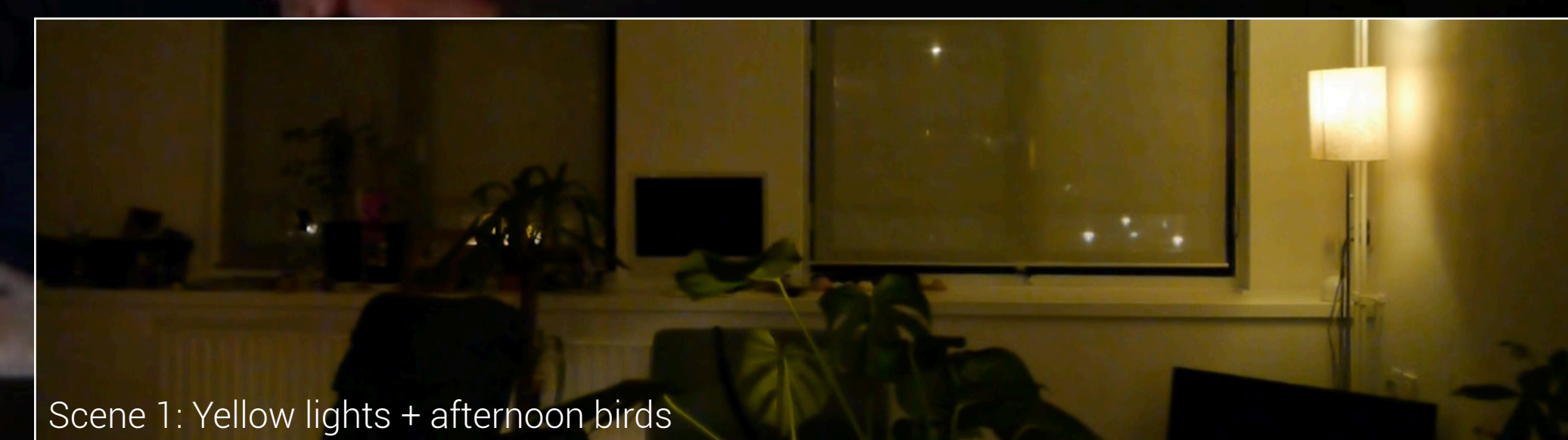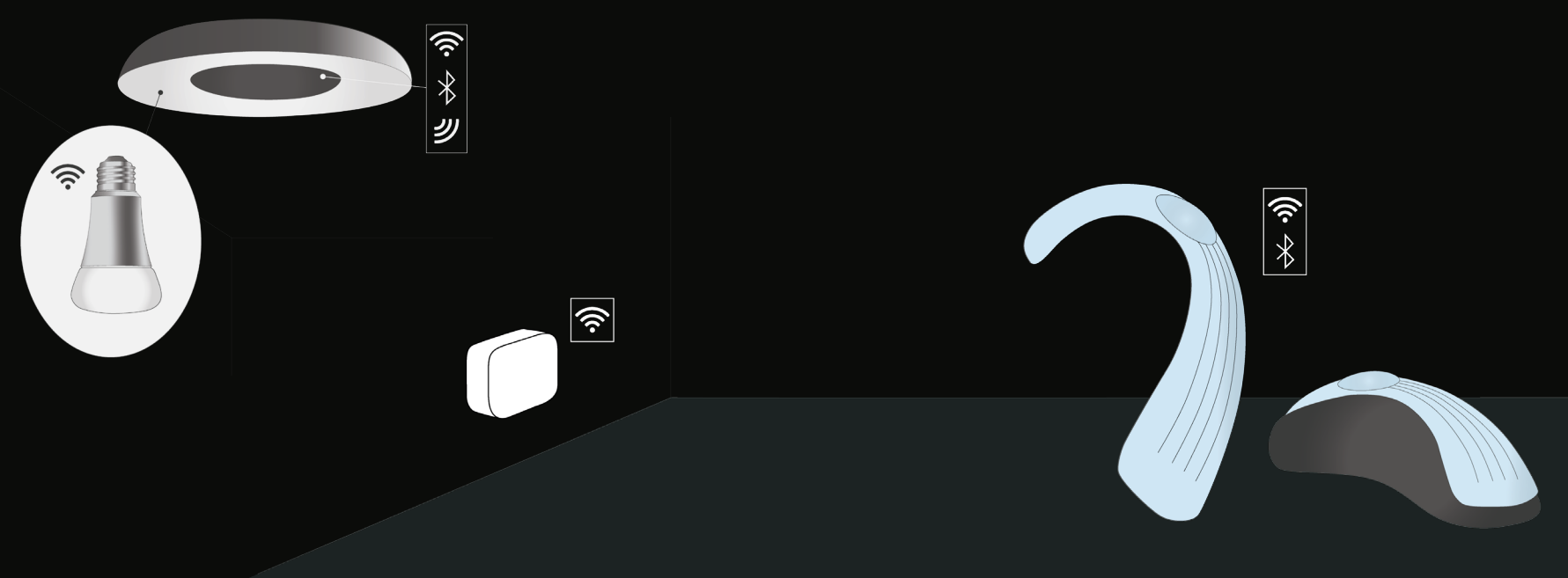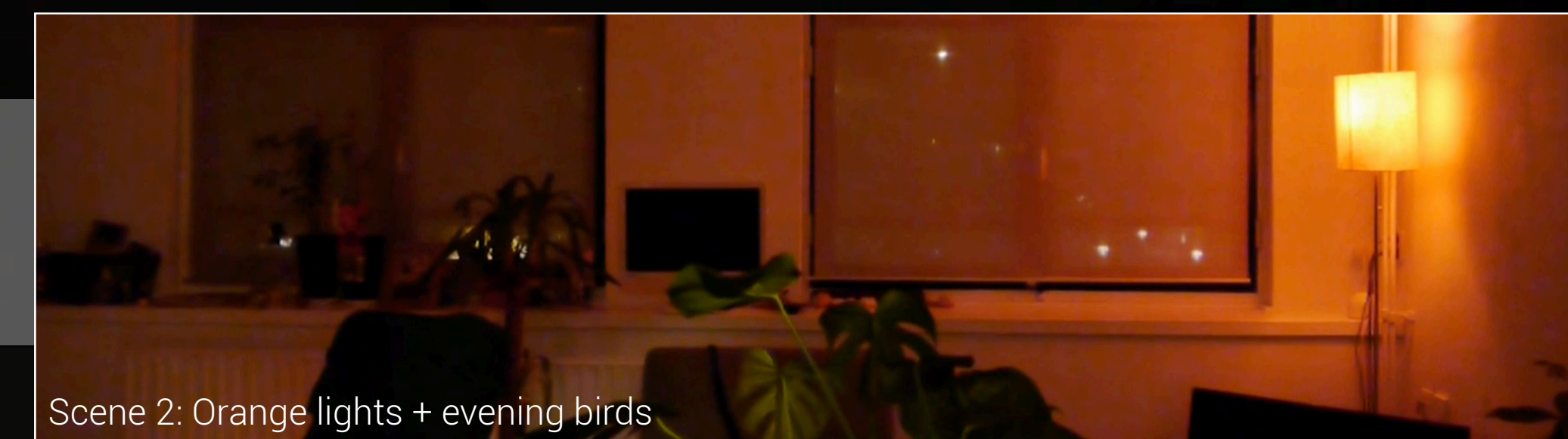# Maya

Smoothen the transition of 'being awake' into 'falling asleep' aided by an environment, for people who suffer from sleep deprivation

Maya, is a future vision on how technology could empower women who are suffering from sleep deprivation in conducting a consistent routine during the 2-3 hours before sleeping, by providing moments of awareness and motivation. The final design involves a journey through the house (living room towards the bedroom), during the 2-3 hours before falling asleep. Aided by different sceneries introduced by the house created with lights and sounds. To help smoothening the transition from wakefulness towards sleepiness.

Scene 1: Yellow lights + afternoon birds

Scene 2: Orange lights + evening birds
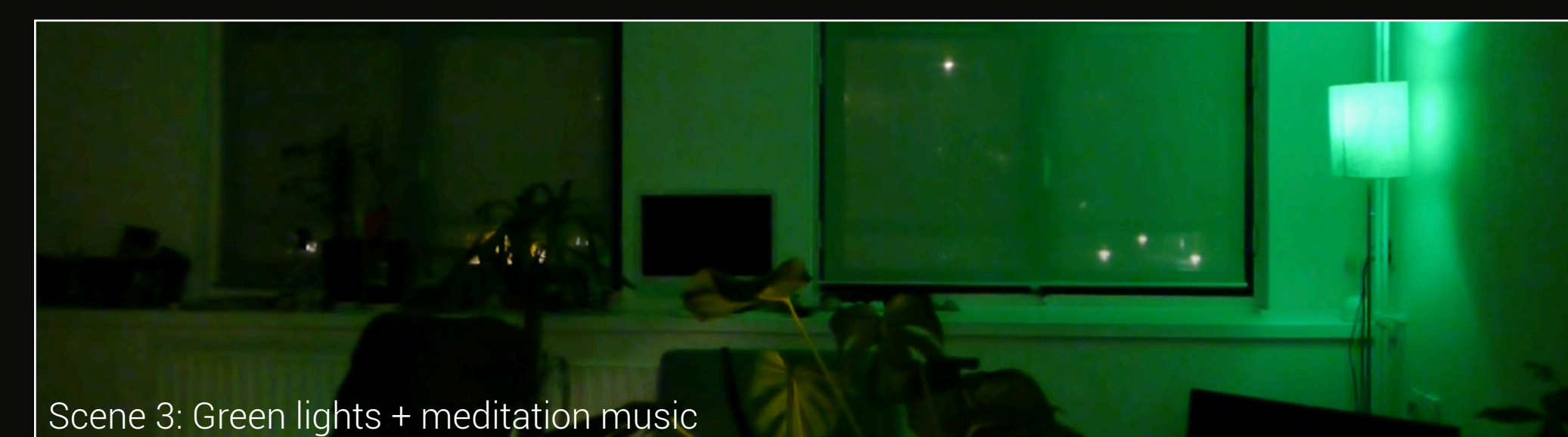
Scene 3: Green lights + meditation music

Rubí Vermeulen
Maya: Smoothen the transition of 'being awake' into 'falling asleep' aided by an environment, for people who suffer from sleep deprivation

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Design for Interaction

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