ODTIMER

ACADEMIC PROJECT
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Explore a novel focusing mode, how odor can be added to our attention, and help users to focus immersively.

Test process

Test outcome

It appears that the introduction of varying odorous stimuli facilitated a progressive transition of individuals into a heightened state of focus.

Abstract

My design research explores the potential of utilizing odor as a tool to enhance focus and productivity. Inspired by the Pomodoro clock technique and literature review that related to odor, the research incorporates two user experience-focused experiments to refine the integration of odors for heightened focus. Subsequently, a novel diffuser product is conceptualized, alongside a laptop plugin, to facilitate the controlled dispersion of scents in work environments.

Background

In today's fast-paced world, the pursuit of optimal focus and productivity has become a paramount concern. The Pomodoro technique, a popular time management method, has gained significant attention for its structured approach to work intervals and breaks. It has proven effective for many, there exists an opportunity to explore complementary methods that could further enhance concentration and cognitive performance.

Design concept

A diffuser equipment which can show time and release odours in different working level.

Study method

A/B test

	Five people were in one group, they took part in different tests respectively.
1	Study in 25 minutes and rest in 5 minutes without odor
2	Study in 25 minutes and rest in 5 minutes with odor.
	Analyze the EEG Alpha, Beta data.

Observation

I Invited five participants to join the first observation of using the Pomodoro technique while studying. I observed their reaction and emotion.

Pain points of the Pomodoro apps.

It is hard to enter the state initially.

Users were distracted by websites or other things on the laptop.
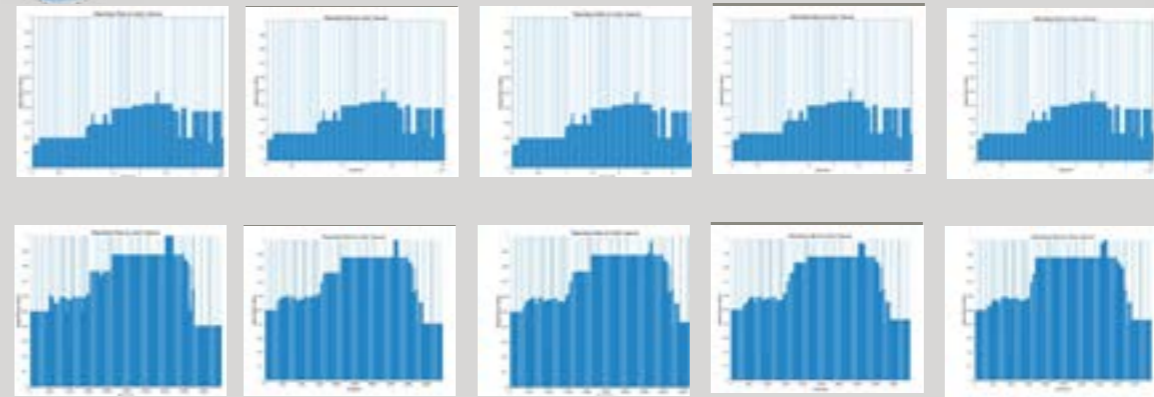
User flow

Research questin

If odor can help enhance the effect of using the Pomodoro technique while people are studying or working immersively.

Problems for solving

Reduce the distraction from the laptop screen.

Enter the focus state easily.

Giving reminders from time to time.

Plugin design

Branding design

Summary

The project unfolds with the implementation of two meticulously crafted user experience-centered experiments. The tests serve as the foundation for refining the optimal utilization of scents to heighten concentration levels. The fusion of scientific inquiry and user feedback results in the development of a nuanced approach to scent incorporation, tailored to bolster focus during work sessions.

Limitation

1. lack of the user tests for the plugins.
2. Because of the techinque limitation, I did not make a interactive model for testing.