**Tracking Behavior: DoppleSleep**

**Motivation**
Most technologies to track sleep are cumbersome and require user's effort and compliance.

**Solution**
DoppleSleep is a contactless sleep monitoring system that continuously and unobtrusively tracks sleep quality over the long term, offering users valuable insights into their sleep habits.

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**Behavior Change: The Mindless Plate**

**Motivation**
Several technologies exist to help individuals lose weight but they require a lot of effort from the users.

**Solution**
Mindless Plate uses an optical illusion to influence people's perception of the food amount on the plate, which can help individuals to eat less without realizing that.

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**Emotion Change: EmotionCheck**

**Motivation**
Most technologies for emotion regulation are not designed to help users manage their ongoing emotions.

**Solution**
EmotionCheck is a watch-like device that helps individuals to lower their anxiety and stress by influencing their heart rate awareness.
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