

Stick to your good resolutions and build good habits with MOTHER

Sen.se, launches HABITS, a new application for its Mother device dedicated to help keep your good resolutions and pursue your daily routines.

Paris, 3rd of February 2016 - Watering the living room plant every week, feeding the goldfish every two days, going to the gym twice a week, practicing piano very regularly... Thanks to the HABITS App, Mother users will never forget the daily routine tasks which are sometimes hard to remember, or the New Year's good resolutions, always difficult to stick to after we swept up the confetti...

Easy to set up, easy to use:

Like the others Mother apps, setting up the HABITS app only takes a few minutes :

1. Set the time slots of the day, week or month of a routine task. For example: watering the plants every week
2. Place a Mother smart sensor on the object that should be used on a regular basis. In our example, the watering can
3. If you don't use your watering can to water your plants at the time you've required, you'll receive a reminder.



Embedding good habits

HABITS has been created to help to embed good habits in behaviors. Everyone needs to think by themselves to perform the task they want to be assigned to. Mother's sensor only sends a reminder if the task has been forgotten. The objective here is to eventually transform the task into a real habit spontaneously performed without any reminder.

The detailed historical chart displayed on the dashboard, helps monitor the behavior's regularity over time, until the habit is perfectly embedded.

Smart recognition of tasks

All actions are not the same. Some last a second others take many minutes or even hours, HABITS tunes the sensor to detect specific actions. For example, moving the violin for 10 seconds doesn't mean you've really practiced. A sequence of movements has to be recorded during the whole violin playing session for HABITS to validate the task.

6 ways to receive reminders

Depending on the emergency and personal preferences, each person can choose the reminder they want: smartphone notifications, email, text message or sound notifications played by Mother.

Perfectly suited to the monitoring of Seniors

HABITS is an excellent way to assist elder loved ones and to remotely check if they are carrying on their daily routines (opening the fridge for breakfast, entering the bathroom, turning on the TV...). If no movement is detected, a notification is sent to the family or a trusted third party. Mother sensors can be placed on any household objects and blend into the fabric of their daily life without stress and no need for prior learning.

Rafi Haladjian, founder of Sen.se said: *"HABITS is yet another illustration of our vision: sensors are made to enrich your daily life to help you to live better, to improve yourself, without any effort, by using ordinary objects and not specific new devices, expensive and complicated. The mission is not to depend on the technology but to help you to build good habits by yourself. Once it's established, you can use Mother sensors to do something completely different. They are designed to be versatile ».*

HABITS features:

- Detects the movements of everyday objects
- Does not record accidental movements that don't correspond to the right duration
- Possibility to **configure hourly, daily, weekly or monthly** repetition
- Allows you to send notifications before indicated time
- **Sends notifications** after the end of the specified time slot when nothing has been detected
- The frequency and interval between each reminder are **adjustable**
- Displays the imminent event
- Displays all the events over a day, a week or month period
- Allows you to manually validate or correct an event
- Allows you to **choose your favorite notification** channels: smartphone notification (via the Pocket Mother App), Email, text message, phone call, or directly by Mother

About Mother

Mother is an incredibly versatile sensor system. The system includes an Internet connected Mother hub and reprogrammable sensors. Each user can assign the sensors to the functions he needs by picking an app in the available list. Sensors can be re-assigned freely and endlessly. It's like having tens of devices in just one elegant solution.



Mother has been launched in September 2014 and is available for purchase online at sensemother.com and electronic equipment stores.

Some of the applications that are already available with Mother:

Walk

Are you active enough to stay fit? Slip a sensor in your pocket so you can count the number of steps you make, the distances you walk, the calories you burn.

Door

Monitor access to your home. Affix a sensor on your front door and get an alert when unusual activity is detected when you are away.

Presence

Is there anybody home right now? Give a sensor to every person living under the same roof. Each person can resume their activities normally and Mother will be alerted of their comings and goings. You'll have an idea of the usual schedule of presence and absence in the house. Use this data to optimize your heating.

Medication

Always take your medication on time. Define your medication schedule, place a sensor on your pill box And get a reminder if you miss an intake. Monitor the regularity of your intake or that of an elderly parent.

Drink

Keep track of daily water intakes to ensure a good hydration. Select the quantity of water you need everyday. Attach a sensor to the container (bottle, glass, flask...) and get notified when quantities are too low. Make an estimation of the quantity you drunk.

Sleep

Automatically measure the quality of your sleep, wake-up times and get gently woken up at the best moment. Just slip a sensor into your bed.

Teeth

Do your kids or you regularly brush your teeth? Place a sensor on each toothbrush, it will make sure that you spend enough time brushing and that you never forget to do so. Organize a tooth-brushing contest to find out who sets the example.

Temperature

Measure the temperature everywhere you see fit. Place a sensor where you would like to monitor the temperature (child room, living room, basement, fridge...). You will get a warning if the temperature goes out of the normal range.

About Sen.se

Sen.se was founded in 2010 by rafi Haladjian and Franck Biehler. Sen.se develops a new generation of smart objects designed to blend elegantly and unobtrusively into the lives of users. Its mission is to design a world in which daily life can be continuously enhanced by the extra knowledge, comfort and security that sensors can bring, but in which devices make the effort to understand us and have the courtesy to remain discreet. Sen.se built an infrastructure to continuously collect data sent by connected devices. This platform was designed to receive and store large volumes of information in real time. But above all, our platform processes the incoming data, interprets it on the fly, then continuously analyzes historical data in order to provide the end user with more and more smart services.

For high res. images and press releases, visit <https://sen.se/about/press/>

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