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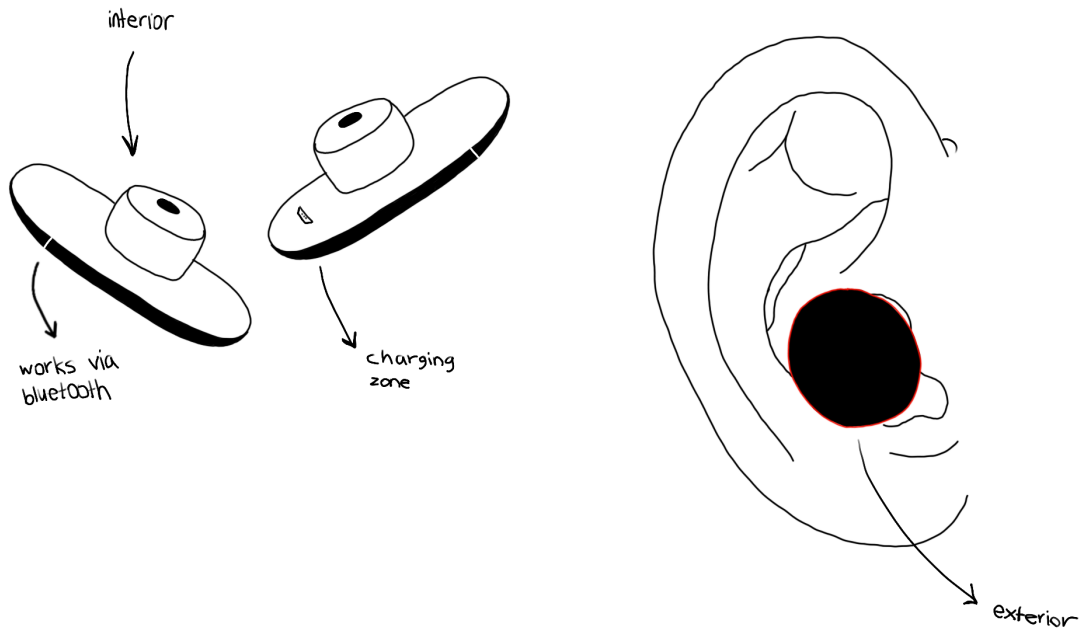
If you could invent something to make life easier for people with Insomnia, what would you invent and why?

After assessing this question and doing further research among university students between the ages of 20-23, I have noticed that most concerns for insomnia are to do with the irritation of tossing and turning as well as the fear of waking up others in the environment whilst trying to remedy the problem in the middle of the night. These students talked a lot about what irritates them the most whilst trying to sleep, and as a result I have realized that most of their remedies for insomnia is through stimulating listening or watching videos.

As a combination of both concerns, I thought of instruments that could allow one to watch and listen to something without having to move away from the comfort of their bed. The first idea I thought of was creating flat earphones. These earphones do not look like the everyday product we see, however carries the same function. Listening to something through earphones while trying to sleep in different positions can be very difficult. However with flatter earphones with silicone attachments for the entrance to the ear and a flat surface on the exterior that doesn't get tangled up and dispatched from the ear, sleeping and listening should be an activity easily accomplished.

As a visual stimulant, I thought of the creation of a virtual eye-mask. Having experienced a virtual reality observation recently, I found it possible to feel peaceful depending on the environment we see. My experience with VR happened in space –on the moon to be specific, and being alone in darkness was surprisingly a very tranquil feeling. I think that promoting a combination of these two inventions could immensely make life easier for people with insomnia.

FLATS as earphones



VIRTUAL EYE as virtual reality night-mask

