I don't remember experiencing sleep paralysis.
- Have you ever sought medical or therapeutic assistance for your sleep paralysis?
  - Yes, I have consulted a sleep specialist or therapist for treatment and support.
  - No, I have not sought any medical or therapeutic assistance for my sleep paralysis.
  - I'm not sure or I don't remember experiencing sleep paralysis.