

УДК 608.3

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WILLPOWER TRAINING AND ELECTRIC CURRENT

Nowadays different smart devices are part of our daily routine. They are combining and communicating with each other to solve a huge variety of tasks. Every day the number and diversity of these devices is growing.

For example a bracelet that helps to kick bad habits. If you are trying to quit smoking, eating junk food, biting nails or if you want to wake up earlier etc., this smart bracelet can probably help you.

The bracelet will send you an electric current discharge every time you fall victim to a habit. The principle of its work is simple and is based on negative stimulation. Brain starts associate unpleasant current discharge with a habit you want to quit. There is a variation of aversive therapy.

Main part of wristband is made from silicon that makes it lightweight and durable. This device is represented in several colors. Wristband's battery has the capacity for over 150 discharges and it also recharges quickly. So, it is very convenient for daily use and moreover has a stylish look.

The bracelet is easy to adjust by using a mobile app. It has user-friendly interface and you can adjust strength, duration and the number of discharges. Also, here you can view statistics of your willpower training.

The manufacturer claims that you can feel first result just after several days of using. There are a number of successful results. Many people have already got rid of different bad habits.

Thus, this wristband is a great example of how modern devices can drastically change our life. Just a small thing on your hand allows you to cope with bad habits quickly and almost without efforts.