

# SleepDoctor™



A service using Speck technology movement sensors to allow people suffering from sleep disorders to diagnose and monitor their conditions in a way that is currently not possible. The Sleep Doctor service enables sufferers to lead their lives as normally as they can.

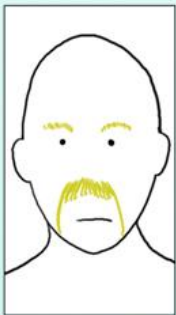
Made possible by: Lottie Burnley and Varut Rintanaalert, The Glasgow School of Art  
special thanks : Dr Chris Idzikowski (Edinburgh Sleep Centre)  
D.K. Arvind (School of Informatics)



# What is sleepwalking?

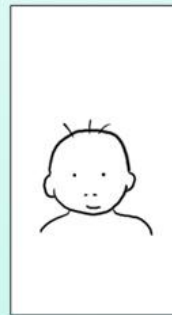
Sleepwalking affects each sufferer differently because essentially it depends on which parts of the person's brain are still active. Some people can talk, some people can cook, some can even drive. Violent activities such as causing physical harm, murder or even homicide have been found in both the UK and the US. Sleepwalking affects between 2-4% of the adult population, it's much more prevalent amongst children, 15% of children will suffer from sleepwalking at some point during their childhood. Sleepwalking can be linked to serious psychological problems such as schizophrenia or can also be linked to fairly simple everyday problems such as stress.

## Who can benefit from the Sleep Doctor service?



### Ken Parks

Ken, a sleepwalker, murdered his mother-in law whilst sleepwalking. The Sleep Doctor Service will help diagnose Ken and monitor him whilst hes on bail. Once he is acquitted of the murder his sleepwalking will be monitored and connected to an alarm system to ensure the safety of Ken as well as those around him.



### Cian Bain

Cian is 3, he is a sleepwalker. One night he walked out of the house and got run over. For Cian, the Sleep Doctor Service is about monitoring his sleepwalking and using the alarm system to alert Cians parents if he tries to leave the house.



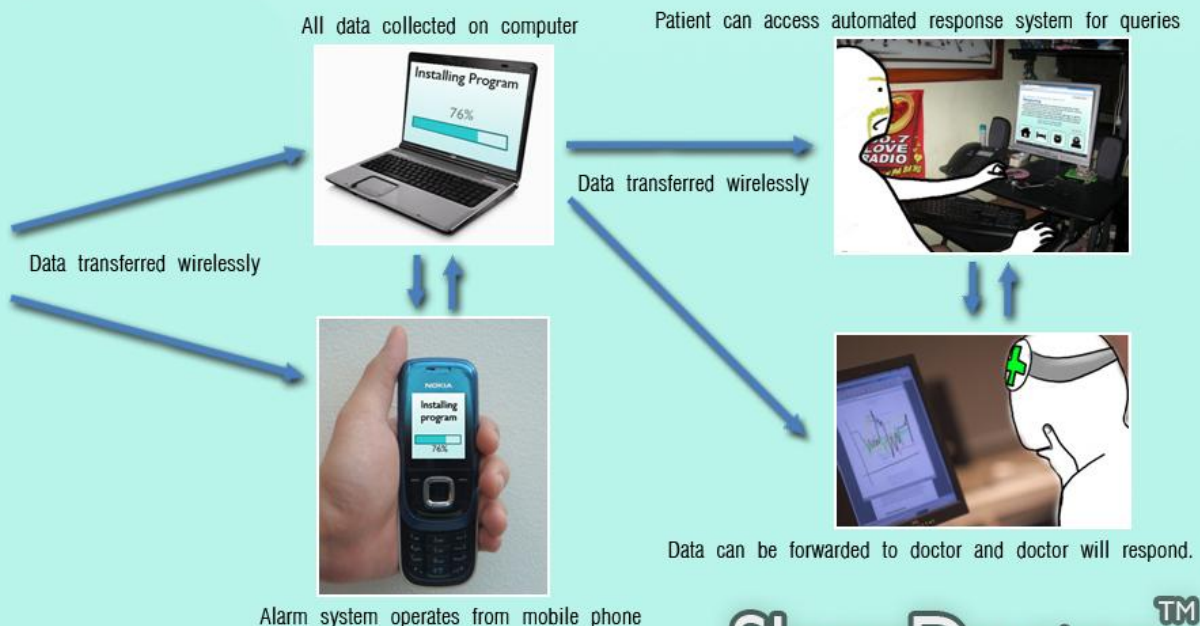
### Anna Ryan

Anna is a sleep eater, whilst sleepwalking she can eat up to 2000 calories a night. Over the last few years she has gained 9 stone through sleep eating. For Anna, the Sleep Doctor service is a way for her to monitor her activities, and using an incorporated alarm system which will go off if she enters the kitchen.

## How does the Sleep Doctor Service work?



User Wears Speck



Alarm system operates from mobile phone

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