Biomedical and Health Informatics Lecture Series

Course Website: Link

Tuesday, January 31, 2012
12:00 - 12:50 p.m., Room T-360

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"Designing Interactive Technologies for Supporting Healthy Sleep Behaviors"

Getting the right amount of quality sleep is a key aspect of good health, along with a healthy diet and regular exercise. Human-computer interaction (HCI) researchers have recently put much effort into designing systems to support diet and exercise, but sleep has been relatively under-studied in the HCI community. In this talk, I will discuss the Computing for Healthy Living & Learning Lab's efforts to identify opportunities where technology could be used to help in this important area. We conducted a literature review and formative study aimed at uncovering opportunities for computing to support healthy sleep behaviors. I will present the results of interviews with sleep experts as well as a large survey (N = 230) and interviews with potential users (N = 16), which indicate what people would find practical and useful for sleep. I will then describe the design ideation process we conducted and describe applications we are currently developing and evaluating for supporting sleep.

Julie A. Kientz is an Assistant Professor in the department of Human Centered Design & Engineering and The Information School and Adjunct Assistant Professor in Computer Science & Engineering. She is also Director of the Computing for Healthy Living and Learning Lab and is active in the dub Group alliance. Her research interests are in the areas of Human-Computer Interaction, Ubiquitous Computing, and Health Informatics. In particular, she is interested in determining how novel computing applications can address important issues in health and education and evaluating those applications through long-term real world deployment studies using a balance of qualitative and quantitative methods. Her most recent research involves the design and evaluation of computing technologies to support parents tracking the developmental progress and health of their newborn children, individuals with sleep disorders, and families with children with autism.

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NOTE: Podcasts from MEBI 590 Lecture Series talks for this quarter are available at
http://courses.washington.edu/mebi590/schedule.htm

Podcasts from previous quarters are available at
http://courses.washington.edu/mebi590/past.lecture.schedules.html