

Patok

Hydration Reminder

Summer Semester 2026
3rd Semester

A tool designed to help you stay hydrated.

Course:
Product Design 3

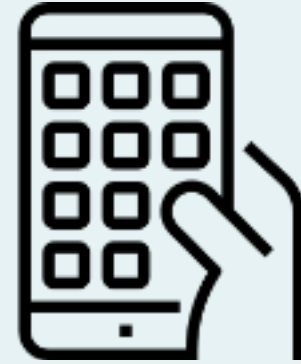
Student:
Svetlana Berkmler

Supervisor:
Michael Schuster



The Significance

For neurodivergent individuals, forgetting to drink is common due to difficulty sensing internal body cues like thirst and hyperfocus. Staying hydrated is critical to prevent cognitive decline, as even mild dehydration significantly impairs executive function, working memory, attention and emotional regulation.



Issue

Neurodivergent people often forget things in their daily lives due to differences in sensory processing.

Furthermore, neurodivergent brains often tune out internal bodily signals.

Thus, for example, forgetting to drink, what is important.

Existing Products

If an object is not within the direct field of vision, the brain often fails to register its existence.

Apps are ignored and alarms dismissed, as an excess of notifications causes stress. Also, products often do not align with sensory needs.

Idea

Back then, long ago, people tied knots when they wanted to remember something.

Kinetics and change of form instead of traditional light, sound, or vibration. And being able to keep the product with you easily, within sight, without it getting in the way.

Inspiration

Similar to a piece of jewelry, camouflaged, like a brooch.

Matching a fidget toy for sensory reduction.

DESIGN

A fully customizable color scheme. Clear forms, no unnecessary lines to reduce sensory overload. And a smooth kinetic interplay between calm order and dynamic disorder. The neutral basic shape promotes a sense of structure and suits any style of clothing.

Instead of using pins as with classic brooches, a magnetic plate is used here. This prevents damage to the fabric and ensures it doesn't get in the way while being worn.



FUNCTIONALITY

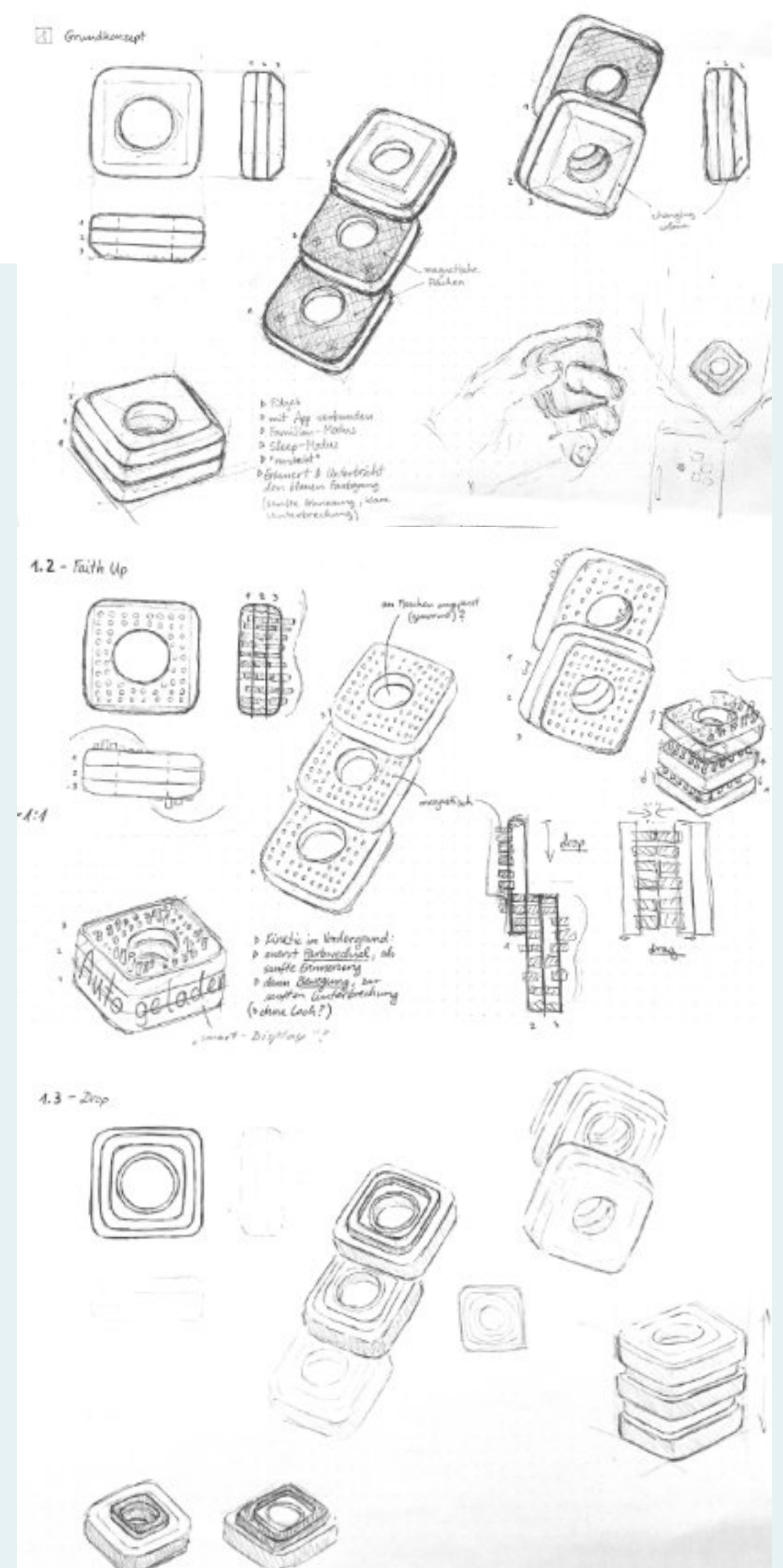
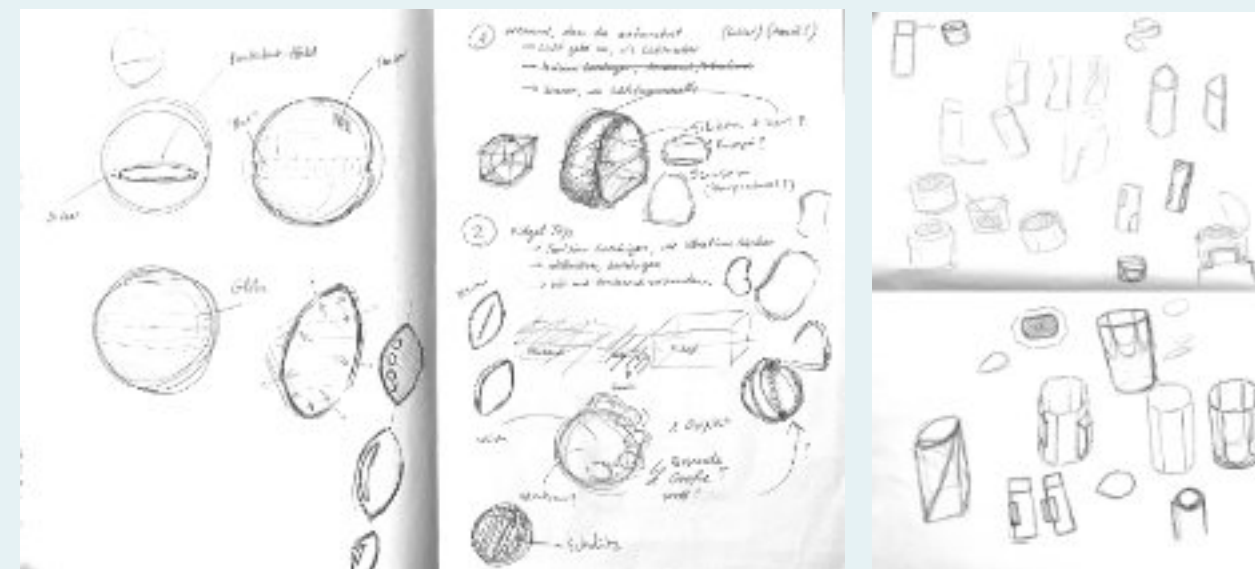
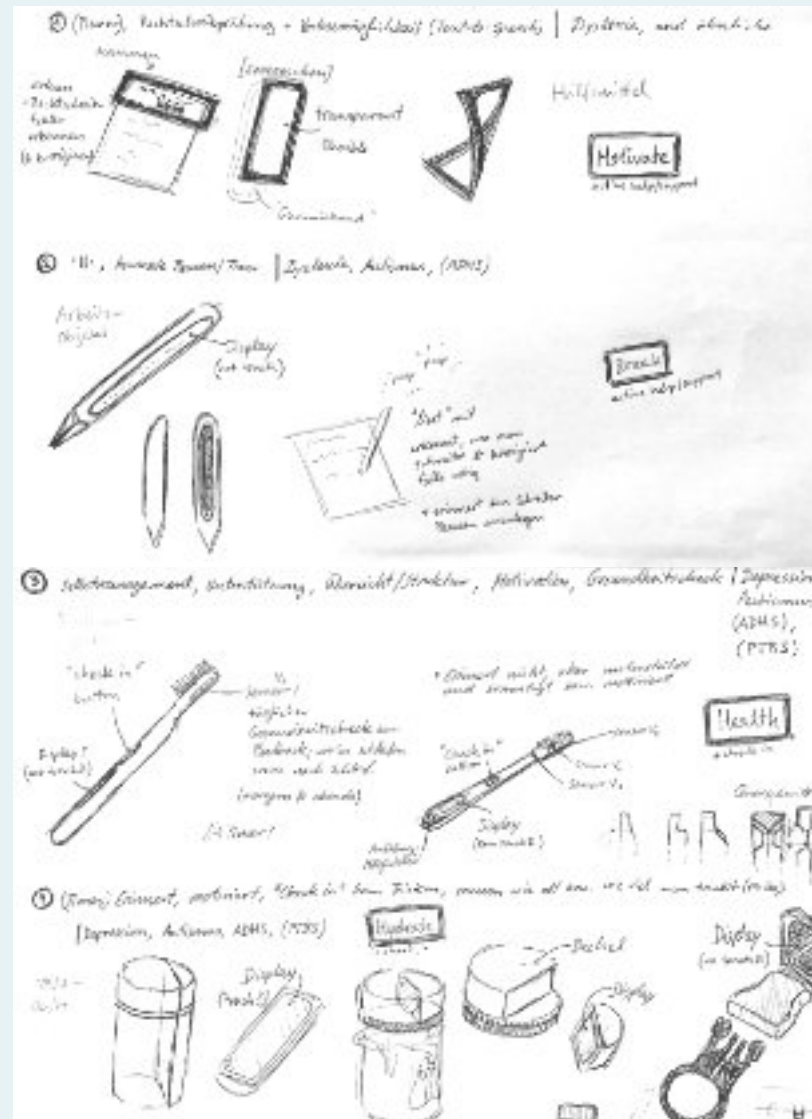
The pins are pushed along their track by an oval rail connected to a large gear at the bottom. Rotating the gear, and thus the ellipse, causes the product's moving parts to move in and out.

The large gear would be driven by a small motor.



PROCESS

Countless sketches and numerous iterations were created in order to arrive at an improved design, which fits the user and balances functionality and aesthetics. In the process, a typical daily routine and frequently used everyday objects were analyzed.

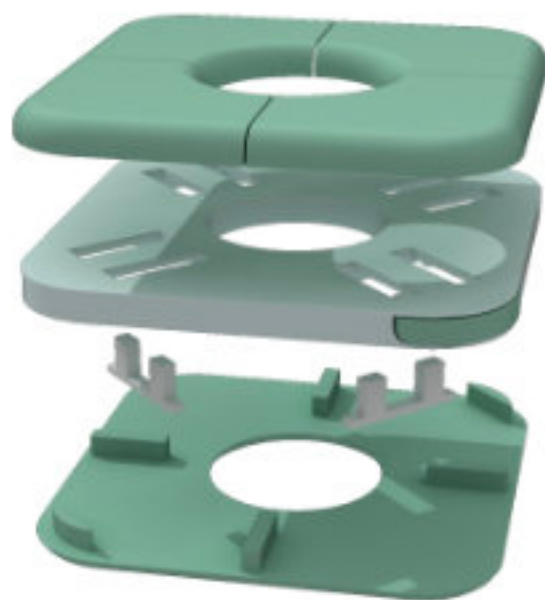


USER TESTING

Neurodivergent individuals were asked about their favorite colors, and the final color scheme was developed based on their responses.

It was also tested by neurodivergent individuals as a fidget toy. The feedback was very positive, which allowed me to continue working on it.

Initial models were produced to verify accuracy and dimensional stability. The prototypes were handled like fidget toys to test their structure and shape in a realistic manner. These prototypes serve as the basis for design optimizations and preparations for the comfort test.



Fidget toy

Fidgets can provide an easy and accessible way to help self-regulate or concentrate by providing auditory, visual and tactile input.

Patok can be used as such to satisfy a natural urge to fidget, often providing a calming, grounding sensation.

Soft Reminder

Neurodivergent friendly reminder was achieved by creating a pleasant, non-irritating reminder through movement and shape change, rather than light, sound, or vibration.



CONFIGURABILITY

You can connect Patok to its app. With that the used will be able to set time for reminders, view the personal history, and configure the device's movement pattern.

