

TOP TEN

Gabriela Zemlis

Academy of Fine Arts in Gdansk

Category: **Waterborne**

Country: **Poland**

Research Area 1: **Safe & Inclusive Transport**

Idea Number: **41**

Sleepy – System to help take care of peri-sleep hygiene with a particular focus on shift workers

Sleepy is designed to aid sleep in maritime environments, where the quality of sleep for crews is important for safety. Furthermore, it draws attention to the fact that good sleep hygiene - at sea as well as on land - is the basis for building physical, mental and emotional stability in a person's life. This research is an attempt to answer to a problem affecting a small but, due to extremely harsh - shipboard - living conditions, a special group of users. Because of the work organisation that is the watch system, they may neglect the basic, physiological need for sleep. Sleepy aims to induce a sleep-conditioning stimulus by changing the perception of the cabin interior from a harsh, ship-like environment to a more homely, private, cosy one. The system models the cabin interior with time-varying lighting that gradually fades out and changes intensity and colour temperature to guide the user towards their berth. It is a reference to natural processes occurring in nature. The system is designed as a personal object realised by two electronic emitters. It is portable, suitable for use in a ship's cabin as well as a living space on land. As a permanent element in the peri-sleep time ritual, it can help to regulate disturbed natural diurnal rhythms - essential for maintaining life's balance. It can also be useful for people struggling with sleep deprivation who, under pressure to be constantly productive, find it difficult to maintain basic sleep hygiene.

