

SCENT TIMER

2020

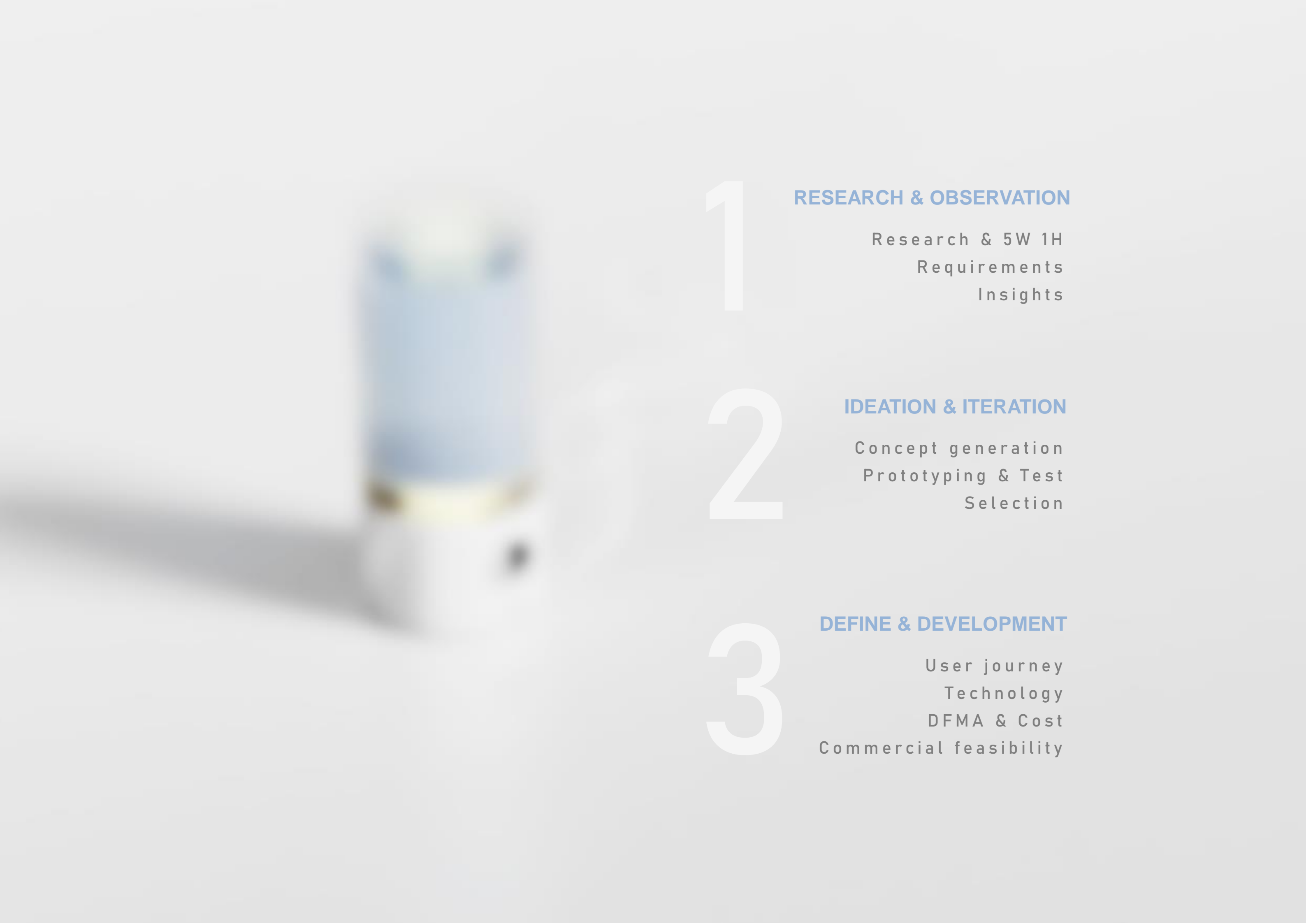
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Mural room link <https://app.mural.co/invitation/room/1596947883297?code=f7b3926fc7664cae9abd7ec7ff768a32>



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RESEARCH & OBSERVATION

Research & 5W 1H
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IDEATION & ITERATION

Concept generation
Prototyping & Test
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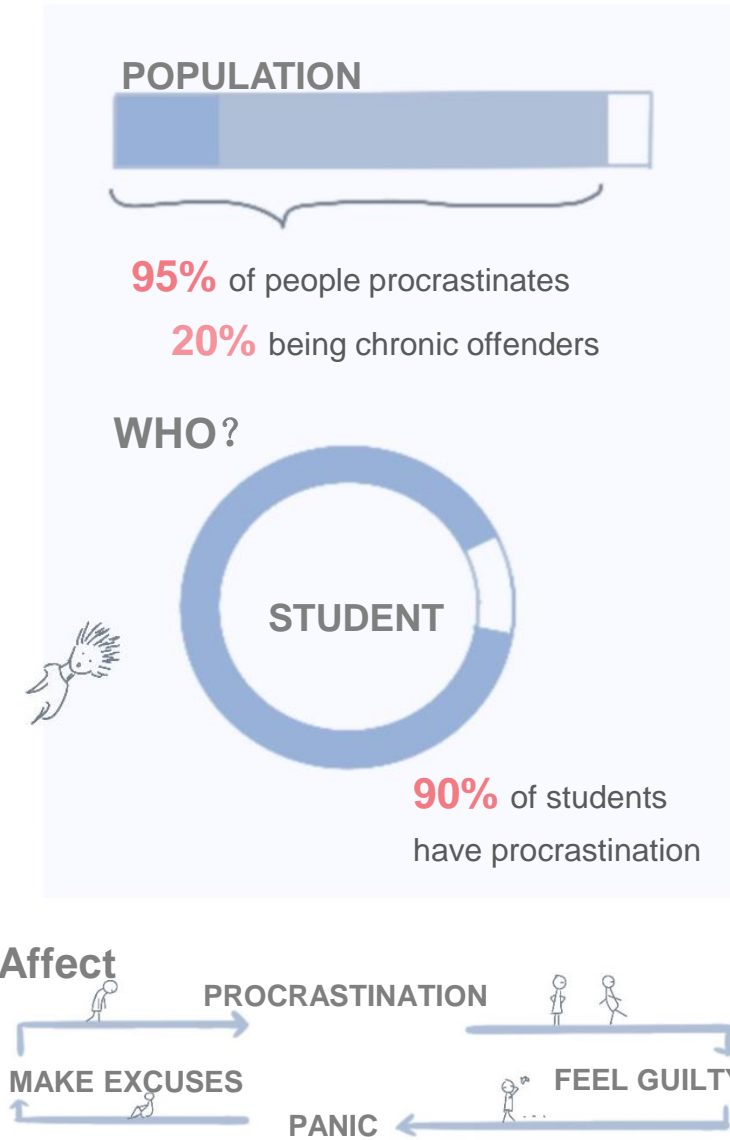
DEFINE & DEVELOPMENT

User journey
Technology
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PROBLEM AND RESEARCH

Background & 5W 1H

BACKGROUND

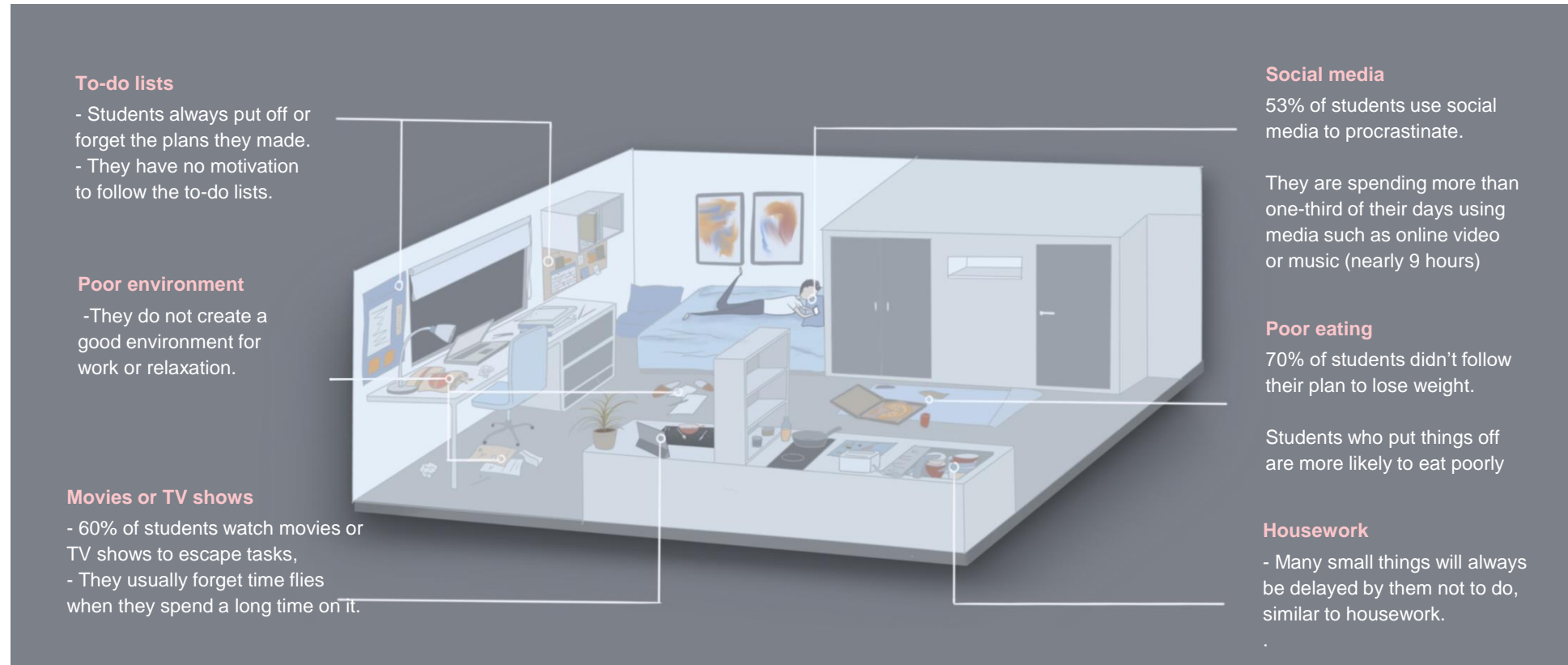


WHAT IS PROCRASTINATION

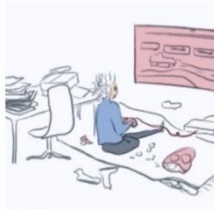


Some researchers define procrastination as a "form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences." (Prem, 2018) Procrastination is the act of delaying plans or decisions unnecessarily.

HOW & WHERE THEY PROCRASTINATE

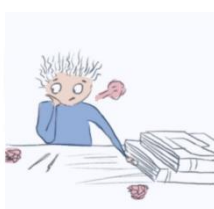


WHY & WHEN THEY PROCRASTINATE AT HOME



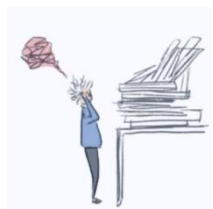
61% of students get distracted by other things.

"many other things to do"
"I can't get rid of my phone"
"The time past quickly when I relax, and I didn't realize it's time to go back work"



47% of students don't like the task they need to do.

"the task is aversive"
"It's too annoying, let's talk about it later"
"I don't like it, I don't like it, why I need to do it? Why?"



40% of students feel overwhelmed by the task

"It's too difficult !! "
"where I can start?"
"How can I solve it?"



14% of students had a fear of failure

"I can't tackle this task"
"I still have time, let's concentrate on it tomorrow"
"It's too complicated for me"

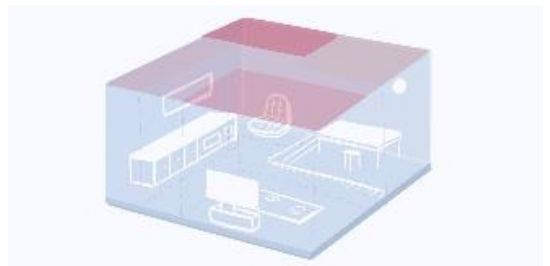
TECHNIQUES

Time management (Alexander, 2014), emotion management (Marcus, 2016), environment construction (Joseph, 2017), self-management (Shan, 2015), reduction of distraction (Adrian, 2017) are useful techniques which can be used in the product to reduce procrastination.



Time management techniques:

levy lee method
pomodoro
making plans



Build environment techniques:

Social support network
Create an efficient working environment
Distinguish between work and rest environment

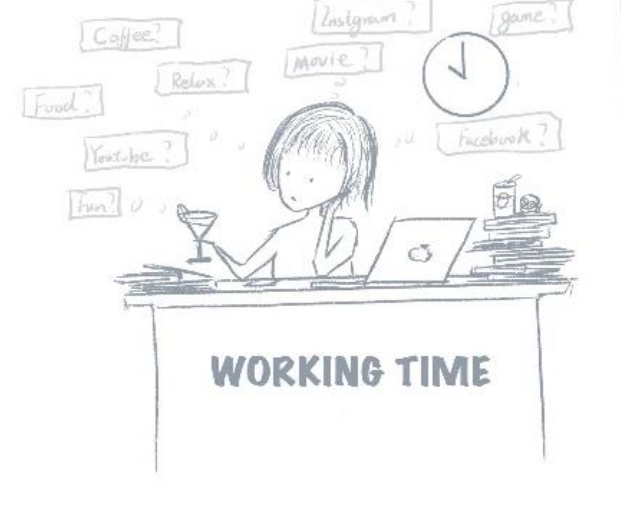


Self-control techniques:

Improve concentration
Stay away from distracting products
Set immutable deadline
Get a proper reminder.

SCENARIO AND USER NEEDS

Scenario 1



Scenario 2



Distraction:

Her time is unstructured. In addition, she's "thought of work" merges into relaxing and "thought of relaxing" merges into working.

User needs:



Timetable:
Need to plan time and fulfill plan



Maintain:
Improve attention, reduce distractions, and let users concentrate on the task at hand.



Distinguish:
Distinguish between working state and rest state, take a rest when appropriate

Overwhelmed:

Repeatedly putting off tasks until the night before it's due, because she overwhelmed and do not start to tackle it.

User needs:



Timetable:
Need to plan time and fulfill plan



Decisive:
Encourage user to start right now.
Let users no longer escape, no longer tangled



Remind:
Remind user during a proper time and let them work or relax in their own flow or efficient cycle.

INSIGHTS AND OPPORTUNITIES



procrastination is not just a bad habit. If you procrastinate in a good way (right reorganization), it can help you to relax and not too serious.



Procrastination is a symptom that only takes a long time to feedback, so it is not easy to be noticed by people. it affects people's daily life



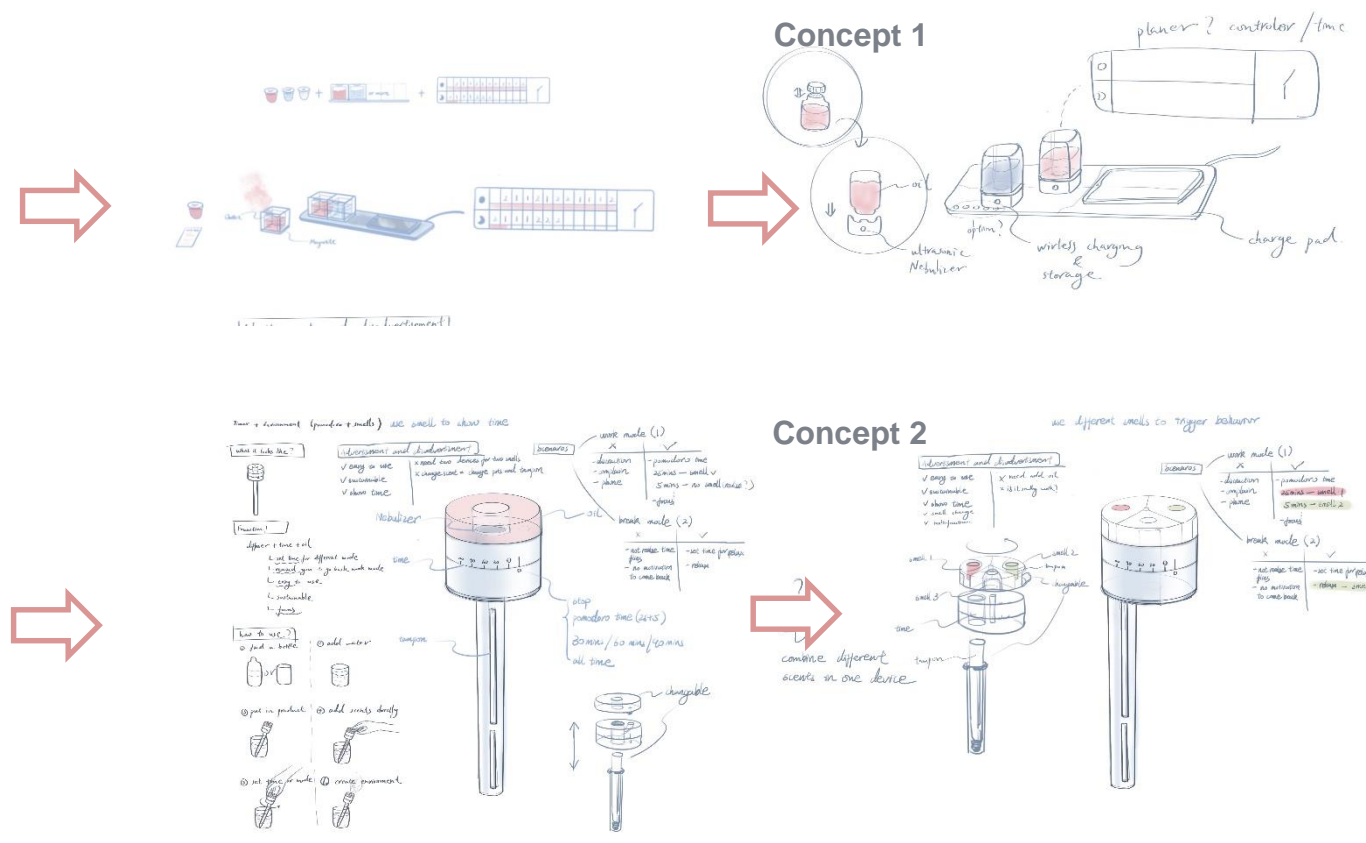
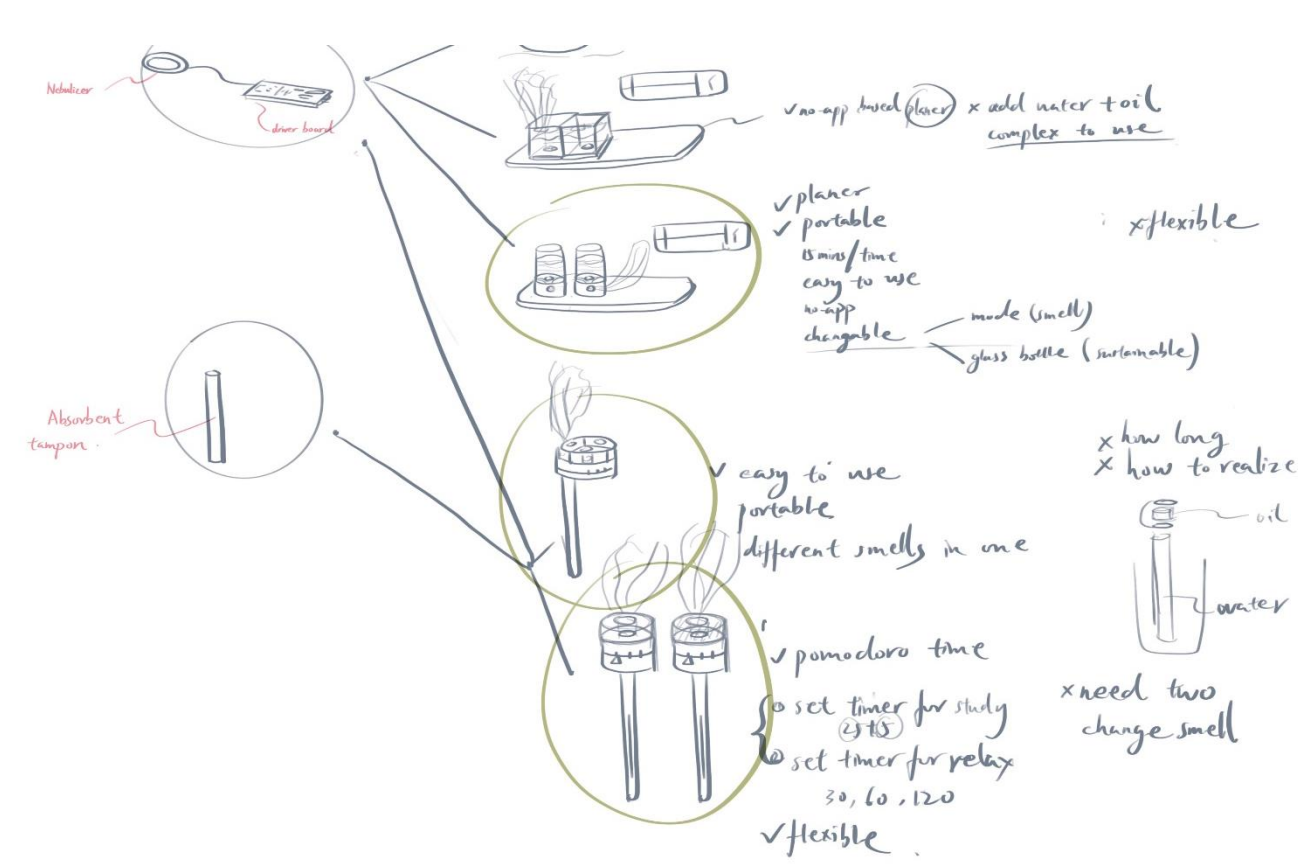
Procrastination is a selection process



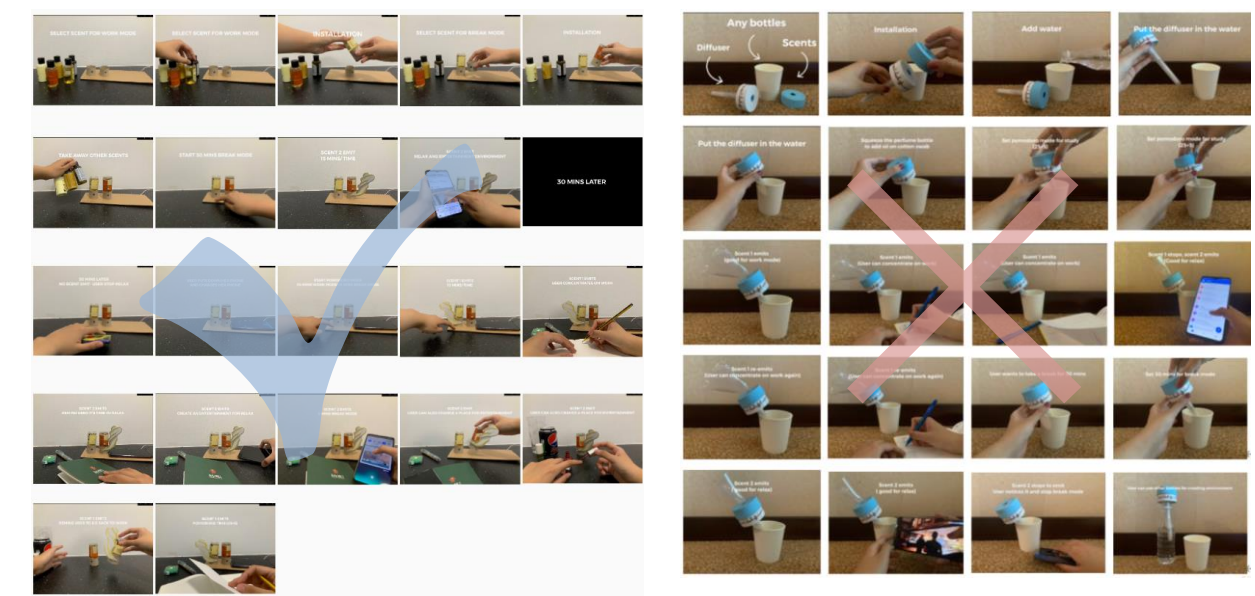
time-management, remind and guidance, motivation, emotion-regulation can be the solution for almost all procrastinators in general.

Reflection:
I try to divergently create different types of products among various fields, which can reduce procrastination. After asking different users, I initially screened out the concept of the smell box, based on its exploitability and interest. For this design concept, I once again conducted in-depth research, including smell, technology, senses, experience, etc. Re-investigation made me surer about the direction of using smell and generated more ideas.

ITERATION



Video prototyping and test



Evaluation

common	difference
Use ultrasonic technology. Rechargeable and energy storage Can change the smell. Movable. The scents are emitted intermittently. Mode control and manual control All have Pomodoro clock, timing, and other functions. Sustainable, save the container in the first option, and the scent bottle in the second option can be recycled.	The second option uses a cotton swab to connect the water to the atomizer, and the first option is to connect the scented liquid directly to the atomizer. Solution 2 requires a cup or bottle with water, which is not convenient to move. The first solution only needs to replace the scent bottle every month. The concept two requires regular replacement of cotton swabs, and the operation process is more cumbersome, while idea one is easier to use concept two is more compact and easier to carry, while concept one is equipped with a place for mobile phones and can add more smell. The concept two can set up to 3 scents, and concept one can set up to 5 scents. The scent of concept two is stored in a cotton swab, and essential oils need to be added regularly. Concept one can be used for a longer time if the fragrance is directly volatile.

Selection

requirements criteria	importance	concepts sketch			
		concept 1		concept 2	
easy to maintain and assembly	4	5	20	4	16
low cost with necessary features	4	4	16	4	16
easy to use and less process	5	5	25	4	20
high cost performance	5	5	25	4	20
users satisfaction	5	5	25	4	20
total		24	111	20	92

Prototyping test and use process records show that the first solution with better user experience and more advantages.


Reflection:
I expanded the original concept based on the viewpoint of "how to emit scent" better and carried out the iterative and detailed design for two better ideas. For the iterated concept, I made a fast prototype and recorded a video for user simulation and testing (video [link - https://drive.google.com/drive/folders/13QJclzs6f1FHwh3LS9QiS0p0PtHScdSM?usp=sharing](https://drive.google.com/drive/folders/13QJclzs6f1FHwh3LS9QiS0p0PtHScdSM?usp=sharing)). Video prototyping can discover the advantages and disadvantages of the use process. I assessed that the former one is better and named it Scent Time.


CONCEPT


General introduction

TECHNIQUES FOR REDUCING PROCRASTINATION



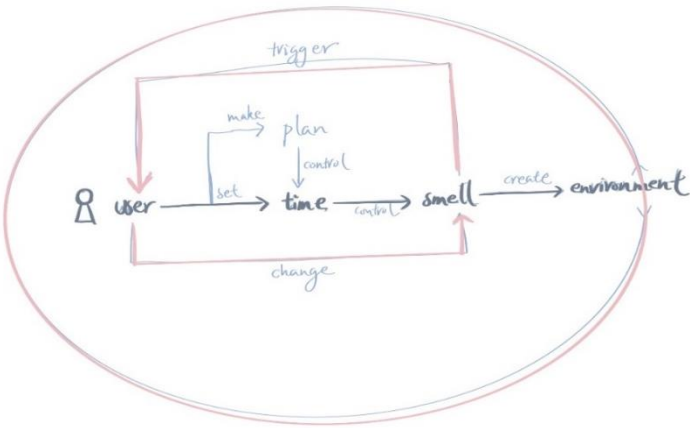
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Make plans
Let users know how long they spent (show time)
Time- management (Pomodoro time, 25+5)
- 

Focus and concentration environment
Relax environment
Separate mode (work mode and break mode)
- 

Remind user to change mode
Let user realize time flies
Let user start to do, not procrastinate


FUNCTIONS





-  Touch panel
-  Wireless charging
-  Automatic/manual control
-  changeable smell
-  Time settable scents
-  Recyclable scent bottles
-  Movable and portable diffuser


WORK PRINCIPLE





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Display battery
- 

Display the remaining amount of perfume
- 

Pomodoro mode: 25mins learning mode for scent 1, 5 minutes rest mode for scent 2, and loop through this cycle.
- 

Rest timer mode: 30 minutes (or 60 minutes or 12 minutes) scent 2, and come to reward perfume three at the end
- 

Infinity mode: always one smell
- 

Remaining amount display: remaining power amount, the liquid remaining amount
- The charging board is also a control panel, and users can control different modes.

The final product uses methods such as time management, environment establishment, and self-control management to reduce procrastination. The product includes three parts: scent bottle, diffuser and wireless charging board.

The product has an auxiliary time management function, through time management, users can reasonably allocate time for study and rest.

The product can create an environment suitable for learning and an environment ideal for rest so that people with procrastination can focus on what they are doing and reduce distraction.

The product has the function of helping user's self-control management, through emitting smells to remind users to switch states (study or rest) and start to do what they procrastinate.

Scent suitable for users can also make users feel more pleasant, and a good mood can reduce procrastination. Users can purchase scent bottles corresponding to different states according to their needs, and the containers can be recycled and reused after the liquid in the bottles is used up, which can achieve the goal of sustainability.

Reflection:
After concept selection, the functions, modes, and working principles need to be confirmed and developed. The product design sample is shown in the figure. I watched the video prototyping repeatedly and looked for five users to get feedback. They agreed that this design is exciting and willing to have a try.

USER JOURNEY- PREPARATION



Process
Remove the cap of the scent bottle and buckle it directly onto the diffuser device. Tube in the middle of the diffuser will poke the thin plastic at the mouth of the container so that the scented liquid will contact atomizer to wait to start.

Advantage:

- Simplified the operation steps and is more convenient to use. Compared with ordinary diffusers, this product does not require a container and does not need to add water to the box. The liquid flows from top to bottom, and the cotton swab is not necessary.
- More environmentally friendly. Recyclable scent bottles, users can contact the manufacturer for recycling after use up.
- More flexibility. When the user wants to change the scent, he only needs to unscrew the diffuser device upside down and re-attach the bottle cap.

USER JOURNEY - USING



When the user wants to learn, he can choose the Pomodoro time mode. The product will create a 25-minute scent 1 environment and a 5-minute scent 2 environments. Smell 1 can promote users to focus on working and smell 2 reminds users to rest while encouraging users to focus on relaxation.

When the user wants to rest for a certain period, he can select the rest mode for the corresponding time. When the rest period ends, the diffuser 2 no longer works, and the diffuser 3 emits a "reward mode" smell to remind the user to end the rest.

When users want to use one scented environment, they can choose infinity mode. The user can also directly press the diffuser switch button.

DEVELOPMENT

Product component technology introduction – scent bottle and diffuser

SCENT BOTTLE



Modes	Scents	Functions and benefits
Work mode	Coffee (Adriana, 2018)	Enhances analytical reasoning Promotes attentiveness Link to coffee, work performance
	Cinnamon (Philip, 2005)	(best used: during study time or classroom discussions) Heightens attention Increases motor response Stimulates the brain
	Rosemary (Mark, 2003)	(best used: for memorizing images or numbers) Increases alertness Improves memory Improves cognition
	Vetiver (terry s. friedmann)	Improves brain function Boosts concentration For ADHD
	Lemon (Daiki, 2009)	(best used: when doing a creative project or taking a test) Arouses the senses Decreases errors
Break mode	Lavender (Reiko, 2005)	Recharges the brain and Improves concentration during rest time Calms and improves emotional state
	Jasmine (Vorasith, 2013)	Re-energizes the body Lifts the mood Positive emotion and activity Calm nervous without causing sleepiness
	Ginger (Babar, 2015)	Fights fatigue Eases pain
	Pine (Samira, 2011)	Elevates mood Increases alertness Antidepressant effect Ethanollic extract Stress reduction (Morita, 2007)
	Orange (Tiago, 2011)	(best used: for easing worries or a distressed student) Decreases tension Increases tranquility
	Ylang ylang (Tapanee, 2006)	Improves sleep quality Relaxes the body Fights off depression and hypertension
Reward mode	Bergamot (Michele, 2015)	Helps relieve anxiety Improves mood Increases sun sensitivity
	Holy basil (Marc Maurice Cohen, 2014)	Treats physical and mental stress

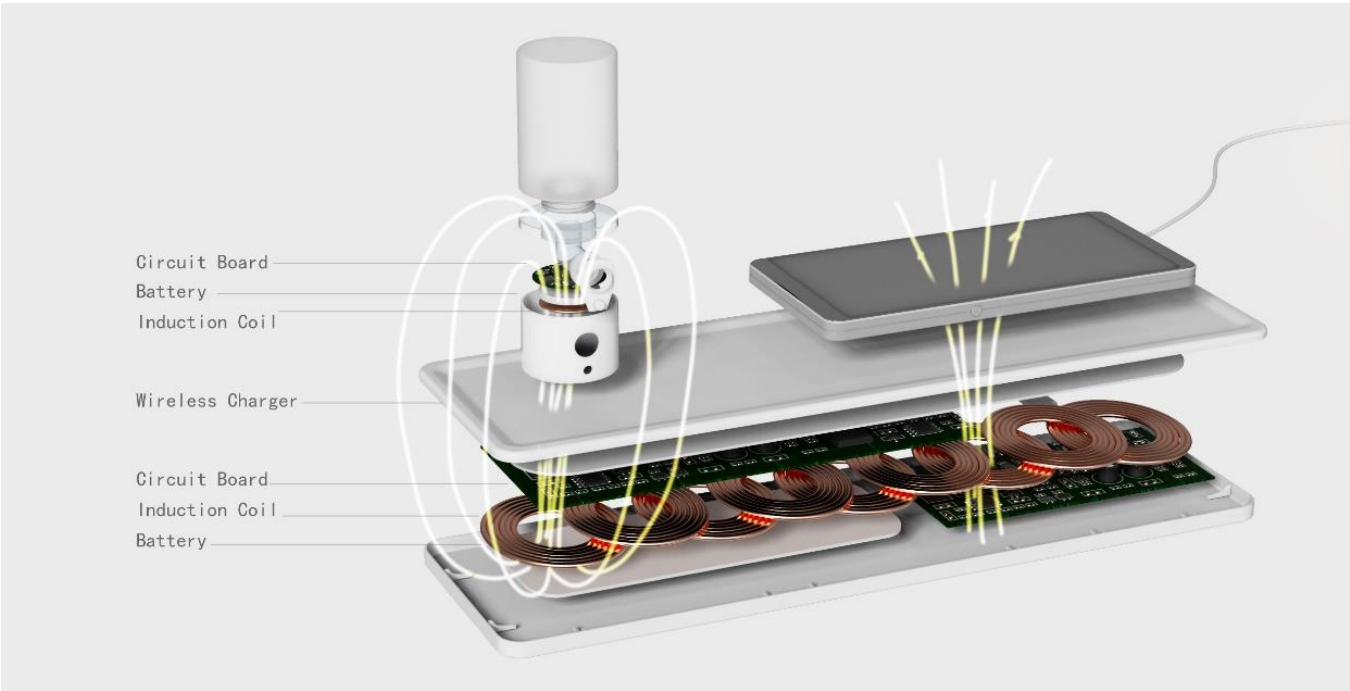
DIFFUSER



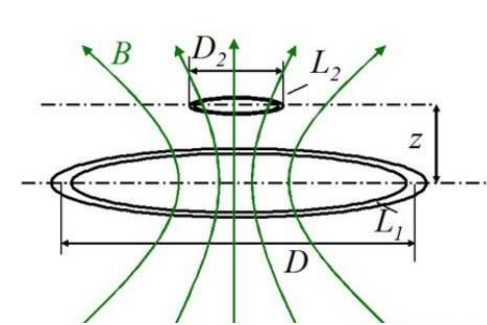
<div>atomizer</div> <div>Odor-emitting function</div> <div></div>	<div>Current: 300mA</div> <div>Power: 2W</div> <div>Atomization power: 8.9Wh</div> <div>Each atomization interval: 15mins</div> <div>Atomization time: 4s</div> <div>Frequency: 110KHz</div> <div>Number of holes: 740</div> <div>Aperture 5um</div> <div>Diameter of microporous atomization sheet: 16mm</div> <div>Outer diameter of silicone ring: 20mm</div> <div>Wire length: 80mm.</div> <div>Test environment: 23+(-)3° C, 40~70%RH</div> <div>Storage temperature: -30° C~+80° C</div> <div>Life time: 2000hrs</div> <div>Product Name: Microporous Atomized Film</div> <div>Anti-oxidation silver layer protection coating process on the surface of the atomized film, long life</div> <div>Superfine spray particles, large amount of atomization</div> <div>The circuit board uses environmentally friendly electronic components</div>
<div>LED</div> <div>Light reminder</div> <div></div>	<div>When the specific diffuser is working, the indicator light will automatically light up.</div> <div>The LED strip is soldered on the circuit board and controlled by the circuit board.</div>
<div>Drive circuit board</div> <div></div>	<div>The drive circuit board includes inductors, LED lights, IC chips, capacitors, wireless charging modules, energy storage modules, etc., and is connected to the atomizer sheet female seat and the light touch switch through wires. The specific assembly situation is shown in the next section.</div>
<div>Battery</div> <div>Energy storage</div> <div></div>	<div>Battery: polymer battery</div> <div>Battery capacity: 180mah</div> <div>Charging time: 1h</div> <div>Charging form: wireless charging</div>

Reflection:
The general combination of Scent Timer is three scent bottles, three diffusers, and one wireless charging board. I thought about the technical principles of each component and used pictures to reflect the assembly methods and usage scenarios.

WIRELESS CHARGING BOARD



Charging board	<ul style="list-style-type: none">Multi-device fast charging: The input of PD 30W is enough to fast charge multiple devices at the same timeNine coil wireless charger: Nine wireless charging coils are combined to solve the interference and heat problems. Devices that need to be charged can be charged anywhere on the board, which is more convenient and advanced than wireless charging products on the market.Charging time: The charging time will be displayed on the operation panel. The diffuser is generally fully charged in 3 hours.Extended device compatibility: In addition to compatible diffusers, electronic devices that also support the Qi protocol, such as iPhone Xs, Samsung Galaxy S10+, Apple Watch, AirPods, etc.
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transmitter coil placed at the bottom (L1), receiving coil is located in the top (L2), the coil is embedded into the different electrical devices. L1 is the wireless charging base of nokia, L2 can be understood as the phone itself. Transmitter coil of alternating current (ac) to generate magnetic field, magnetic field by the voltage of receiving coil. The voltage of equipment is used for charging.

Whenever the diffuser or mobile phone is placed on the charging board, it will automatically charge

INTERFACE AND BOTTOM



Control panel	<p>At the front of the charging board is the control panel, and the user can control different modes.</p> <ul style="list-style-type: none">Pomodoro mode: 25mins working mode (scent 1), 5 minutes break mode (scent 2), and loop through this cycle.Rest timer mode: 30 minutes (or 60 minutes or 120 minutes) scent 2, and come to reward scent 3 at the endPermanent mode: always a smellCustom mode: choose "what fragrance" and "when will it emit" in the interfaceRemaining amount display: power remaining amount, liquid remaining amount
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Manual control

Each fragrance bottle is equipped with an independent diffuser with a separate control switch. When the user wants diffuser works, he can press the switch directly.

DEVELOPMENT

Material & Design for Manufacture and Assembly & Cost

Material & Design for Manufacture and Assembly (DFMA)

Scent bottle

Scent bottle cap

•Material: plastic

•Manufacturing: Injection molding



Diffuser

Transparent connection port

•Material: plastic

•Manufacturing: Blow molding

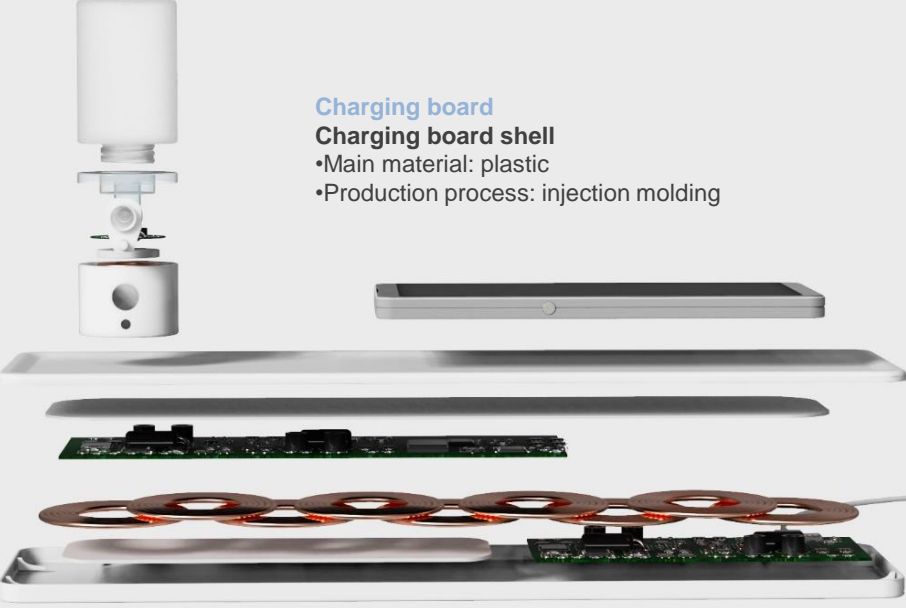


Charging board

Charging board shell

•Main material: plastic

•Production process: injection molding



COSTS

$$C_{pp} = \frac{mC_m}{(1-f)} + \frac{C_t}{n} \left\{ \ln t \left(\frac{n}{n_t} + 0.51 \right) \right\} + \frac{1}{\tilde{n}} \left(\frac{C_c}{L t_{wo}} + \dot{C}_{oh} \right)$$

part	process	Material cost per part			part	process	Overhead per Part					
		mCm – Material Cost (RMB)	f – Scrap Fraction	Cost [RMB]			two - Capital Write-off Time [s]	Cc - Capital Cost [RMB]	L -Load Factor	n' - Rate of Production [units/hr]	C'oh - Overhead Cost [RMB]	Cost per Part [RMB]
Smell bottle (3)	Blow molding	6	0.05	6.315789474	Smell bottle	Blow molding	43800	5000	0.6	2000	60	0.03009513
Smell bottle cap	Injection molding	1.5	0.05	1.578947368	Smell bottle cap	Injection molding	43800	5000	0.5	2000	60	0.03011416
Diffuser housing (3)	Injection molding	12	0.05	12.63157895	Diffuser housing	Injection molding	43800	6000	0.3	1000	60	0.06045662
Transparent connection port	Blow molding	6	0.05	6.315789474	Transparent connection port	Blow molding	43800	25000	0.5	500	60	0.12228311
Diffuser accessory(3)	Injection molding	6	0.05	6.315789474	Diffuser accessories	Injection molding	43800	1000	0.5	2000	60	0.03002283
Charging board shell	Injection molding	6	0.05	6.315789474	Charging board shell	Injection molding	43800	30000	0.5	2000	60	0.03068493
Total Material Cost per Product (RMB)				39.47368421	Total non-dedicated cost per Product (RMB)				0.30365677			

part	process	Dedicated Cost per Part			
		Ct - Tooling Cost [RMB]	n - number of parts	nt - parts per tool life	Cost
Smell bottle	Blow molding	5000	50000	10000	0.5
Smell bottle cap	Injection molding	3000	50000	10000	0.3
Diffuser housing	Injection molding	3000	10000	10000	0.3
Transparent connection port	Blow molding	8000	10000	10000	0.8
Diffuser accessory	Injection molding	1000	10000	5000	0.2
Charging board shell	Injection molding	2000	20000	10000	0.2
Total dedicated Cost per Product (RMB)				2.3	

Purchased Component Costs				
Part Name	Process	Cost/item [RMB]	Quantity	Cost
Atomizer	Market order	0.5	3	1.5
scents	Market order	25	3	75
Circuit board	Market order	15	3	45
Diffuser battery	Market order	7	3	21
Receiving coil	Market order	2	3	6
LED	Market order	0.5	3	1.5
switch	Market order	1	3	3
Partition	Market order	3	3	9
Charging board circuit board	Market order	30	2	60
Transmission coil	Market order	2	8	16
Charging board battery	Market order	15	1	15
charging port	Market order	5	1	5
Charging Cable	Market order	5	1	5
Total Cost [RMB]				263

Assembly Cost					
Part Name [s]	Action	No. of Operations (Parts)	Manual Handling Time per (Parts)	Manual Insertion Time per (Parts)	Operation Time (s)
sub-assembly 1 (scent bottle)					
scent bottle	Screw on	3	2	1.1	9.3
sub-assembly 2 (diffuser)					
Atomizer	Manipulate & Align	3	2	3	15
grout board	Manipulate & Align	3	1.5	2.5	12
battery	Manipulate & Align	3	1.3	2.5	11.2
switch	Manipulate & Align	3	2.5	3.6	0.01
LED	Assemble	3	1.5	2.5	12
coil	Manipulate & Align	3	2	2.5	13.5
Transparent connection port	Assemble	3	5	8	39
diffuser housing	Assemble	3	6	7.5	40.5
sub-assembly 3 (wireless charging board)					
Charging board shell	Align & Assemble	1	1.13	2	3.13
Partition	Align	1	1.5	0	1.5
Charging board circuit board	Manipulate & Align	2	1.5	2.5	8
Transmission coil	Manipulate & Align	8	5	7.5	100
Charging board battery	Manipulate & Align	1	1.3	2.5	3.8
charging port	Assemble	1	1.5	2.5	4
Total Sub-assembly Time (s)					276.73
Total Sub-assembly Cost (RMB)					0.118

Purchased component costs
Some parts can be purchased from the market, and their purchase prices are as follows.

Assembly cost
The product includes three parts that need to be assembled. The assembly fee is as follows.

Total cost
A general product includes three scent bottles, three diffusers and one wireless charging board. The total cost of a product is 305 RMB, plus a 30% profit margin, and the price is 396.5 RMB, plus value-added tax, the retail price is 436.15 RMB.

People can buy more scent bottles and diffusers based on their needs. The total cost of one scent bottle is 28.5 RMB, plus a 30% profit margin, and the price is 37.05 RMB, plus value-added tax, the retail price is 40.755 RMB. The total cost of one diffuser is 39 RMB, plus a 30% profit margin, and the price is 50.7 RMB, plus value-added tax, the retail price is 55.77 RMB.



Reflection:
Materials, production methods, assembly methods, cost, and selling price are all considerations for a product. The chose Chinese-made company, so the price is shown in RMB, which manufacturing is relatively cheaper.

COMMERCIAL FEASIBILITY

CLIENT

- Students aged 19-25

DEMAND

- People have a high demand for reducing procrastination (from kwfinder.com) Every month; many people use Google to search how to overcome procrastination. The data shows that the keyword "how to stop procrastinating" is searched 22,000 times per month (from kwfinder.com). Moreover, students are the leading group of procrastination.
- Procrastination can have adverse effects on students' body and mind (Fuschia, 2002). Procrastination affects people's behavior and performance, such as getting bad grades (Ronald, 2016), lack of sleep (Katharina, 2019) (Floor, 2014), lower salary (Wendelien, 2016), etc. Also, students with procrastination will feel pressure, distress, and guilt, which can lead to psychological problems (Fuschia, 2006)

Therefore, students, as the leading group of procrastination, will be interested in this product that can reduce procrastination.

VALUABLE PROPOSITIONS

- The product design complies with the program guidelines and obtains program approval.
- The user purchases the primary product and the matching scent bottle, which can be used for 5-10 years under regular use.
- The general use time of scented bottles is 30 days. Users can repurchase them as needed, and when they are delivered to their homes, they can recycle the used bottles for recycling.

PERFORMANCE BENEFITS

- Reduce procrastination
- the operation process is more straightforward, after installing the scent bottle, user can use it
- The smell bottle is recyclable and environmentally friendly
- Portable and easy to move
- The charging board has a place to charge a phone and reduce the user's distractions during the working mode.
- Users can purchase smells according to their preferences, and the purchased quantity according to their needs. Up to 5 scents can be set; a device can emit different smells.
- Each bottle can be used for a long time without frequent replacement, and there is no need to add water as a general diffuser.

PRODUCT UNIT PRICE

Essential configuration products (3+3+1)

- Material and manufacturing cost-42 RMB
- Cost of purchased parts-263 RMB
- Assembly cost-0.118 RMB
- Cost-305 RMB (excluding VAT)
- Price-436.15RMB (including value-added tax)

Overlay
scent bottle

- Material and manufacturing cost-3.691 RMB
- Cost of purchased parts-25 RMB
- Assembly cost-0.002 RMB
- Cost -28.5. RMB (excluding VAT)
- Price -40.755RMB (including VAT)

diffuser

- Material and manufacturing cost-12 RMB
- Cost of purchased parts-29 RMB
- Assembly cost-0.16 RMB
- Cost-39 RMB (excluding VAT)
- Selling price -55.77RMB (including value-added tax)

Future product range

Will produce perfume by company.
Expand company scale and reduce costs
Improve the product based on user feedback



Reflection:

The concept of expressing time through smell is novel and interesting. Time, environment and focusing are also essential elements to reduce procrastination. This Scent Timer has reached the initial goal. The final product sales are direct to consumers, manufactured in China, and each product can create 30% of the profit. But I still know that this product needs to get feedback from the market to improve its functions.

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