



DOPPEL

set your pace

Product Description

doppel is a new breed of wearable technology. It is the first wearable that actually creates a tangible benefit to how the user feels. doppel gives you direct influence over how alert or relaxed you are.

It works in the same manner as music, up-beat music gets you going, down-beat music chills you out. But doppel does this with a vibration you feel, rather than hear. There is no noise and no distraction. You can use it to wind down to fall sleep, to keep going through that really long meeting or to stay calm when you're nervous.

doppel sits on the inside of your wrist and can be controlled directly after calibration via an app. doppel provides you with a tactile stimulus to help you set your pace.

Human beings naturally react to rhythms, such as other people's breathing and heart rate, and also to music. A faster pace will get them going. A slower pace will relax them. Our hypothesis was - if we provide a tactile beat then people will also feel more alert or relaxed. The answer is yes they will! doppel has been tested independently by psychologists at Royal Holloway University of London. With results showing improved focus, alertness and reaction times. It has also been tested on hundreds of people in house with similar results for alertness, as well as helping people to stay calm under pressure and wind down for sleep.



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We have designed doppel to work intuitively, exploring natural interactions, rather than using buttons and screens. We looked at how people already calm or invigorate themselves, whether it be stroking themselves to become calmer, or pinching themselves to wake up. We translated these directly on the device. So it's a simple stroke to lower the tempo, a squeeze to raise it, and a twist to change the intensity. This comes after calibration via the app, which is used to measure heart rate, from which the stimulating and relaxing tempos are set. The app provides additional capabilities such as the ability to save and categorise useful settings.

We have working prototypes of both the hardware and the app and we are launching pre-orders on Kickstarter on the 16th of June.

doppel is the first in a new generation of wearables that directly benefit the user. We have a number of other products that we hope to develop over the next few years. Our aim is to create a whole new market for wearables, bridging the gaps between mindfulness, well-being and technology. Creating truly empathic technology. We do not see the future of wearables as blinking lights and flashing screens, but rather a softer technology that works symbiotically with us, helping us to be the person we want to be.