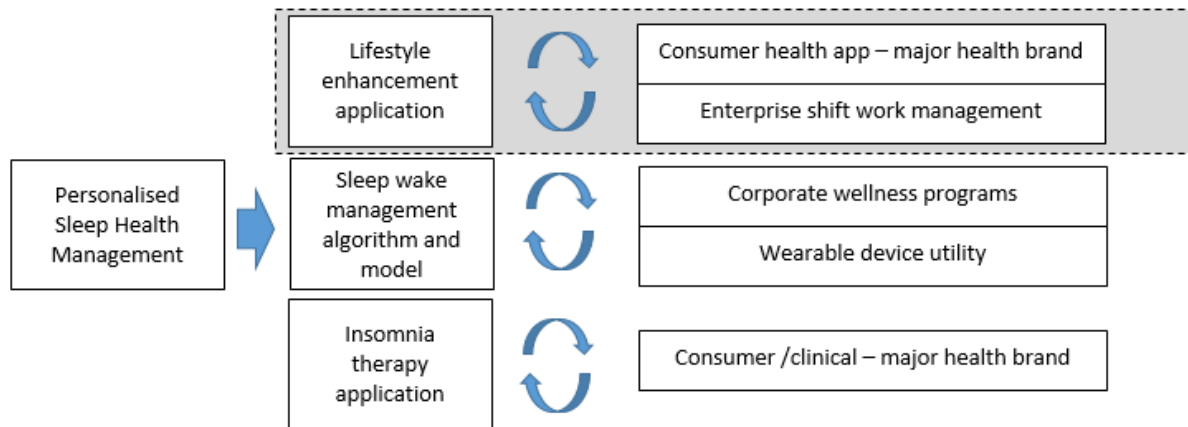


Output Profile: Project Zest – Lifestyle Enhancement for Shift Workers

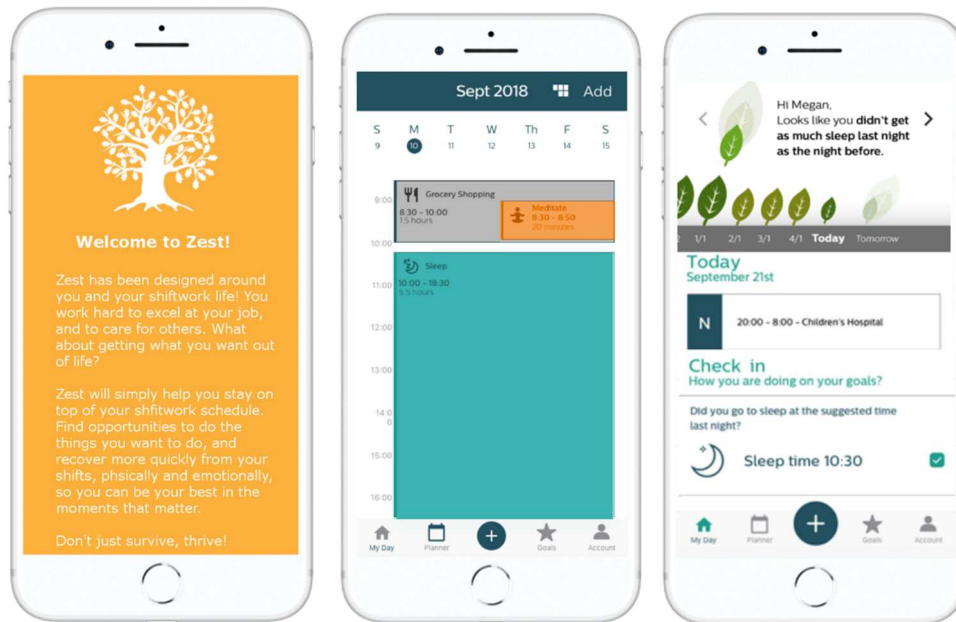
An algorithm based mobile application has been designed to assist shift workers (and others) to better manage their lifestyle and sleep health, with personalization of advice based on user feedback plus sleep, activity and work schedule monitoring. The application enables behaviour change by providing personalized, clinically validated sleep and wellness coaching (including the optimization of alertness and sleep timing), modelled around the user’s work/life schedule and self-defined goals.



Specification Summary

- ‘Zest’ mobile platform enables shift workers and others to recover quickly to live more fully.
- Enables behavior change by providing personalized and clinically validated sleep and wellness coaching modeled around the individual’s schedule and self-defined goals.
- Incorporates three core components based on voice-of-customer (VOC) insights: sleep, recovery and lifestyle planning.
- Calendar integration to import multiple roster schedules, sync with personal schedules / calendars - all in one place.
- Coaches the user around their schedule to optimise sleep/recovery and user-defined goals.
- Integrated with the Alertness CRC developed Sleep-Wake Management (SWM) industry standard RESTful API Engine to identify and recommend sleep, wake and recovery options.
- Users can pursue personal goals at their own pace by incorporating functionality that allows for the creation, prioritisation and pursuing goals of any kind/duration (e.g. run a marathon or read for 15 mins per day).
- Coaching capability provides ongoing motivation and encouragement for successful behaviour change tracking towards user’s goals.

Screen Shots



Alertness CRC is exploring a range of options to further the use of its research, technology and products and is open to speaking with a range of interested entities from investors to licensees and commercialization partners. Additional public information is available at: <https://mjkpartners.com/opportunities/alertnesscrc/> or contact Myron Kassaraba, MJK Partners, LLC, Tel. 617-902-0639, myron@mjkpartners.com.