

The background is a dark teal color. It features abstract, glowing patterns of light. On the left and right sides, there are curved, dotted lines of light that resemble particle trails or digital waves. Bright, diagonal streaks of light cross the frame, and a prominent, bright blue lens flare is visible in the upper right corner.

Rest

The Immersive Installation

Concept & Purpose

- Gradually transition to a **rest state** from the chaos of the city and sensory overload of daily life
- Indoor pop-up exhibit in NYC
- Several rooms, each representing a different take on “rest”
- Timed floor lights gradually guide the path to next room
- Allows for multiple visitors at a time
 - Each participant wears a smart watch for the duration of their visit that sends heart rate data to the installation
 - Participants are free to walk around on their own, but may be moved in grouped intervals
 - Limited entry if necessary



Technical Overview

- Projection mapping
- Processing / p5.js (to develop interactive visuals)
- Unity (to create virtual scenes of the space)
- RGB bulbs
- LEDs: individual & strips
- Surround sound
- Sensors
 - Heart Rate Monitor (smart watch)
 - Depth Cameras



First Impressions - The Lobby



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*Doubles as both the entrance & the exit.
(Creates the sense of returning to a familiar place at the end)*

When first entering:

- Sets the tone of the experience
- Dark room with glowing front desk & a waiting line for tix
 - Participants will receive their smartwatches here
- Once your group is ready to enter, a guide will lead you to room #1

When returning:

- Soundproof glass prism “pods” for 1-minute interviews
 - Ask participants to record what rest means to them
- Stay a while to regroup & share your experiences with others



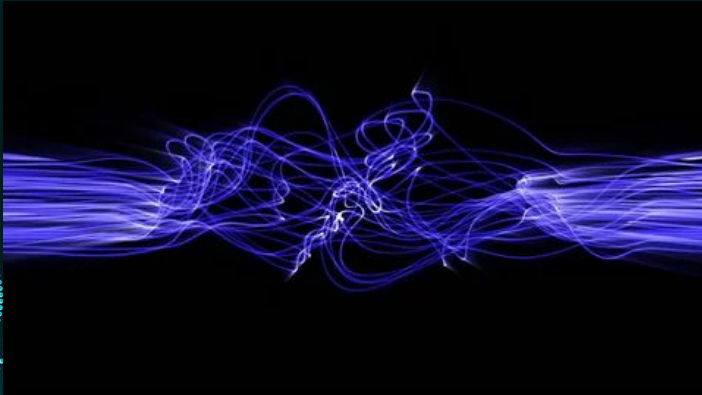
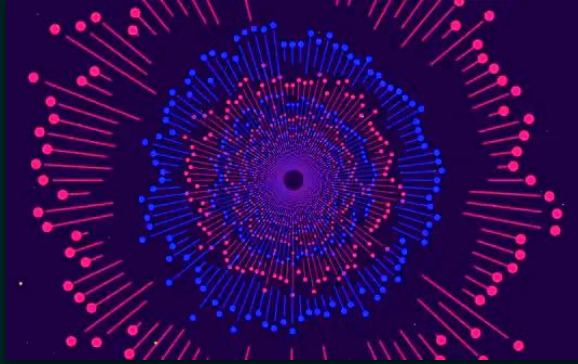
Room #1

The Altered State of Consciousness

- Dim lighting that eases you into the experience
- Emphasize physical meaning of rest
 - Slow breathing, steady heartbeat, being relaxed
 - Beginning to have a sense of balance
- Dense fog to evoke a feeling of dreaming
- Monologues from previous interviews
- Moving walkways beneath participants' feet so they can focus on the visuals



Room #1 Visuals



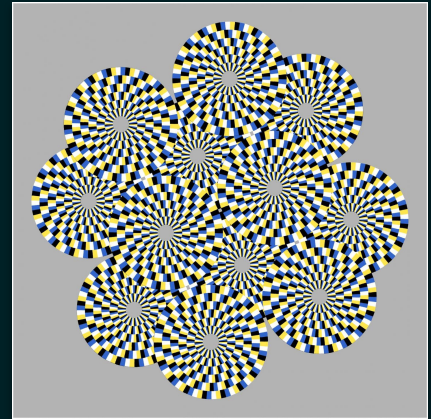
Room #2

The Constant State of Flow

- Clear head and stress free state
- Inspired by trances where you zone out to a focus state
 - Hypnagogic imagery - hallucinations, lucid dreams
 - Tetris Effect (But also, literal tetris)
- Intricate optical illusion of LED lights (looping pattern)
 - Using data from the wearable tech, the lights appear based on your breathing or heart rate pattern
- Overlaid images of motions and mind numbing imagery
- Silence will break the flow state, cueing the audience to move to the next room



Room #2 Visuals



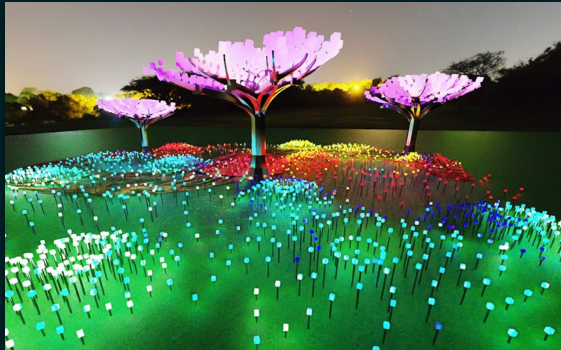
Room #3

Being One With the World Around You

- Become one with nature as you ground yourself in your surroundings
- Sensory audio and props (clouds, leaves, flowers)
- 4D Experience
 - Scents - rain, ocean, grass, autumn leaves
 - Breeze (fans blowing), rocking motions
 - Subwoofer speakers create a rumbling sensation in your chest
 - Sensation of water touching your skin (mist sprays)
- Sync participants' heart rates to LED flowers blooming
- Monologues start to layer & blend with a music track
 - Mystical, dreamy sounds; synthesizer, bells



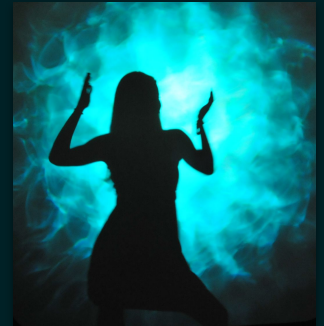
Room #3 Visuals



Room #4

Being One With Yourself

- Sensory deprivation, stillness, quiet reflection
- Reactive - no need to actively participate, *your presence is enough*
- Depth camera separates your silhouette from background
 - Uses p5.js to create abstract visuals around your silhouette, projected on the wall before you
 - The longer you stay still, the more layers form around your silhouette
 - Any movement scatters layers, bringing you back to reality
- Spatial audio - smartwatch data plays everyone's heartbeat out loud
 - Subwoofers make you *feel* each other's heartbeats as vibrations
 - We see it like a track race: even though you're all running together, the true competition is against yourself, in your own head.



Room #4 Visuals



The background features a dark teal gradient. Overlaid on this are several dynamic, wavy patterns composed of numerous small, bright teal dots. These patterns resemble sound waves or data streams, flowing from the top left towards the right. A prominent, horizontal beam of light, also composed of teal dots, originates from the left and points towards the center of the image.

Thank You!