



"The Artificial Conscience Experience"



Stay hydrated!

Artificial Conscience

Team "Fight the Inner Couch Potato"

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What Is Artificial Conscience?

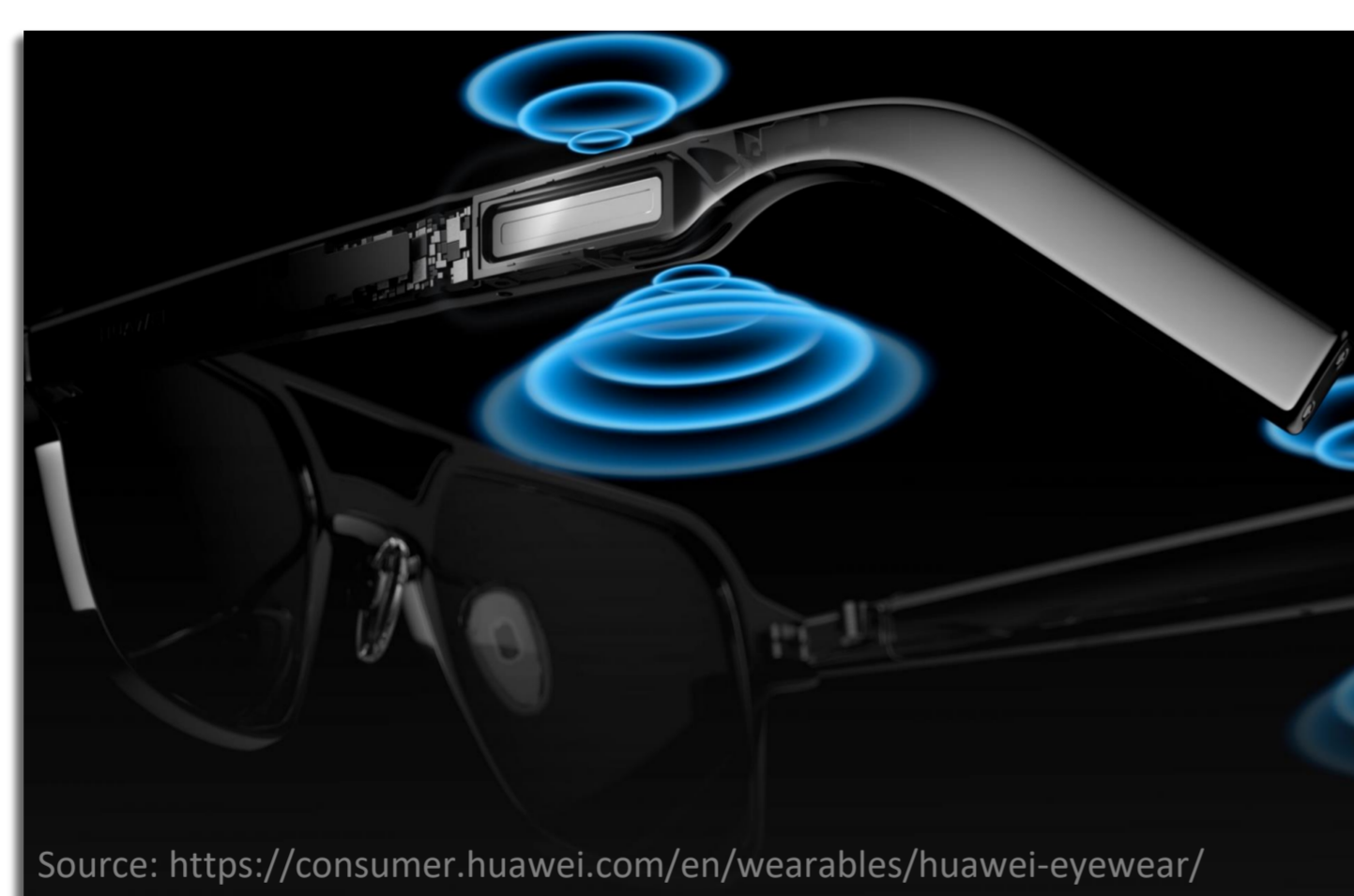
Our system supports users to achieve a healthy lifestyle by giving recommendations for everyday life:

- Suggesting context-dependent exercises
- Reminding oneself of personal goals
- Applying techniques to improve productivity

The idea is to target the inner couch potato: Users will probably feel guilty if they do not follow "their own" advice.

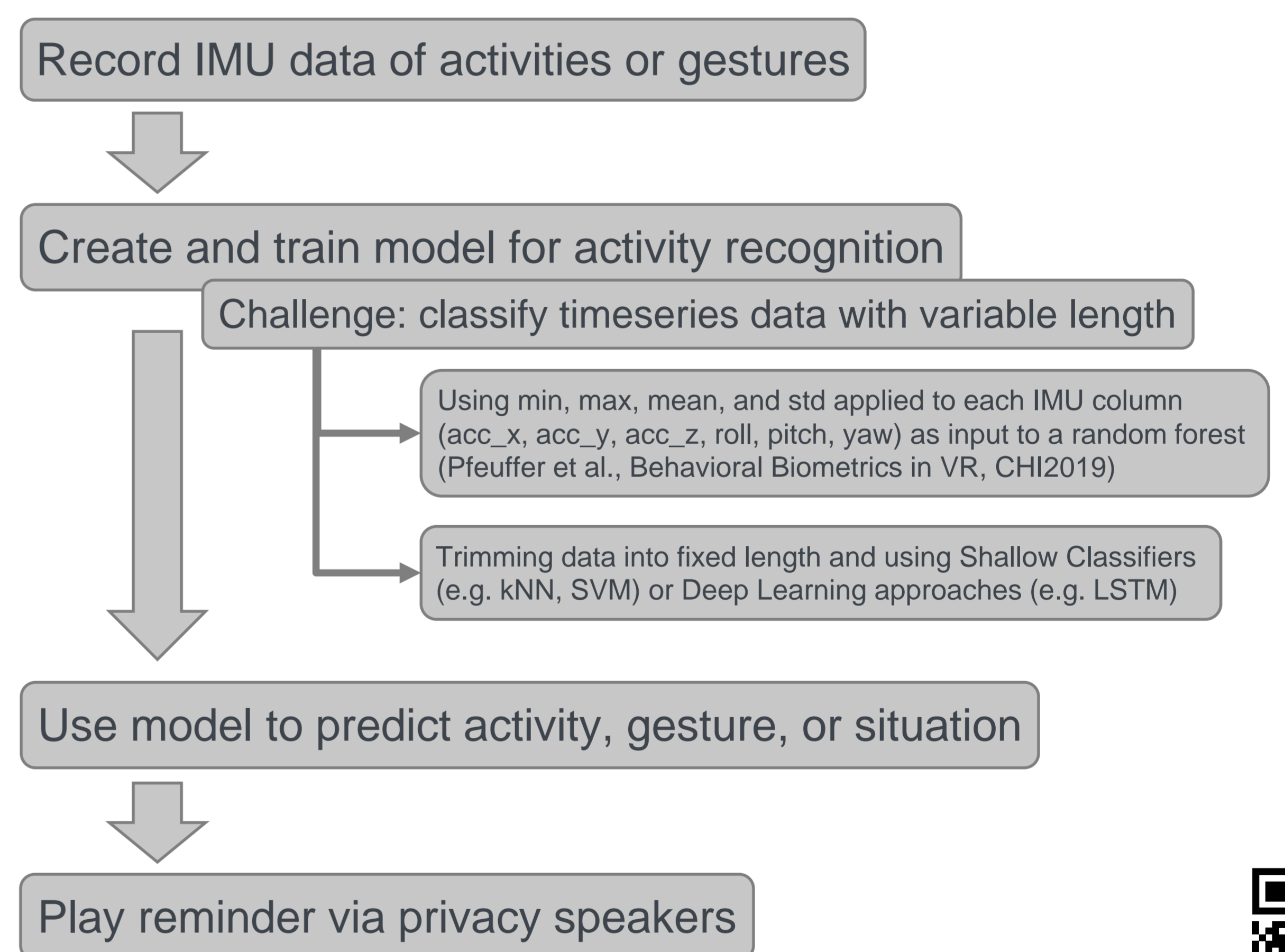
Key aspect: Privacy Speakers

- Audio less likely to be missed
- No privacy concerns
- Not embarrassing in public



Source: <https://consumer.huawei.com/en/wearables/huawei-eyewear/>

How Does It Work?



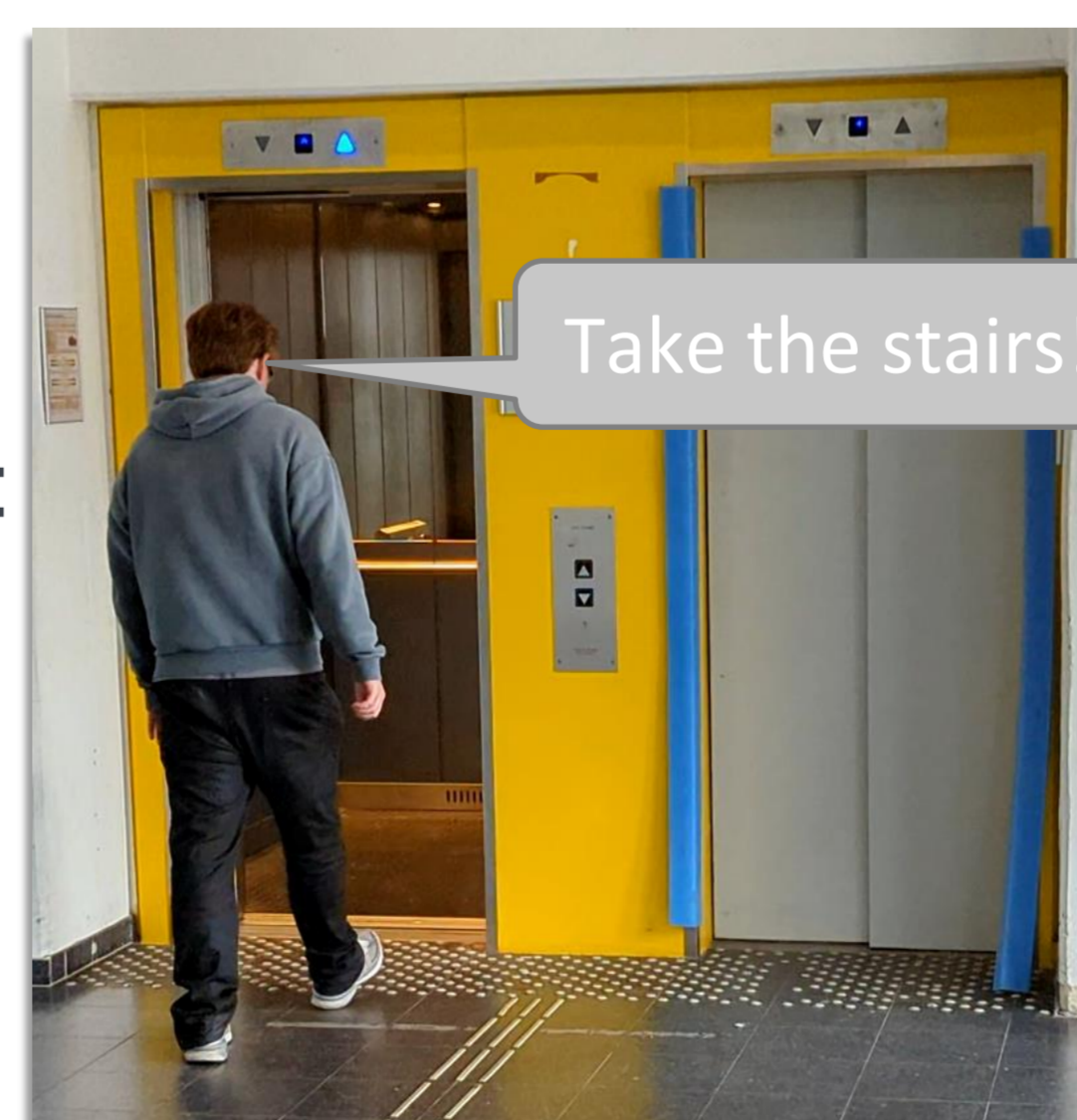
Our framework as open source contribution:
https://github.com/jokeppel/artificial_conscience_mobileHCI22SDC



What Are The Use Cases?

Our framework can be used for activities to stay healthy (as well as for gestures to operate the Huawei eyewear):

- Gestures (e.g. nodding="yes", shaking head="no")
- Daily physical activity (e.g. elevator vs. stairs)
- Self-Reminders (e.g. habits)
 - You told yourself, you didn't want to eat fastfood!
- Neck posture and exercises (e.g. rotate head, stretching left/right/front)
 - Stand straight and gently bend your neck to the right side!
- Focus assist (e.g. Pomodoro timer)
 - Stand up and do some squats!
- Hydration check (drinking reminder)



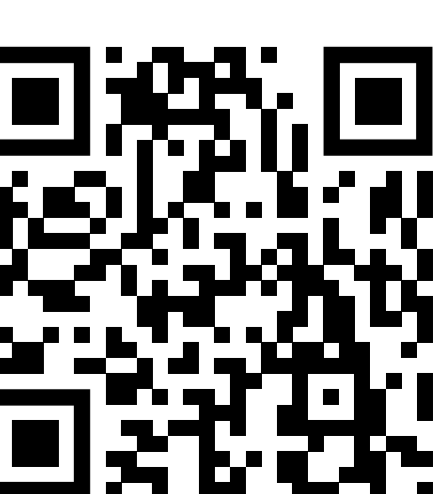
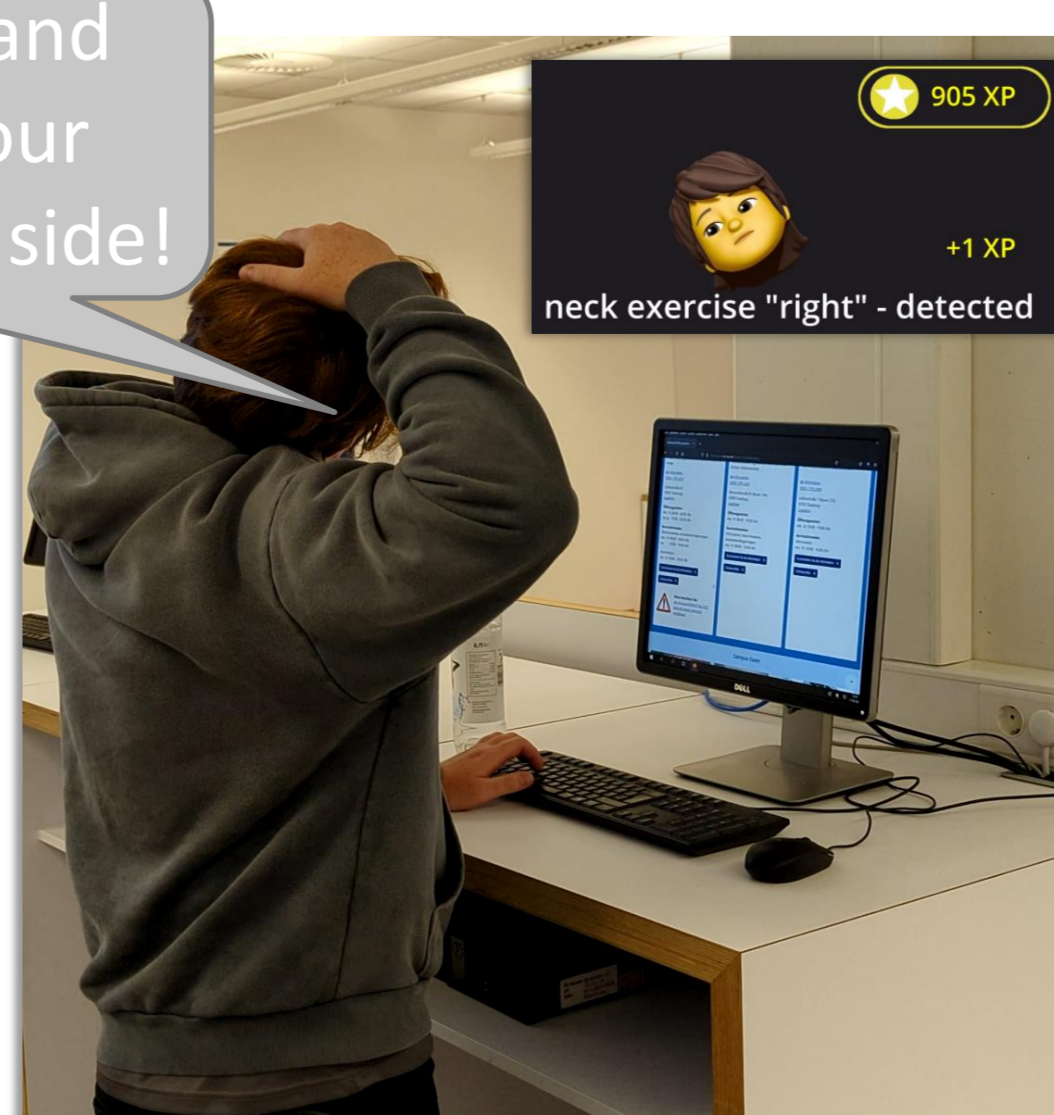
Which Voice To Use?

- 1) Artificial voice (e.g. Alexa, Siri, or Google Assistant)
- 2) Your own voice (making a promise to oneself)
- 3) Friend's voice (sending virtual cheers)
- 4) Celebrity's voice (e.g. interview snippets and/or GANs)

Just Do It!

Comparing rewards:

- Sound
- Message
 - Great that you took the stairs!
- Gamification



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