

# The Digital Self

MIDTERM PROPOSAL

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## BACKGROUND/DOMAINS

- > Over reliance on personal digital technology
- > Decreasing physical health

IDEA

## Email Apnea / Screen Apnea

Shallow breathing or breath holding while doing email, or while working or playing in front of a screen[1].

by *Dr. Linda Stone*

1. [http://www.huffingtonpost.com/linda-stone/email-apnea-screen-apnea-b\\_1476554.html](http://www.huffingtonpost.com/linda-stone/email-apnea-screen-apnea-b_1476554.html)

## PRECEDENTS

1) Natural Fuse(2009)  
*by Carl DiSalvo.*



2) BreathingPaints  
(2010)  
*by Wil Lindsay.*



3) Inside-out (2011)  
*by Andre borges.*



4) Aire Mask (2012)  
*by João Paulo Lammoglia.*



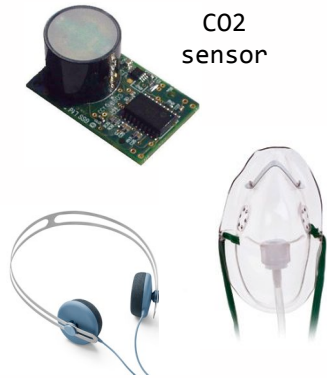
DESIGN FORM IDEA #1

# Virtual/Digital Plant



# DESIGN FORM IDEA #1

## > HOW VIRTUAL PLANT WORKS



CO2  
sensor



sound



## DESIGN FORM IDEA #2

# Breathing Screen Interface

INHALE: receive (e.g. light on screen)

EXHALE: respond (e.g. send, submit, next)

## DESIGN FORM IDEA #2

### > HOW BREATHING INTERFACE WORKS



*RespiR8 Breathing  
Rate Monitor (2012)*

