

Innovative ideas in Medical Technology

Respiro: a visual, audial and tactile breathing companion to help you relax

In modern society, people lead increasingly rapid and emotionally stressful lives. To meet everyday challenges, our nervous systems become accelerated: our breathing quickens and our heart rate goes up. At the end of a demanding day, these systems are supposed to slow down again in preparation for restful sleep. However, many people become stuck in challenge mode, and find it difficult to reset to a restful bodily state.

To help people reach this restful state, we designed an ambient breathing companion for the home or office environment called Respiro (latin: I breathe anew). Respiro takes contactless measurements of bodily signals to communicate a personalized, restful breathing pattern back to the user. As Respiro takes advantage of people's natural tendencies to synchronize their breathing with an external rhythm, its calming function will not require the user's conscious effort or attention.

Respiro is part of an innovative, exciting approach to calming tech that is always tailored to an individual's personal bodily rhythms to maximize effectiveness. We are looking for partners (product development agencies, research labs) who can help us further develop Respiro in order to bring it to the market, either as a standalone device or as an add-on to an existing product or system.

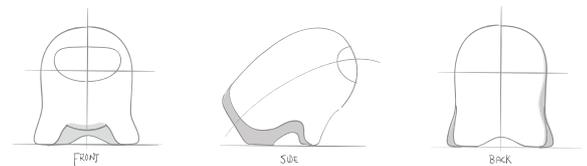


Fig. 2 Flat view sketches

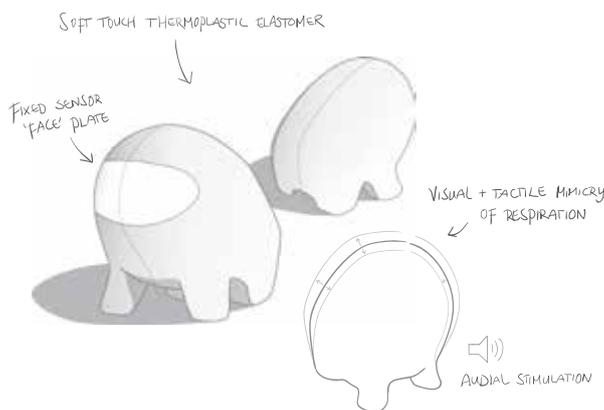


Fig. 1 Product features

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Viola Tjewe-A-Sin is a user-centered designer with a Master's degree in Design for Interaction at TU Delft. She specializes in concept development, interactive prototyping and user testing. By combining curiosity and empathy with a user-centered design approach, she aims to create designs that allow for meaningful interactions with long-term enhancement of people's daily well-being.

