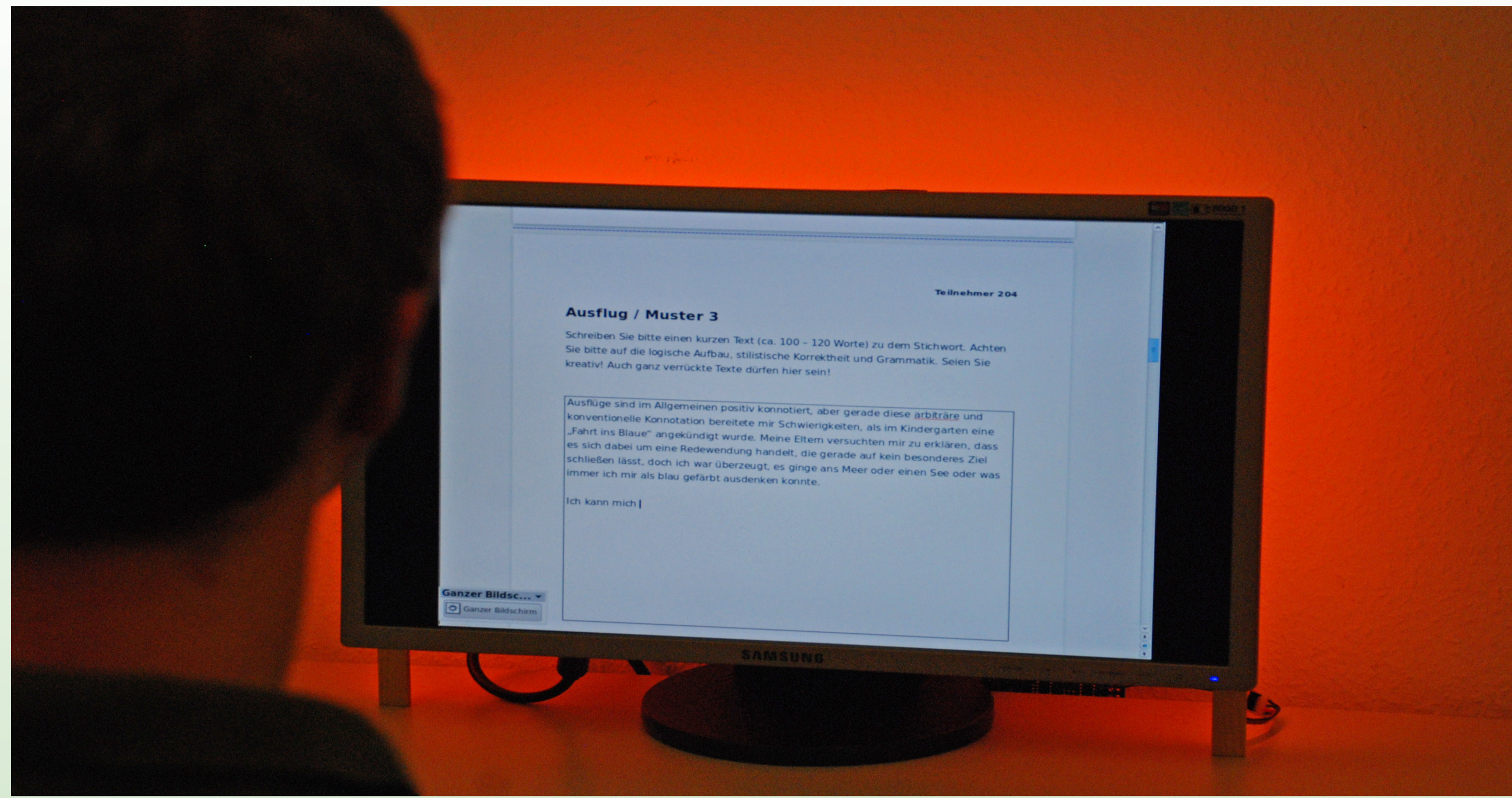


# Ambient Timer

## Unobtrusively Reminding Users of Upcoming Events with Light

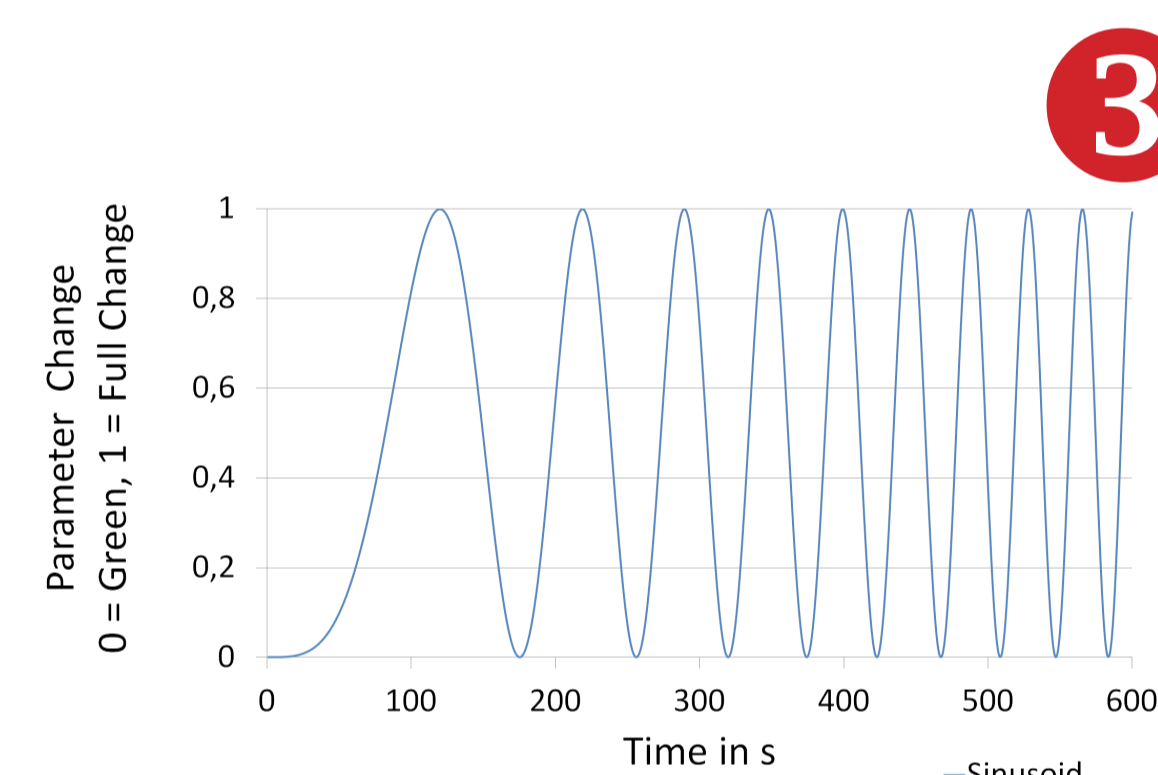
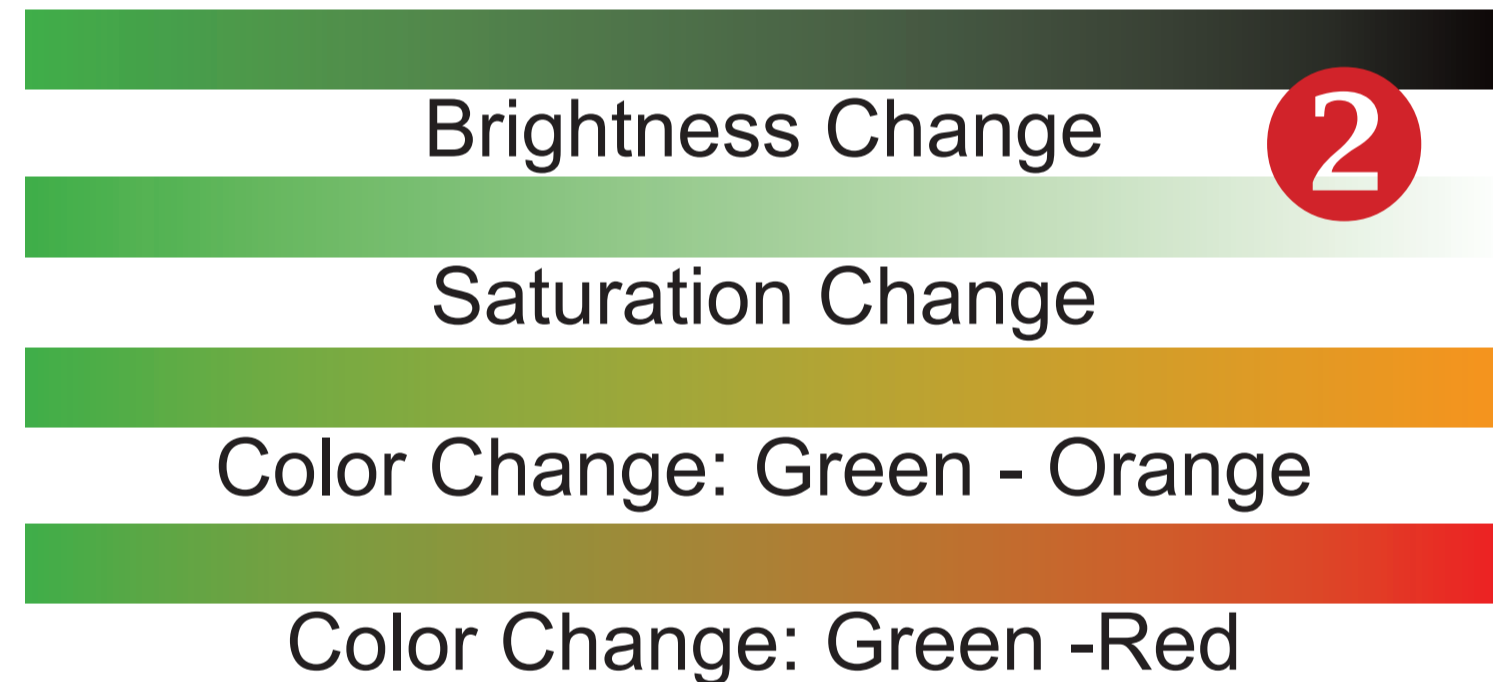
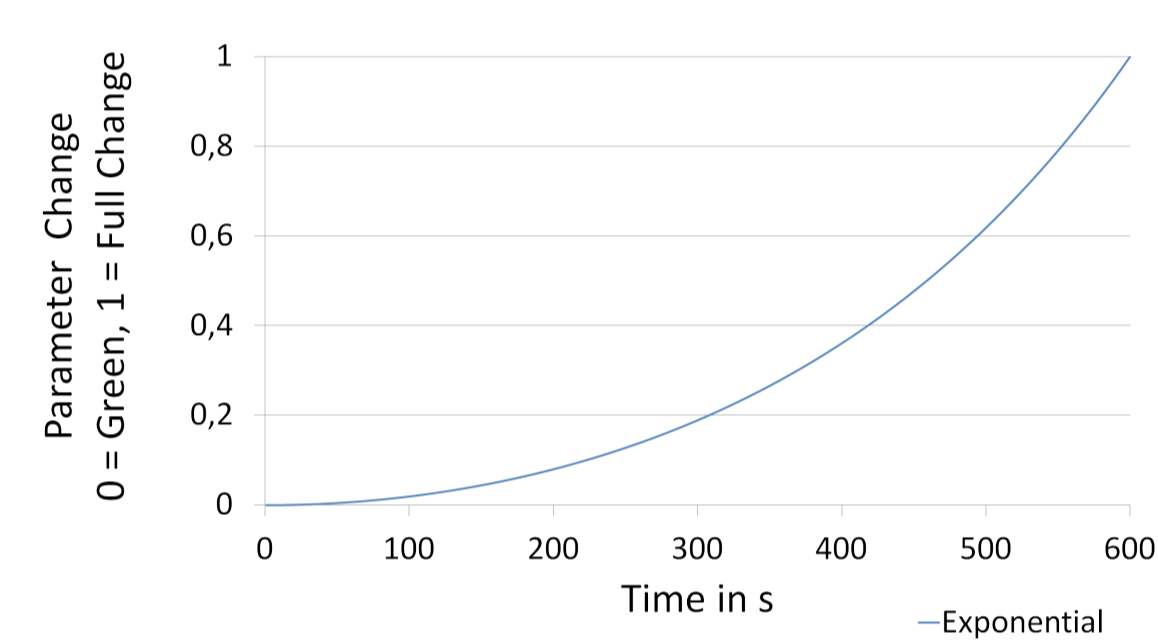
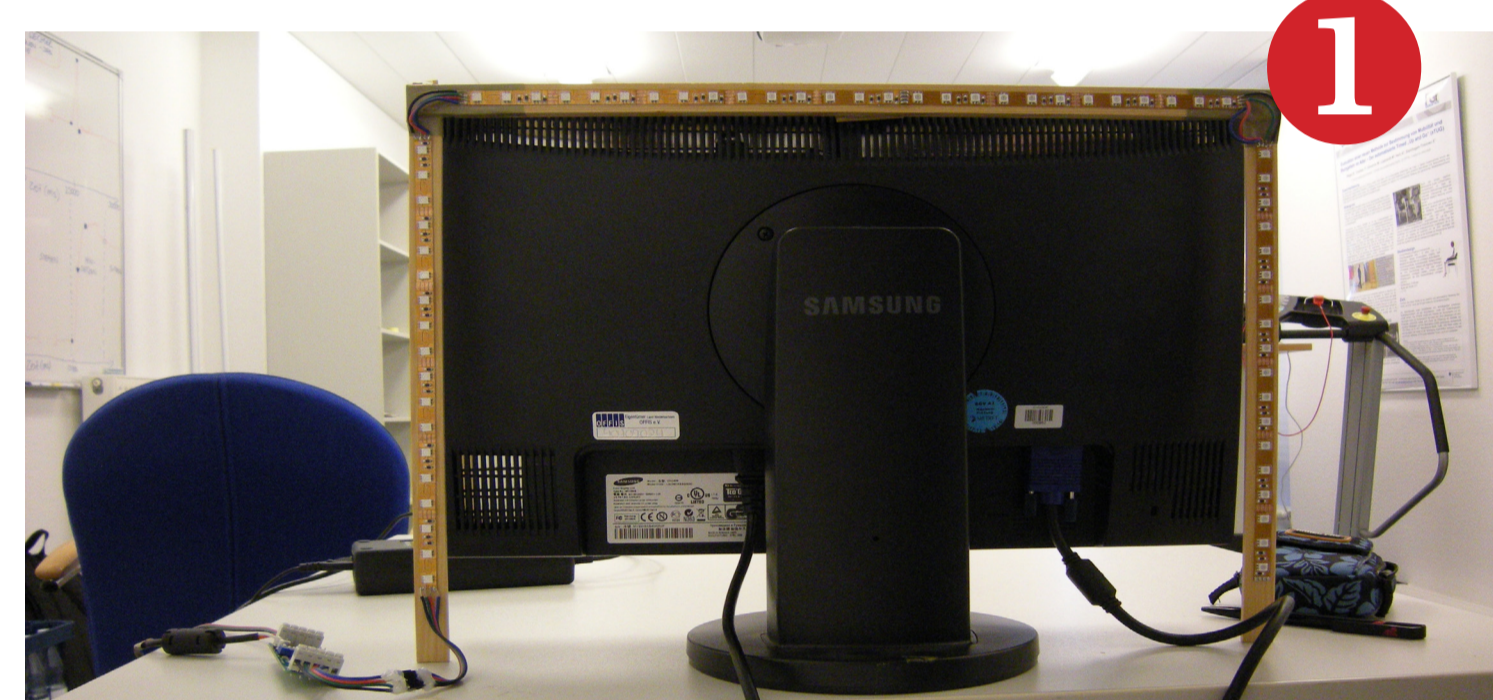
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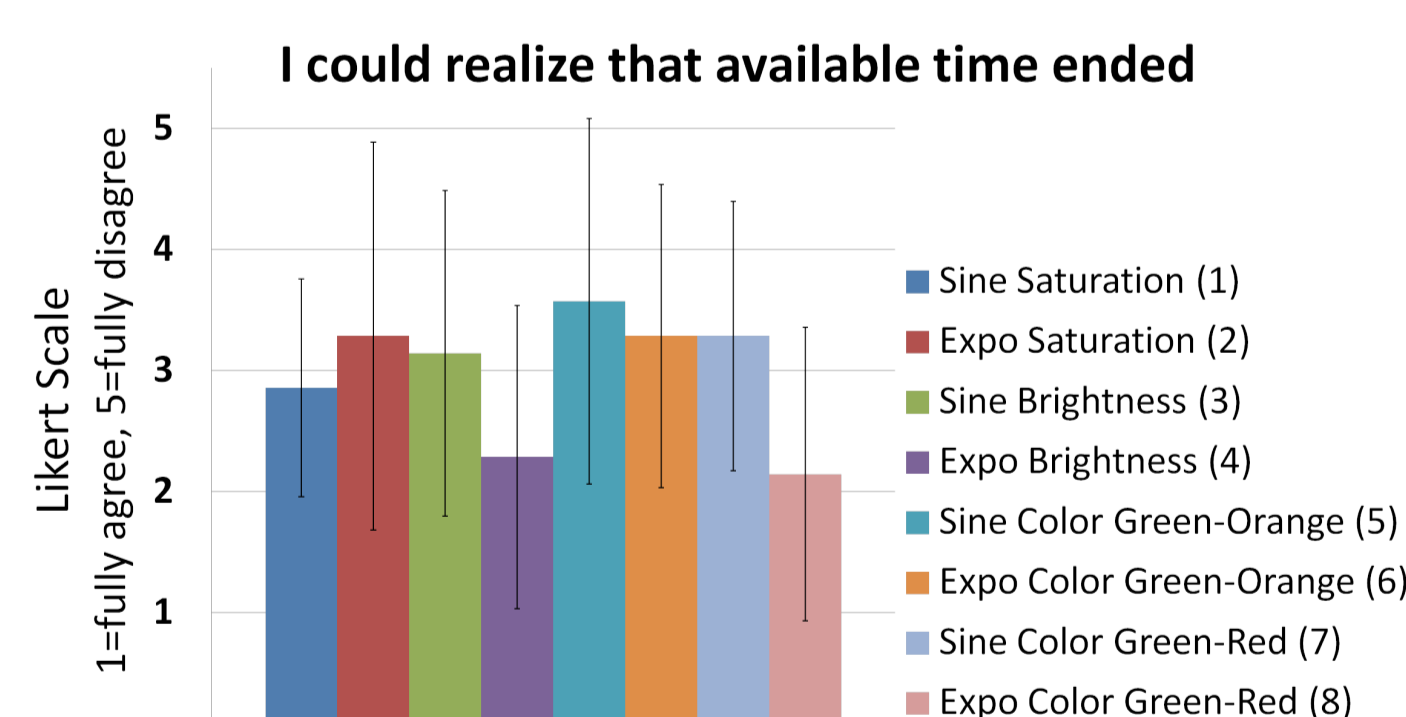
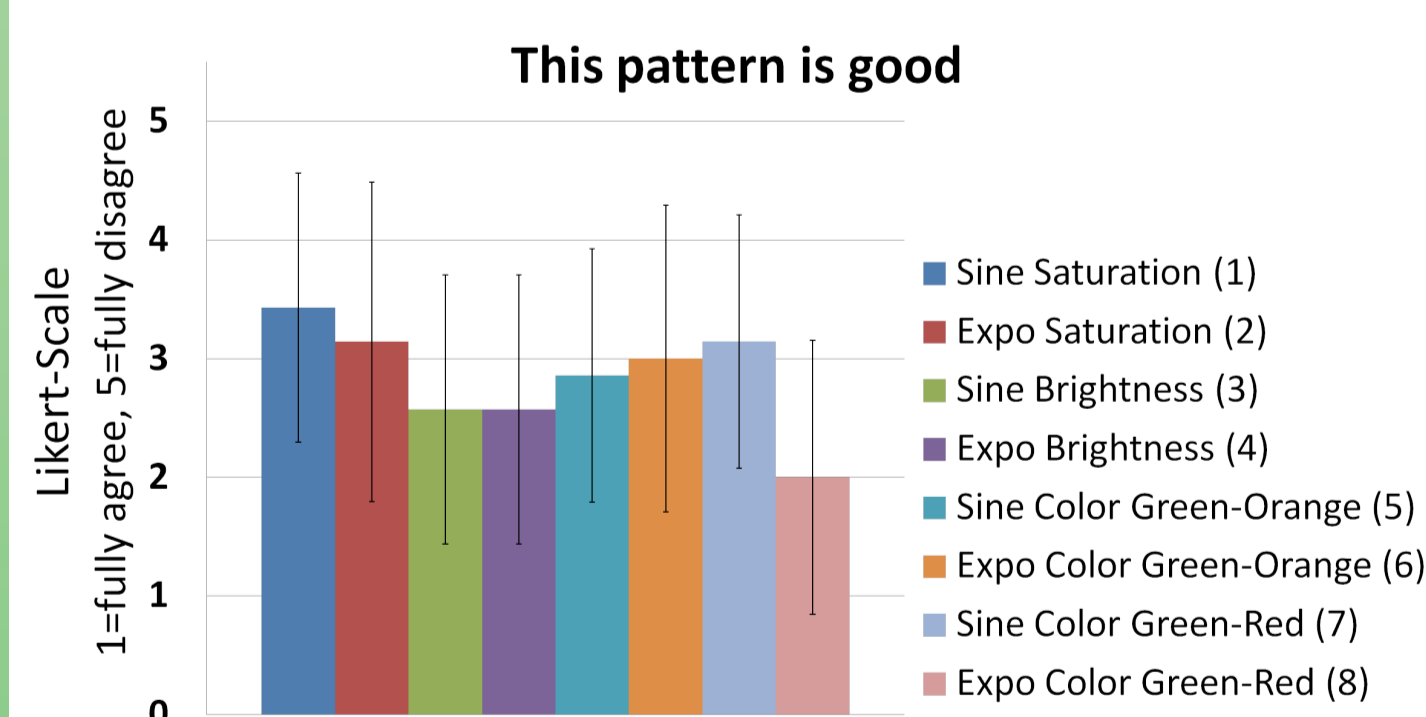
### Motivation

- Daily office work is highly fragmented
- While working at the desk, one has to maintain an overview of upcoming appointments
- SoA reminders are obtrusive or require focused attention, difficult to reach work “flow”
- Ambient light can be used to remind users of upcoming events in the periphery



### Design

- Ambient Timer continuously informs users on when the time for the next appointment has come
- We used an LED-frame on the backside of a monitor to create an ambient light display **1**
- We studied a set of 8 light patterns combining 4 parameter changes **2** with 2 different change modes **3** in an experiment with controlled light settings
- Participants were asked to write essays for 10 minutes and use Ambient Timer for timing the task's end.



### Results

- Participants were able to judge available time
- Participants felt well informed on progress of time
- Participants did not feel disturbed
- Exponential patterns receive better ratings



### Conclusion/Outlook

- Ambient Timer may be a good alternative to SoA reminders that are obtrusive or require focused attention, e.g. pop-ups or checking the clock
- Future work: Compare Ambient Timer to SoA reminders; conduct long-term user study.