Project Description

The Circadian Diet App is a downloadable app that notifies the person via his/her cell phone when it is time to eat and when it is time to sleep. Music is can be customized to what motivates the user or replaced with motion. The timer can be adjusted for shift workers or people who are “night people”.

Weight loss is based on eating only during the circadian window. This differs from intermittent dieting which allows the person to select the restricted eating time. The biological clock is based on innate processes some triggers by daylight or darkness.

Value Proposition

Kid friendly

Minimal user requirements

Context and Background

Obesity is a major health problem in the USA. Weight loss efforts are not uniformly successful. Common reasons are related to effort to count calories, lack of time or energy to exercise, friendly sabotagers. The Circadian Diet App eliminates calorie counting and does not require exercise. The app will help identify bedtime, wake up time and the best times to eat.

References

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5483233/