



*Your companion for healthier and strain-free eyes in today's digital age.*

In an era dominated by screens, the average screen time has doubled to 7–8 hours daily. A startling 65 percent employees suffer from eye strain and vision problems and 47 percent reported headaches. By 2050, almost 50% will be myopic, that's a staggering 5 billion people.



*Improves Eyesight*



*Cures Digital Strain*



*Relaxes Eyes*



*Prevents Eye Problems*



*Insights and Reports*



5 MAIN COMPONENTS

HEIGHT 8 CM

20 CM LENGTH

HEIGHT / THICKNESS : 10 CM

SHUTTER / CUPPING MECHANISM NEEDED TO BE CONSIDERED

BASIC

MASSAGE

LASER (EXERCISE)

BASIC

CURVED SIDE

6 ACUPUNCTS

TRIANGULAR

VIBRATION MASS

PENCIL PUSH-UPS

works on the principle of focusing on the tip of the finger / pen/pencil. Altering focus of the eye (blur to clear) and repeating the same.

EXERCISE ON Vibration on the LED a certain period of time.

ADJUSTABLE

FOREHEAD

EXT

STRAPS

ACUPUNCT BASED ITERATIONS:

PRINCIPLE

CYLINDER

TEXTURE

HEMISPHERICAL CYLINDER

FINGERS

EDGES INDICATIVE, ACUPUNCTS ARE DIRECT.

SINGLE

SURFACE SEPARATION

LEVEL OF CURVATURE:

CIRCULAR

Uses -> Spectacles -> Staining.

The more the curvature move would the better the grip

Advantages of the curve

Bends and focuses light.



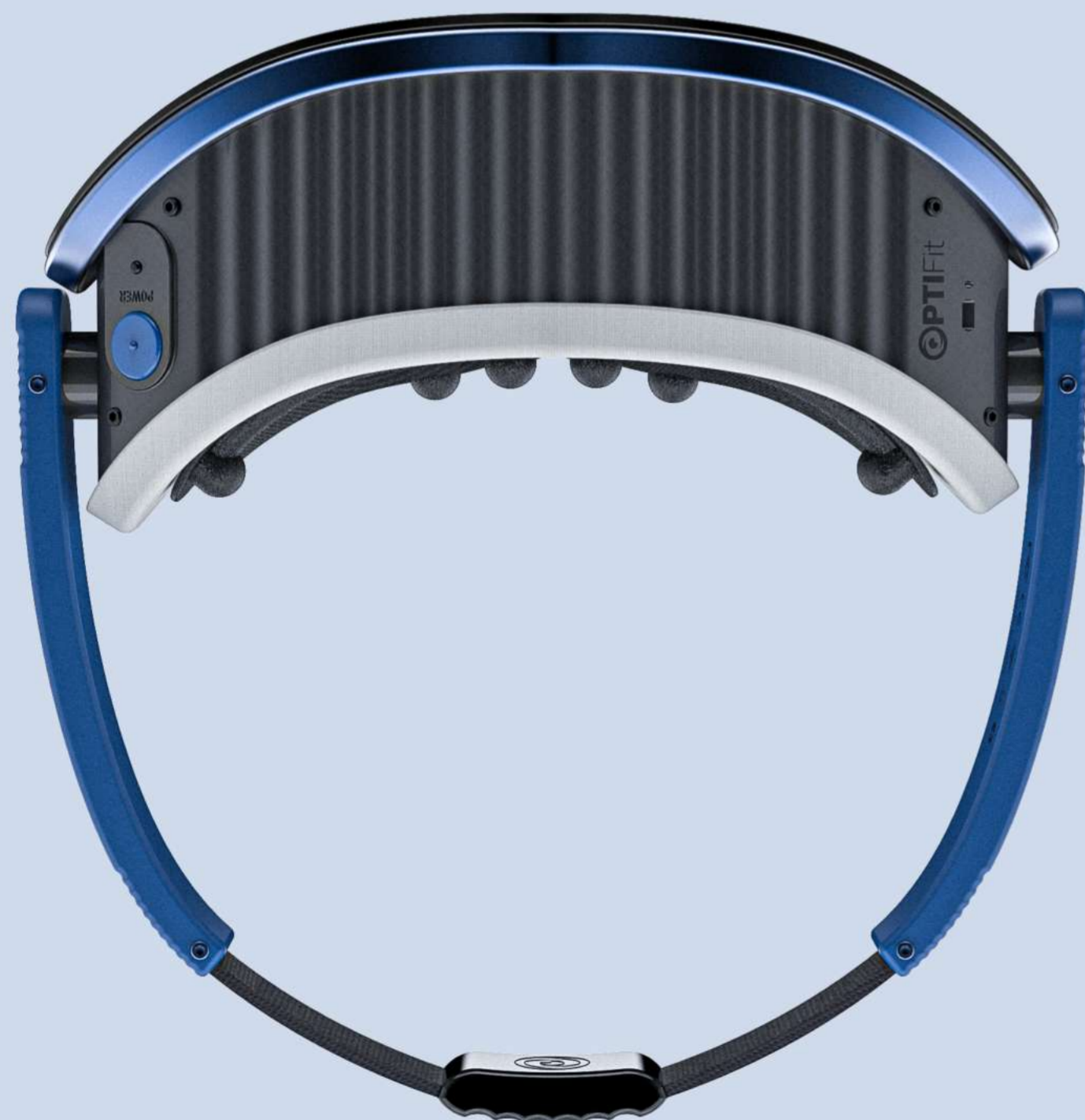
### Problem:

There is a growing concern about digital eye strain and the potential impact of extended screen time on eye health.



### Proposal:

OptiFit is a wearable eye fitness device designed to promote eye health and reduce eye strain in today's digital age.



Top



Front



Back

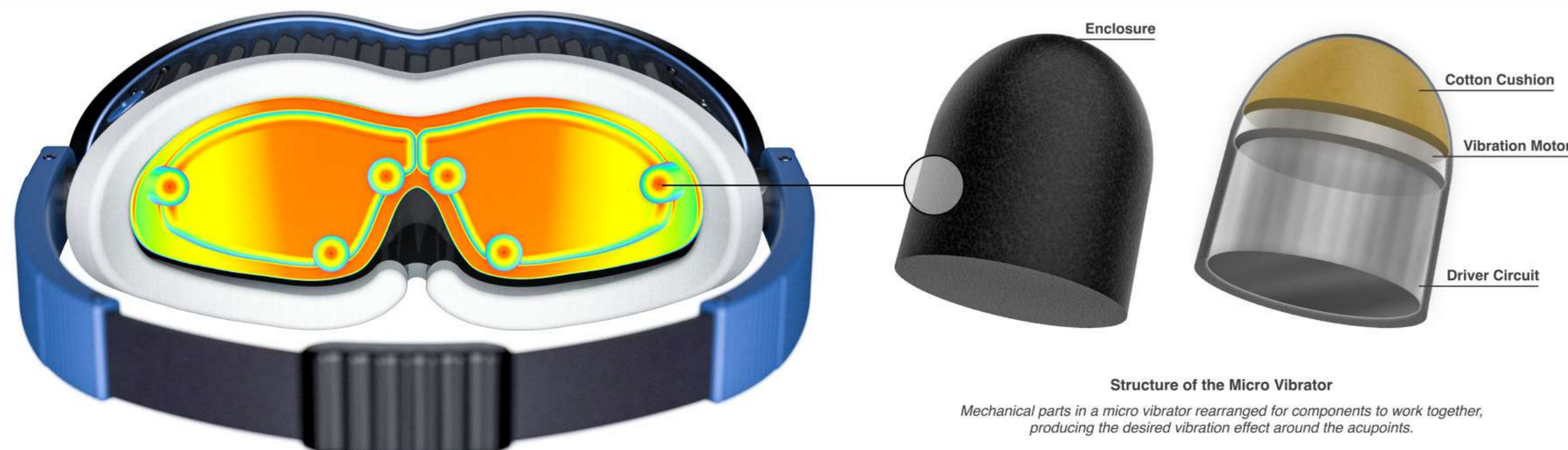


Bottom

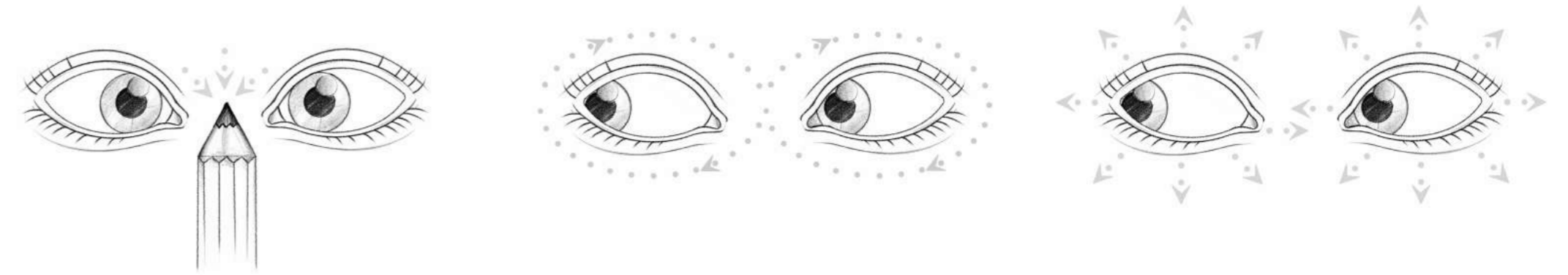


## Eye Massages

This integrates a set of **vibration-based massages** on certain acupoints as dictated by **Japanese techniques to vision therapy** around the eye to help relax the eye muscles. A set of six micro vibrators have been placed at **six acupoints, three on either side**. The **Pima waxed cotton cushioning** around each of the vibrator helps provide a softer surface against the skin, which can be more comfortable during use.



## Key Exercises



## Eye Exercises

Once the muscles of the **eyes are relaxed with the eye massages**, the user can then proceed to exercise them, and according to vision therapy this would help **strengthen their ciliary muscles**;

- **Eye Push-Ups:** The idea is to perform controlled movements that mimic the motion of doing a push-up with your eyelids, the user focuses on the subject and the subject sharpens and blurs while exercising.
- **Figure Eight:** The figure eight exercise involves tracing the shape of a sideways "8" with your eyes. This movement helps to engage both the central and peripheral vision, promoting flexibility and coordination of eye muscles.
- **Motion Exercise:** The user follows the light as it moves up and down and from one side to another, stimulating the eye muscles and improving vision.

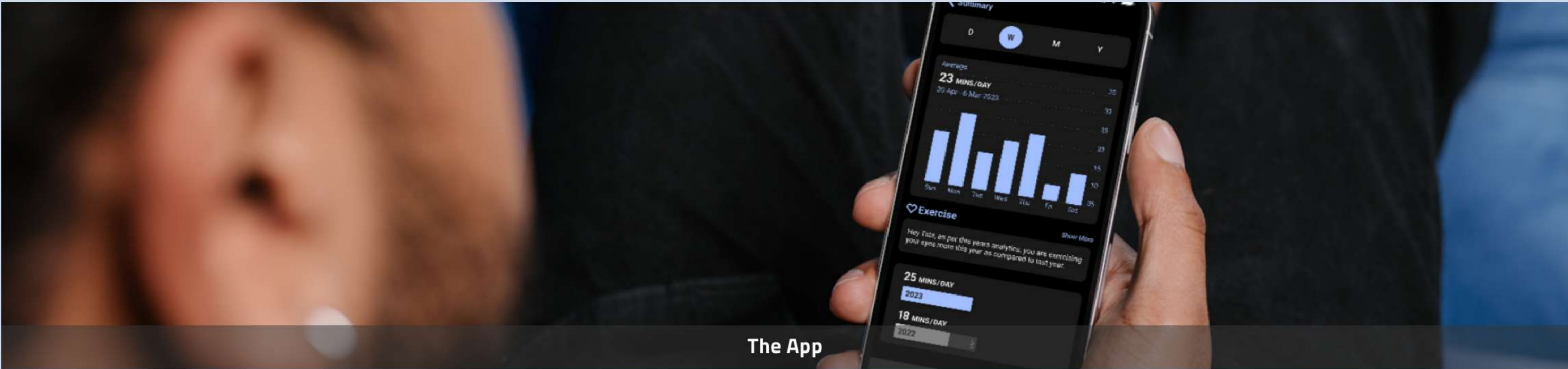




## Eye Exercises

The app can be [linked to your device](#) and help users monitor their eye health and [track improvements over time](#). The app is put in place to take care of all the [secondary controls](#) and tracking required, it helps collect long-term data on eye muscles, which can be valuable for [identifying potential issues](#) early and providing insights into [preventive methods](#).

The interface used here is a [dark interface](#), as they are considered beneficial for the eyes because they reduce the amount of blue light emitted by screens, which can cause eye strain and fatigue. Dark interfaces also create a [more immersive](#) and [visually pleasing](#) experience for many users.



The App



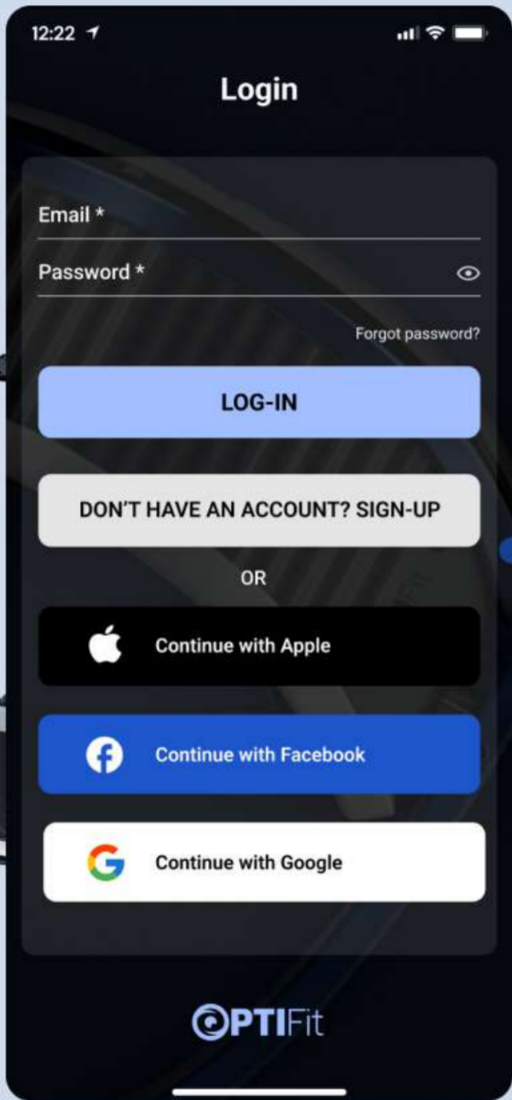
Data  
Collection



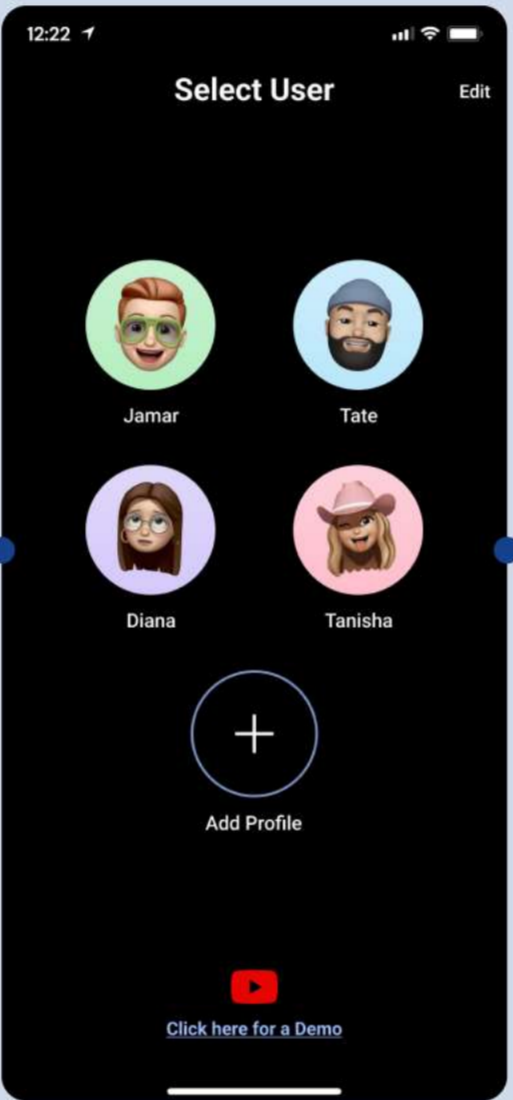
Preventive  
Analysis



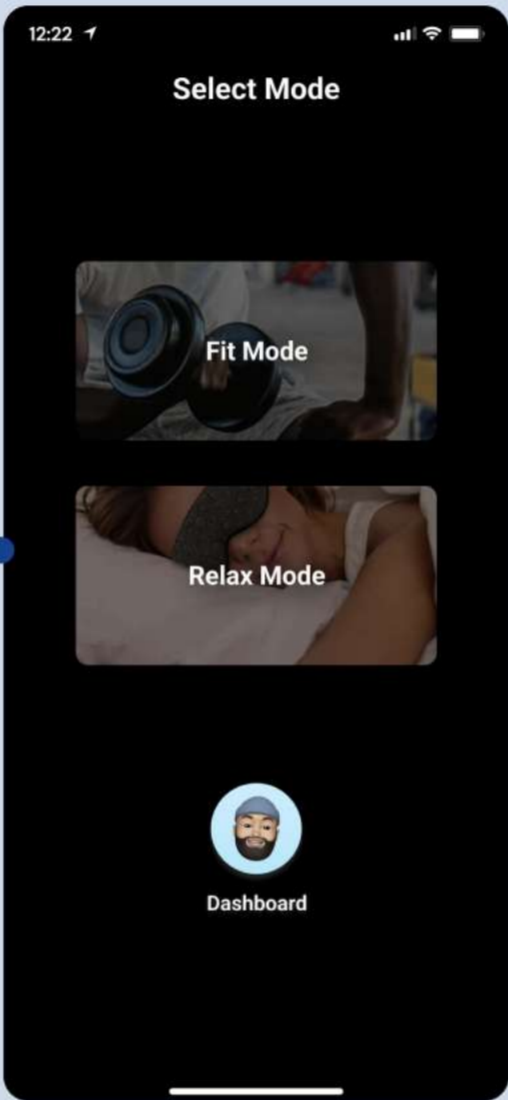
Medical  
Consultation



Login Screen



User Selection

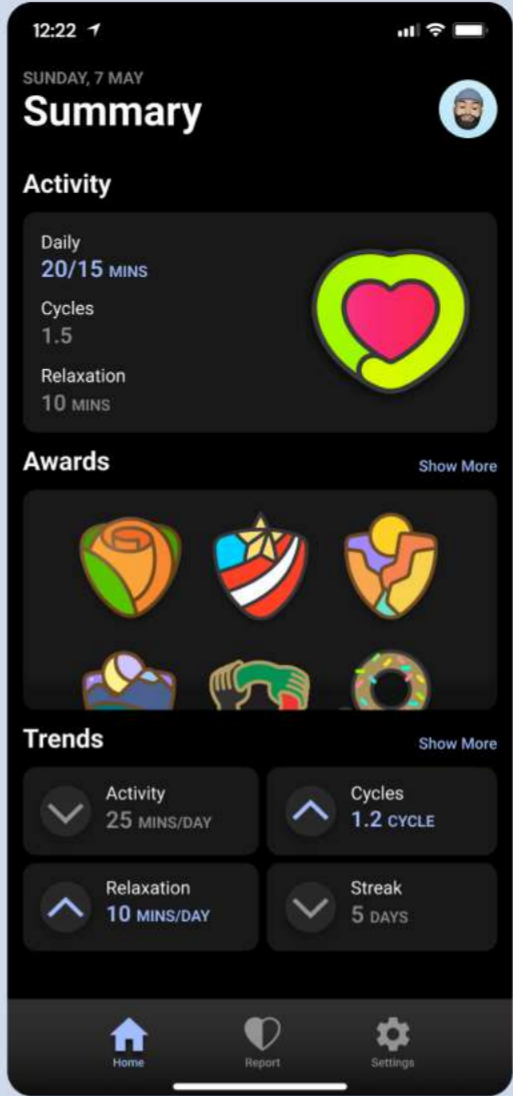


Mode Selection



### Product Details

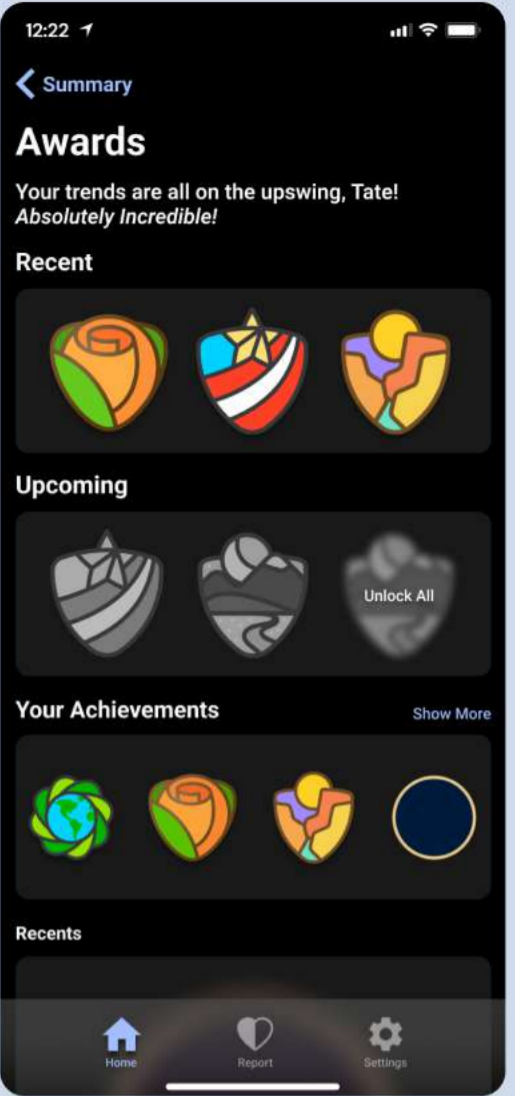
OptiFit combines **polycarbonate (PC)**, aluminum, and **soft cotton cushioning** material to create a **functional and comfortable experience** for the user. The polycarbonate shell provides **durability and protection** for the internal components.



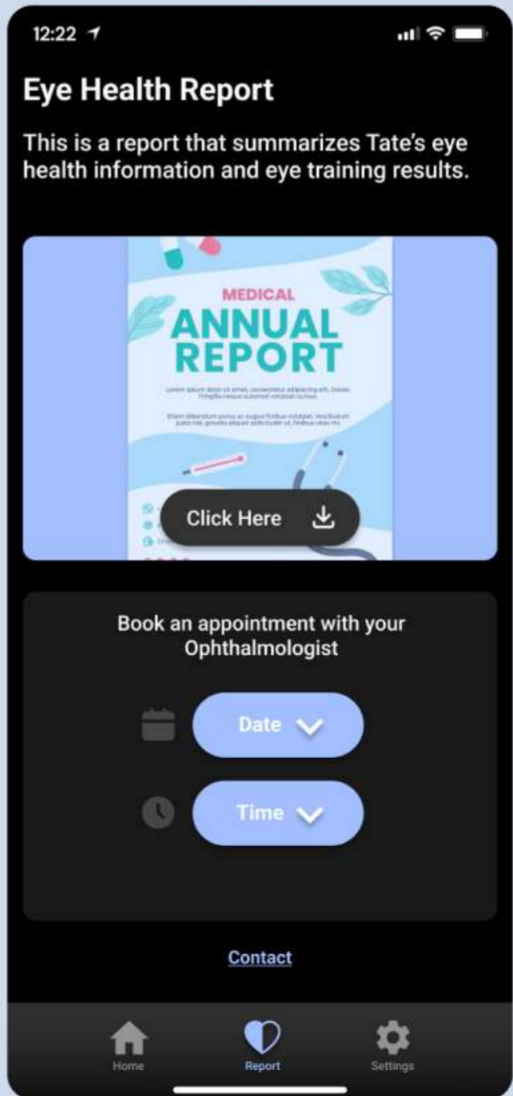
Home (Summary)



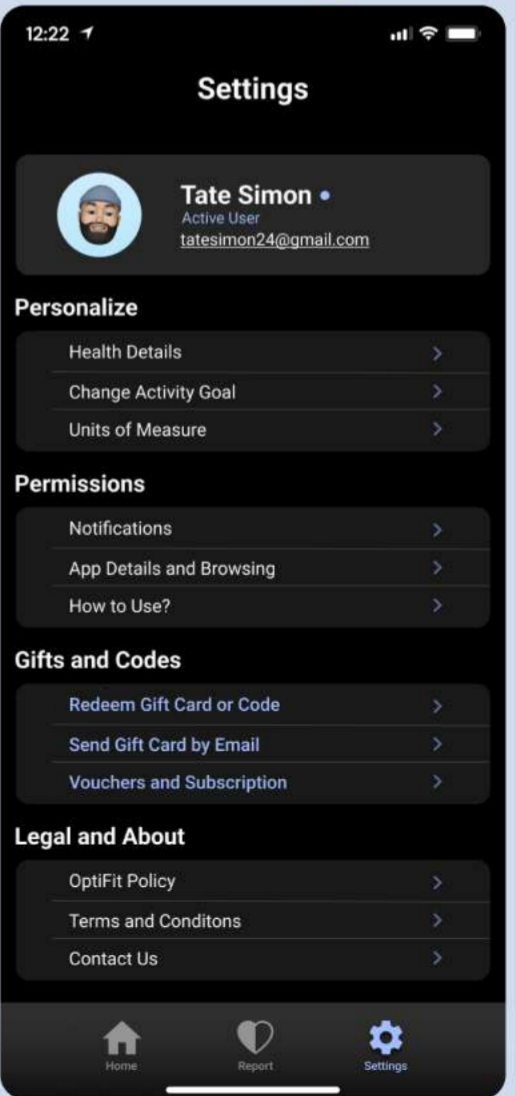
User Statistics



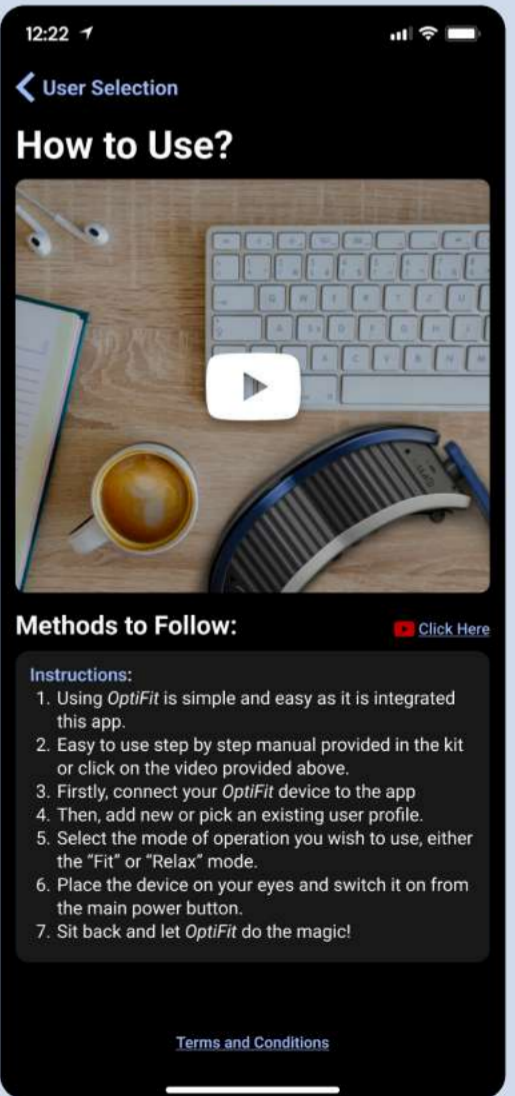
Digital Awards



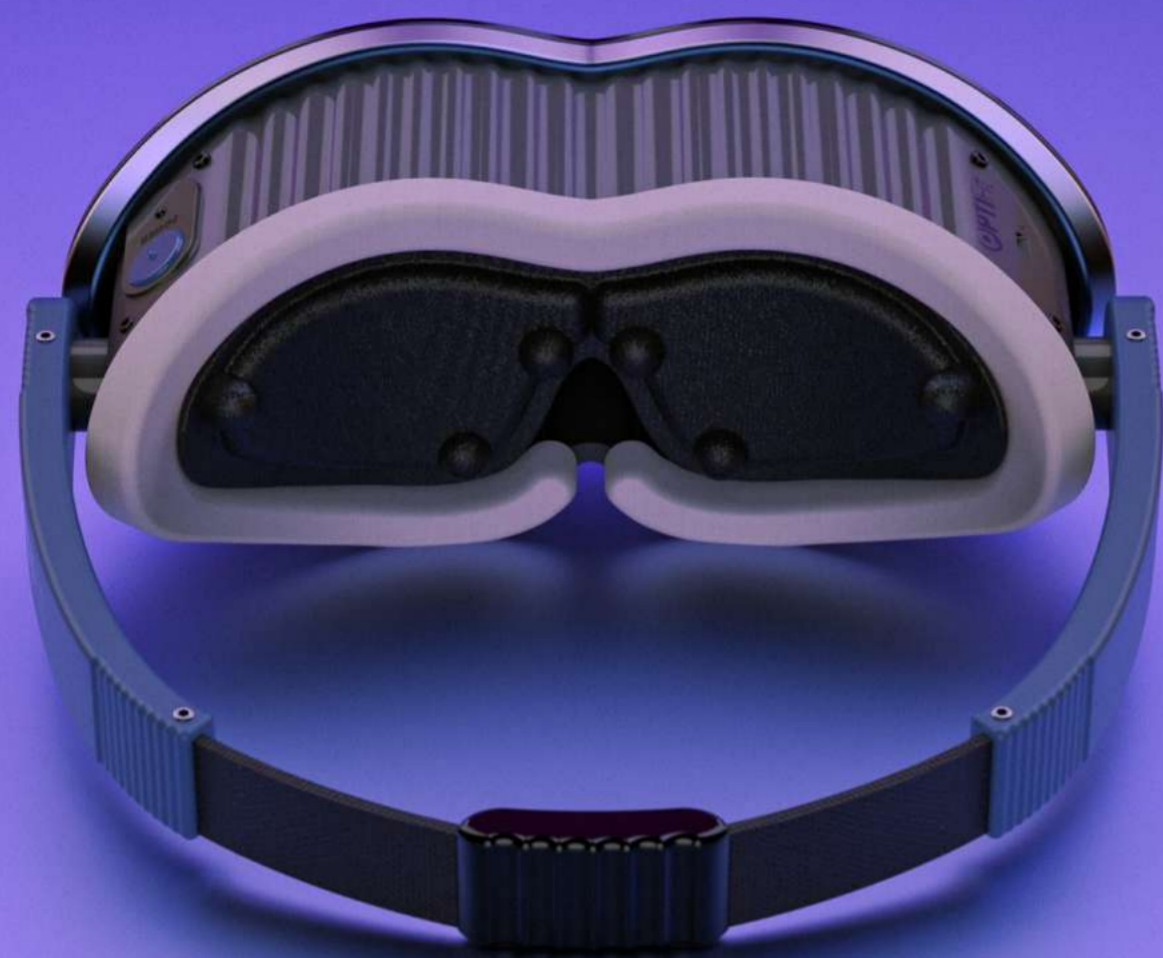
Health Report



Settings



"How" Screen





### Packaging

The packaging for OptiFit recycled **virgin wood fiber** coming from responsible sources. OptiFit makes its packaging look as aesthetically pleasing as the device inside. Every corner of the box is clean, using **simplistic primary colours**, and the materials are high-quality. The packaging is environmentally friendly and more convenient to carry around.



A woman with dark hair, wearing a blue long-sleeved shirt, is shown in a yoga pose with her arms raised and hands behind her head. The background is a bright, out-of-focus indoor space. Overlaid on the image is the OPTIFit logo, which consists of a stylized '@' symbol inside a circle, followed by the text 'PTIFit' in a bold, sans-serif font.

**@PTIFit**