個人睡眠教練的使用性測試:初步探討

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摘要

本研究主要目標為發展一個人用睡眠教練，其為一手持式裝置，能透過有系統的個人資料蒐集及即時生理狀況監測，協助失眠者改善其失眠困擾。本研究開發睡眠教練原型，並邀請 7 名慢性失眠的患者參與個人睡眠教練的使用性測試，評估該裝置已建構的軟硬體部分是否符合失眠者的需求。研究結果顯示目前設計概念共有三大主要問題：(1)介面的圖像及字型太小。(2)生理感測器的放置位置不合適及(3)介面與使用者之間的互動性較低，未來將朝改善上述三大問題及擴充此裝置介面內容的兩大方向建構此睡眠教練。

關鍵字：使用性、使用者測試、手持式裝置、失眠

Abstract

This paper presents the ongoing work about the development of Sleep Coach, a handheld device that can assist insomniacs to develop proper behavioral strategies for reduction of symptoms. During the development for this innovative device, we conducted user tests with seven participants who have suffered from chronic insomnia. The result showed three major problems of current design. They were (1) the legibility in the graphical user interface (2) the location of the biosensors and (3) the interaction between the device and the users. These problems will be considered in the later developmental phase.

Keywords: Usability, User Test, Handheld Device, Insomnia .