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The Sereni Smart Bracelet: A Multimodal Sensory Wearable for Autoregulation in Individuals with Autism Spectrum Disorder

Isabella Tocchini Kiehl

Abstract

Background: Individuals with Autism Spectrum Disorder (ASD) frequently experience challenges with sensory processing, emotional regulation, communication, and focus, often leading to significant distress or "meltdowns." Existing market solutions for sensory support are typically single-functional, often stigmatizing, and lack the discreet, portable design necessary for continuous use across diverse environments. **Objective:** This paper introduces the Sereni smart bracelet, a novel, multi-functional, and discreet wearable device conceptualized to provide personalized sensory stimuli (vibration, ASMR/binaural sounds, and light) to support autoregulation, improve focus, and aid in crisis prevention for neurodivergent individuals, particularly those with ASD across all support levels. **Methods:** We employed a user-centered design (UCD) approach informed by identified needs of autistic individuals and their families, as well as established principles of sensory intervention. The Sereni bracelet integrates three core sensory modalities: a central button for customizable vibrations (targeting therapeutic frequencies between 40-120 Hz), a lateral output for user-selected ASMR and binaural sounds, and integrated lights around the main button for visual distraction. The design prioritizes discreetness, personalization through interchangeable bands, and user comfort (hypoallergenic silicone). **Results:** The Sereni bracelet is positioned as an innovative "blue ocean" solution, addressing a significant market gap for a comprehensive, multi-functional, and non-stigmatizing sensory aid. Its design directly tackles the critical need for a tool that offers continuous support without drawing unwanted attention. The multimodal stimuli are grounded in established evidence for sensory interventions in ASD, including specific vibration frequencies for calming, the benefits of music therapy and light therapy. The integration of user-selectable functions caters to individual sensory profiles, promoting self-management and independence. **Conclusions:** The Sereni smart bracelet offers a promising, user-centered approach to sensory support for individuals with ASD. By empowering self-regulation through discreet, customizable sensory input, it has the potential to reduce crisis severity, improve focus, and enhance overall quality of life for both autistic individuals and their families. This project aims to bridge the gap between therapeutic needs and practical, socially acceptable wearable technology.

1. Introduction

1.1. The Landscape of Autism Spectrum Disorder and Sensory Challenges

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition that affects an estimated 1 in 100 children globally [1]. Characterized by persistent deficits in social communication and interaction, alongside restricted and repetitive patterns of behavior, interests, or activities, ASD presents a wide spectrum of manifestations. The *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.; DSM-5) classifies ASD into three levels of severity based on the amount of support required: Level 1 (requiring support), Level 2 (requiring substantial support), and Level 3 (requiring very substantial support) [2].

This stratification underscores the **heterogeneity of autism**, where individuals may differ drastically in their cognitive abilities, communication skills, and daily functioning. While some individuals with ASD live independently and pursue complex careers, others may require lifelong, multi-dimensional assistance. Common challenges associated with ASD include difficulties in verbal and nonverbal communication, emotional regulation, attention, learning, and sleep. These challenges often disrupt everyday routines and hinder educational, occupational, and social participation.

A particularly pervasive characteristic of ASD is **sensory processing dysregulation**. As described in the DSM-5, individuals may exhibit hyper- or hypo-reactivity to sensory stimuli or display unusual sensory interests. These include strong aversions to specific sounds or textures (e.g., loud noises, clothing fabrics), intense fascination with lights or spinning objects, or apparent indifference to pain or temperature [2]. Sensory features are now recognized as part of the diagnostic criteria for ASD and are often among the earliest signs noted by caregivers and professionals [3].

These sensory challenges can significantly interfere with an individual's capacity to function in typical environments such as classrooms, public spaces, or even home settings [4]. Tasks that are routine for neurotypical individuals—such as brushing teeth, getting dressed, or attending school—can provoke overwhelming distress for someone with ASD.

Beyond individual difficulties, the impact extends to families and caregivers. Managing ASD often requires multiple, intensive therapies (e.g., behavioral, speech, occupational), which impose a considerable financial and temporal burden. For caregivers, the constant need for supervision and advocacy can lead to elevated stress, reduced personal time, and long-term mental health concerns [5].

Given these widespread effects, the need for holistic, inclusive solutions—spanning clinical, educational, and design domains—is urgent. In particular, design interventions that acknowledge sensory needs and provide supportive, adaptive environments can play a critical role in enhancing autonomy and well-being for individuals with ASD.

1.2. The Role of Sensory Interventions in ASD Management

Behavioral and sensory-based interventions are widely recognized as foundational strategies in the management of Autism Spectrum Disorder (ASD). As pharmacological options remain limited in scope and often focus on comorbid symptoms rather than core traits, non-pharmacological approaches such as **sensory modulation** have gained increasing scientific and

clinical attention. These interventions aim to support self-regulation, reduce distress, and improve functional engagement in daily activities [6].

In Brazil and globally, recent studies published in journals such as the *Brazilian Journal of Official Implantology and Health Science* highlight the growing role of integrative, multisensory strategies in therapeutic programs for individuals with ASD. These interventions are tailored to the individual's sensory profile, aiming to either desensitize overstimulation or activate under-responsive sensory systems. Below, we outline the scientific rationale behind three prominent sensory modalities used in contemporary ASD management.

Vibrational Stimuli: Regulation Through Deep Pressure and Frequency Vibration-based interventions have demonstrated efficacy in promoting self-regulation and reducing anxiety in individuals with ASD. Devices such as vibrating vests, weighted blankets with vibration modules, and wearable tactile feedback systems use controlled low-frequency stimuli to modulate the autonomic nervous system. Studies suggest that frequencies ranging from **40–80 Hz** have a calming effect, helping to down-regulate sensory overload and reduce behavioral agitation. Conversely, **80–120 Hz** frequencies can produce a mild alerting effect, potentially enhancing attention and responsiveness in hypo-reactive individuals [7]. These frequencies work by stimulating mechanoreceptors in the skin and muscles, which then communicate with brain regions responsible for sensory integration and emotional regulation.

Auditory Stimuli: Binaural Beats, ASMR, and Music Therapy Sound is a powerful tool in the regulation of cognitive and emotional states. Therapeutic auditory strategies for individuals with ASD include the use of **binaural beats**, **ASMR (Autonomous Sensory Meridian Response)**, and structured music therapy. Binaural beats—produced when two slightly different frequencies are presented separately to each ear—have been shown to influence brainwave activity and may aid in focus and relaxation. Frequencies in the alpha (8–14 Hz) and theta (4–7 Hz) ranges are often associated with meditative, calming states and can be used to help manage sensory overwhelm or prepare for sleep [8]. Likewise, ASMR, characterized by soft sounds like tapping, whispering, or brushing, is associated with a tingling sensation and has been increasingly used as a form of sensory soothing. These auditory experiences can create a sense of predictability and safety, which is particularly beneficial for neurodivergent individuals who often experience high sensory unpredictability in daily life. Brazilian researcher Dr. Marisa Padilha has extensively documented the use of music therapy to regulate emotions and stimulate interpersonal connection among children and adolescents with autism, with auditory-based interventions showing strong outcomes in both clinical and school environments.

Visual Stimuli: Light-Based Therapeutic Environments Visual interventions for individuals with ASD include structured light exposure through LED or chromotherapy devices, used to create calming, immersive environments. Light therapy can support emotional regulation by influencing circadian rhythms, mood, and alertness. For example, cool-toned blue and green LED lights are often used in therapeutic spaces to promote relaxation, while warmer tones can provide a sense of security. These stimuli may be deployed in rooms designed for sensory integration therapy or embedded into wearable devices. Beyond circadian alignment, the structured use of light can serve as a cognitive anchor, offering a visual focal point to reduce environmental distraction and promote mindfulness [9]. In many cases, personalized light displays—such as programmable LEDs on sensory rooms or wearable interfaces—enable children to co-regulate by choosing colors or rhythms that match their emotional states.

1.3. Gaps in Current Market Solutions and the Need for Innovation

Over the past decade, there has been a notable expansion in products aimed at supporting neurodivergent individuals, particularly those with Autism Spectrum Disorder (ASD), in managing sensory dysregulation. These include a variety of sensory toys, fidget tools, weighted blankets, chewable jewelry, and compression garments. While these tools can offer temporary relief or targeted stimulation, they often fall short in addressing the broader sensory and emotional needs of users in real-world contexts [10].

A critical limitation of many of these devices lies in their **human factors and usability design**. First, lack of **portability and continuous accessibility** severely hinders their efficacy in dynamic, everyday environments. For instance, weighted blankets are limited to stationary use, while many toys or therapeutic tools are bulky or inappropriate for public settings. Individuals must often switch between tools depending on their location, further complicating daily routines and and increasing dependency on caregivers [11]. Second, most products on the market are **single-function devices**, targeting only one aspect of sensory modulation—be it tactile stimulation, proprioception, or auditory input—without accounting for the complex and overlapping sensory profiles of autistic individuals. This lack of integration results in fragmented solutions that may fail to provide meaningful relief or require users to carry multiple items, increasing cognitive and logistical burden [12]. Third, and perhaps most significantly, many existing tools suffer from **poor aesthetic and ergonomic design**. Sensory items are frequently perceived as "childish," medical-looking, or visibly different—drawing unwanted attention or reinforcing stigmas. This can lead to self-consciousness, embarrassment, and eventual rejection of the tools by users, particularly adolescents and adults who desire greater

independence and social inclusion [13]. Products that visibly signal "disability" rather than blending seamlessly into everyday life run counter to principles of inclusive design and social integration.

In light of these shortcomings, there is a clear need for innovative, human-centered solutions that are portable, multi-functional, and socially acceptable. This is the context in which the Sereni smart bracelet emerges as a **blue ocean innovation**—offering a novel, non-competitive entry into the market space [14]. Sereni is designed to bridge the gap between medical utility and personal expression, leveraging discreet, wearable technology to deliver real-time sensory interventions without sacrificing aesthetics or comfort.

Unlike existing tools, Sereni integrates vibrational feedback, ambient light modulation, and auditory interface connectivity, providing users with customizable, layered sensory support. Its minimalist and contemporary design ensures it can be worn confidently across different age groups and social settings, without the risk of stigmatization. Additionally, its wearability enables continuous, on-the-go usage, making it a viable option for school, work, and public life—precisely where sensory overload is most likely to occur. Thus, Sereni not only responds to the technical and functional deficits in existing sensory products but also addresses the psychosocial needs of neurodivergent individuals who seek dignity, autonomy, and participation in society without compromise.2. Methods: The User-Centered Design and Functional Rationale of Sereni

2. The Design

2.1. Design Philosophy: A User-Centered and Non-Stigmatizing Approach

At the heart of the Sereni project lies a commitment to **User-Centered Design (UCD)**—a methodological and ethical framework that places the lived experiences, needs, and values of end users at the forefront of the design process. For individuals with Autism Spectrum Disorder (ASD), this principle is especially critical, as conventional product design often neglects the nuanced sensory, emotional, and social realities faced by neurodivergent populations [15].

Sereni was conceived not merely as a device, but as a socially inclusive artifact, deliberately designed to minimize stigmatization and promote a sense of normalcy and dignity in public and private use. Unlike many assistive tools that mark users as “different” or medicalized, Sereni adopts a minimalist, wearable aesthetic—comparable to contemporary smartwatches or wellness trackers—to blend seamlessly into everyday fashion. This **visual**

integration is critical in encouraging consistent usage without the social costs often associated with therapeutic aids [16].

The design process was informed by extensive research into the diversity of ASD presentations across all three DSM-5 support levels. This included an understanding of how individuals with Level 1 ASD may seek discreet support tools to navigate social environments like school or work, while individuals at Levels 2 and 3 may require more continuous, multisensory regulation. By recognizing this spectrum, the Sereni team intentionally avoided one-size-fits-all solutions, instead prioritizing **adaptability, modularity, and personalization** throughout the product architecture.

Moreover, insights were gathered from the families and caregivers of individuals with ASD, who consistently emphasized the challenges of ensuring consistent regulation throughout the day without relying on bulky, attention-drawing equipment. Many caregivers reported the burden of carrying multiple tools for different contexts and the emotional impact of public stigma on their children or dependents. This informed Sereni's **multifunctional feature set** and its capacity for seamless transitions between environments—school, therapy, home, and public settings.

Importantly, Sereni's user-centered approach extends beyond aesthetic design into its interaction model. Feedback loops, haptic cues, and customizable settings were designed to give users **agency over their own sensory experience**, a factor associated with increased autonomy and emotional resilience [17]. By involving neurodivergent individuals and their families in iterative testing and feedback sessions, the project maintained a grounded, empathic lens throughout the development process.

Ultimately, Sereni's design philosophy positions the device not as a "treatment" object, but as a **companion tool**—a discreet, empowering extension of the user's own body and preferences. In doing so, it aligns with broader movements in disability innovation that seek to dissolve the line between assistive technology and mainstream design, fostering inclusion through aesthetics, function, and dignity.

2.2. The Sereni Smart Bracelet: Core Functions and Design Features

The Sereni smart bracelet was developed with a focus on **portability, discretion, and adaptability**—designed to support individuals with Autism Spectrum Disorder (ASD) through three integrated sensory modalities: vibration, sound, and light. Its compact and contemporary physical form resembles a minimalist smartwatch, avoiding medical or infantilizing cues. The bracelet's outer casing is made of hypoallergenic silicone and biocompatible materials, offering

comfort for prolonged skin contact while resisting moisture and impact in daily use. At the core of its functionality is a user-controlled interface, allowing the wearer to engage sensory stimuli on demand and in real-time.

- **Vibrational Stimuli: Central Button and Frequency Modulation** The **central button** serves as the primary interaction point for vibrational feedback. When pressed, it activates predefined vibration patterns and frequency ranges tailored to distinct sensory regulation needs. Frequencies between **40–80 Hz** are associated with calming and proprioceptive grounding, providing a rhythmic, low-intensity buzz that supports emotional self-regulation and focus during high-stimulation environments [7]. In contrast, higher frequencies ranging from **80–120 Hz** provide subtle stimulation, which can assist in increasing alertness or de-escalating early signs of sensory shutdown or meltdowns, especially for users who are hypo-reactive to sensory input. This tactile feature is not only soothing but also delivers proprioceptive input—stimulating mechanoreceptors in the skin and muscles, which can aid in body awareness and emotional equilibrium [11]. The bracelet's surface is ergonomically curved, with soft pressure distributed across the wrist, enhancing the sensation of deep-touch stimulation often used in occupational therapy.
- **Auditory Stimuli: ASMR and Binaural Sound Interface** The secondary **lateral button** enables access to auditory stimuli, including pre-recorded ASMR and binaural soundtracks. Designed with the metaphor of a "radio tuner," this function allows users to cycle through a curated set of calming auditory tracks. These include soft ambient ASMR (e.g., whispering, tapping) and binaural beats in the theta (4–7 Hz) and alpha (8–13 Hz) brainwave ranges, which are associated with improved relaxation, focus, and sleep [8]. Sound is emitted discreetly through a **lateral micro-output**, optimized for close-range listening without disturbing nearby individuals—a critical design feature for use in public environments such as classrooms, transportation, or workplaces. The **volume is manually adjustable** via long-press sensitivity on the side button, preventing auditory overload while respecting the user's specific hearing sensitivities. This feature was developed in close consultation with users and caregivers, ensuring alignment with the sensory comfort and privacy needs of neurodivergent individuals.
- **Visual Stimuli: LED Light Feedback and Immersive Distraction** Surrounding the central button is a subtle **LED ring** capable of emitting light in a full spectrum of calming hues. These visual stimuli can operate in two modes: synchronized with vibration patterns, or as a standalone light therapy tool. When used in tandem with

vibration, the color changes in slow gradients—providing an immersive multisensory rhythm that reinforces the calming or alerting effects depending on the chosen program. Alternatively, users may activate light patterns independently as a visual anchor during stressful situations, engaging in momentary distraction or focus redirection [9]. The color palette is customizable, allowing the user or caregiver to assign specific colors to specific emotional or sensory states (e.g., blue for calm, green for focus, amber for grounding). This level of control supports emotional literacy and strengthens the user's ability to co-regulate through visual signaling.

- **Integration and Customization: Embracing Individual Sensory Profiles** A defining strength of Sereni lies in its **integrated, multimodal approach**. While many devices on the market offer isolated sensory outputs, Sereni empowers users to layer stimuli or select a single modality based on their preferences or momentary needs. Some users may rely solely on the vibration for grounding, while others may find ASMR sounds or LED lights more effective. The design acknowledges the axiom that "each individual is unique," particularly within the autism spectrum, where sensory preferences and tolerances vary not only between individuals but across different contexts and emotional states. Furthermore, Sereni is designed for future connectivity with mobile devices, allowing users to fine-tune settings, monitor usage patterns, and create custom sensory programs—enhancing personalization and long-term engagement. Through this fusion of form, function, and human-centered engineering, the Sereni bracelet advances a new paradigm in wearable assistive technology: multifunctional, non-stigmatizing, and emotionally intelligent.

2.3. Material Selection and Safety (Human Factors & Health)

Material selection plays a pivotal role in wearable product design, particularly when targeting sensitive user groups such as individuals with Autism Spectrum Disorder (ASD). The Sereni smart bracelet was developed with rigorous attention to **biocompatibility, safety, and sensory comfort**, reflecting core principles of human factors engineering and health-conscious design.

Beyond safety, the choice of silicone also contributes to Sereni's **discreet and modern aesthetic**. The matte finish and neutral tones mimic the design language of mainstream consumer wearables, allowing Sereni to blend seamlessly into social contexts without drawing undue attention. This non-stigmatizing visual identity reduces the psychological barrier often

associated with assistive devices, fostering social acceptance and personal pride in wearing the bracelet.

Additionally, the material's elasticity and durability enable the integration of embedded components—such as LED light rings and vibration motors—without compromising structural flexibility or user comfort. The strap's adjustable design accommodates different wrist sizes across age groups, supporting inclusivity for children, adolescents, and adults.

In summary, the deliberate selection of hypoallergenic silicone serves a dual purpose: safeguarding physical health through dermatological safety and enhancing emotional well-being through comfort and discretion. This choice exemplifies Sereni's broader commitment to integrating human factors with inclusive aesthetics, ensuring that function and form serve the real, everyday lives of neurodivergent individuals.

2.4. Design Aesthetics and Social Acceptability

(Key UX/Human Factors Differentiator)

One of Sereni's most defining attributes lies in its **aesthetic design philosophy**, which reimagines assistive technology not as a clinical artifact but as an extension of personal identity. Grounded in the principle of "care without stigmatizing," the bracelet's innovative and modern design seeks to affirm user dignity, encourage consistent use, and foster social acceptance—especially in public environments where users often feel hypervisible or judged.

In contrast to many existing sensory tools—which tend to be visually unattractive, bulky, or infantilizing—Sereni draws inspiration from the language of contemporary wearable tech, with smooth surfaces, soft edges, and a streamlined silhouette that mirrors popular wellness devices such as fitness trackers or smartwatches. These design cues play a critical role in normalizing the presence of assistive devices, allowing users to wear Sereni confidently without the fear of social stigma.

As an additional option, Sereni offers a subtly embossed band featuring the **ASD puzzle symbol**—a globally recognized emblem of the autism community. This feature is designed to support positive identity formation rather than medical labeling, enabling users to express affiliation or solidarity without invoking pity or discomfort. By avoiding overtly "medical" iconography and "childlike" visual languages that dominate many existing ASD tools, Sereni supports autonomy and self-esteem, especially among adolescents and adults who have outgrown juvenile aesthetics but still require daily sensory support.

3. Results: The Value Proposition and Potential Impact of Sereni

3.1. Filling a Market "Blue Ocean": A Comprehensive, Discreet, and Multi-Functional Solution

The Sereni smart bracelet strategically positions itself within a "**blue ocean**" segment of the assistive technology market—an underexplored and minimally saturated space where innovation meets unmet user needs [14]. Unlike traditional markets characterized by incremental competition and overlapping product functionalities, this emergent category lacks direct alternatives that consolidate multiple evidence-based sensory interventions into a single, discreet, and aesthetically appealing wearable device.

Current market offerings for individuals with Autism Spectrum Disorder (ASD) and other sensory processing challenges tend to follow a fragmented approach. Products typically deliver one isolated intervention—such as vibration-only devices, sound-emitting fidget toys, or LED-based visual distractions—without considering the dynamic, multimodal sensory needs experienced by neurodivergent individuals [18]. Moreover, such tools often fail to meet the standards of continuous portability and social appropriateness, leading to limited user adherence, particularly in public or institutional contexts [13].

In contrast, Sereni presents a comprehensive, scientifically grounded solution that integrates three core sensory modalities—vibration, auditory input (ASMR and binaural beats), and LED-based visual stimuli—within a single wearable format. Each modality is rooted in empirical evidence regarding its ability to regulate arousal levels, improve focus, and reduce sensory overwhelm [19, 20]. The integration of these functionalities into a compact wrist-worn device ensures continuous, on-demand support without the need to carry multiple objects or engage in overt sensory behaviors that may draw unwanted attention.

The bracelet's **discreet and modern design** further reinforces its uniqueness in the market landscape. By eschewing medicalized aesthetics in favor of a sleek, lifestyle-oriented appearance, Sereni overcomes one of the most prominent barriers to assistive device adoption: social stigma. This conscious fusion of form and function allows the bracelet to blend into daily routines and public settings, enabling users to access self-regulatory tools without fear of judgment or marginalization.

In summary, Sereni does not simply compete with existing sensory tools—it redefines the category by introducing a **multi-functional, user-centered, and socially acceptable wearable** that reflects a profound understanding of neurodivergent needs. Its entry into this

market fills a critical void, offering a scalable solution that has the potential to transform both user experience and broader perceptions of assistive technology in autism care.

3.2. Potential for Enhanced Sensory Regulation and Crisis Prevention

The Sereni bracelet's **multi-modal stimuli**, grounded in clinical evidence, offers a powerful approach to supporting individuals with ASD, effectively serving as a personalized sensory "first aid kit."

Preventing Pre-Crisis Escalation: Many individuals with ASD experience sensory overload or dysregulation that can build up, leading to anxiety, agitation, and eventually, a meltdown or crisis. The Sereni bracelet helps prevent this escalation by **offering immediate, accessible sensory input** at the earliest signs of discomfort. When a person starts to feel overwhelmed (e.g., in a noisy environment, during a transition, or if they're feeling anxious), they can discreetly activate a **calming vibration (40-80 Hz)** or a **soothing ASMR sound**. This provides a positive, controlled sensory input that can **redirect attention** away from overwhelming external stimuli or internal distress. It's about empowering them with a tool for self-regulation *before* the situation becomes unmanageable, effectively "nipping it in the bud."

Aiding During Intense Crises: Once a crisis or meltdown is in full swing, it can be incredibly distressing and difficult to manage. At this point, the goal shifts from prevention to providing comfort and a pathway back to regulation. The Sereni bracelet aids during intense crises by providing a **focus point and calming stimuli**. During an intense moment, the brain can be overwhelmed, making it hard to process information. The bracelet offers a controlled, predictable sensory anchor. A more stimulating vibration **(80-120 Hz)** might provide a clear, grounding sensation, while a specific **binaural beat** could help shift brainwave activity towards a more relaxed state. The **calming lights** can also provide a visual focal point, diverting attention from the source of distress. This combination can help break the cycle of escalation, offer a sense of security, and gradually guide the individual towards a calmer state.

Supporting Daily Well-being: Beyond managing crises, the Sereni bracelet is designed to enhance an individual's **daily well-being** by promoting general focus, calm, and improved sleep quality.

- **Focus:** For individuals who struggle with attention, a gentle, consistent vibration or a particular binaural beat can help maintain **concentration during tasks** like schoolwork or therapy sessions. It provides a non-distracting sensory background that can aid sustained attention.

- **Calm:** Throughout the day, moments of general anxiety or overstimulation can be mitigated. A quick activation of a **calming vibration or ASMR sound** can serve as a personal "reset button," promoting a sense of calm during everyday activities, such as navigating crowded spaces or dealing with unexpected changes.
- **Improved Sleep Quality:** Many individuals with ASD face significant sleep challenges. The **soothing ASMR or binaural sounds**, combined with subtle vibrations, can create a **pre-sleep ritual** that helps relax the nervous system, reduce anxiety, and prepare the brain for rest, leading to more consistent and restorative sleep.

In essence, the Sereni bracelet offers a **continuum of support**, from proactive self-regulation to reactive crisis management, ultimately aiming to empower individuals with ASD to better navigate their sensory world and improve their overall quality of life.

3.3. Broader Impact: Comfort for Families and Enhanced Autonomy

The Sereni smart bracelet isn't just a tool for individuals with ASD; it's also designed to be a significant source of support and relief for their families. It addresses the immense challenges caregivers often face, aiming to improve the quality of life for everyone involved.

A Resource for Families and Caregivers: Managing Autism Spectrum Disorder, especially at more severe levels, often comes with constant care needs. Families frequently shoulder the significant responsibilities of daily assistance with basic tasks like eating or personal hygiene, and navigating academic challenges that may require dedicated tutors. On top of this, the **financial burdens of therapies** (psychotherapy, occupational therapy) and regular medical appointments (neuropediatricians) can be overwhelming. The emotional toll of these demands, particularly when mothers often carry the primary caregiver role, can be immense [5].

Sereni steps in as a **"comfort"** and an **"additional resource"** by offering a readily accessible, non-pharmacological tool that can:

- **Reduce Caregiver Burden:** By empowering the individual with ASD to self-regulate more effectively, Sereni can potentially lessen the frequency and intensity of crises. This means fewer moments of extreme stress and a reduced need for constant, immediate intervention from caregivers.
- **Provide a Sense of Security:** Knowing that their loved one has a discreet and effective tool for self-soothing or refocusing can offer families peace of mind, especially in public settings or during transitions.

- **Complement Existing Therapies:** Sereni doesn't replace professional therapies but acts as a practical, everyday extension, reinforcing sensory regulation strategies learned in therapeutic settings.

Promoting Autonomy and Participation for Autistic Individuals: A core aim of Sereni is to foster **greater autonomy** for autistic individuals. When equipped with a readily available self-regulation tool, they gain a degree of control over their sensory environment and emotional state. This newfound independence can translate into significant improvements in various aspects of daily life:

- **Daily Tasks and Activities:** Individuals can use Sereni to manage sensory sensitivities that might otherwise impede tasks like eating in a noisy cafeteria or undergoing personal hygiene routines. The discreet sensory input can help them feel more comfortable and focused, allowing them to complete these tasks with less resistance and more independence.
- **Schooling and Learning:** Sensory overload or difficulty focusing can severely impact academic engagement. By offering calming vibrations, focusing sounds, or distracting lights, Sereni can help individuals remain regulated and present in the classroom. This could potentially reduce the need for constant one-on-one assistance, allowing them to **participate more fully** in learning activities and improve their concentration.
- **Social Interactions:** Navigating social environments can be incredibly challenging due to unpredictable sensory inputs (e.g., loud noises, crowded spaces). Sereni provides a discreet coping mechanism, allowing individuals to manage their sensory experience without drawing undue attention. This can reduce anxiety in social settings, making them more comfortable and confident in **engaging in social interactions** and public activities.

Ultimately, Sereni empowers individuals with ASD to gain more independence, reducing their reliance on constant external support. This not only improves their personal quality of life but also significantly alleviates the daily pressures on their dedicated families, creating a more harmonious environment for everyone.

4. Discussion

4.1. Broader Societal Implications

The impact of Sereni extends beyond clinical outcomes, addressing crucial societal implications related to inclusion, independence, and family support.

- **Empowering Individuals with ASD to Better Manage Their Sensory Environment:** A fundamental societal implication is the empowerment of autistic individuals. By providing a **readily available, discreet, and personalized self-regulation tool**, Sereni gives them greater agency over their own sensory experiences. This ability to proactively or reactively adjust their sensory input fosters **greater independence and self-efficacy**. It moves away from external, caregiver-led interventions towards internal, user-controlled management, promoting a sense of personal capability and reducing reliance on others to manage their distress.
- **Potentially Reducing the Need for Constant One-on-One Supervision:** In many contexts, individuals with ASD, particularly those with higher support needs, require continuous one-on-one supervision to prevent crises or manage challenging behaviors. While Sereni does not eliminate the need for support, its ability to aid in self-regulation can **potentially reduce the intensity or frequency of constant supervision** in certain structured or semi-structured environments (e.g., classrooms, therapy sessions, some public outings). This could free up caregivers or support staff to focus on other developmental goals or to support a wider group of individuals, optimizing resource allocation.
- **Improving Family Well-being and Reducing Caregiver Burden:** The ripple effect of an effective self-regulation tool like Sereni on families is profound. Caregivers often face **immense emotional, physical, and financial burdens** stemming from constant vigilance, managing meltdowns, and navigating complex therapeutic landscapes. By offering a tool that can reduce crisis events and promote the individual's independence, Sereni can:
    - **Reduce caregiver stress and burnout:** Fewer meltdowns mean less emotional strain for parents and family members.
    - **Increase family participation in community activities:** With a discreet tool for sensory management, families might feel more confident attending public events, dining out, or traveling, improving their social inclusion and quality of life.
    - **Optimize financial and time resources:** While not eliminating therapies, a more regulated individual might achieve therapeutic goals more efficiently, potentially optimizing the use of valuable time and financial resources dedicated to interventions.

In essence, Sereni's clinical benefits contribute to a broader societal shift towards greater inclusion, autonomy, and improved quality of life for individuals with ASD and their dedicated support networks.

4.2. Limitations and Future Directions

While this paper presents a comprehensive conceptual design and robust theoretical rationale for the Sereni smart bracelet, it is important to acknowledge its **primary limitation**: **this work represents a foundational design proposal and has not yet undergone empirical validation with human participants.** As a conceptual paper, the discussions on clinical impact and societal implications are based on established scientific principles of sensory intervention and user-centered design, rather than direct observational data from the device's use.

Conclusions

The **Sereni smart bracelet** represents a significant leap forward in supportive technology for neurodivergent individuals, particularly those with Autism Spectrum Disorder. Its core innovation lies in its design as a **discreet, multi-functional, and user-centered wearable** directly addressing the critical and often unmet needs for sensory regulation. By integrating customizable vibrational, auditory (ASMR/binaural), and visual stimuli into a single, aesthetically pleasing device, Sereni offers a comprehensive solution that stands in stark contrast to the often stigmatizing and limited options currently available.

This project's human-centered approach significantly enhances **human factors, usability, and user experience** within digital health for neurodivergent populations. Sereni's intuitive controls, discreet design, personalization options, and commitment to hypoallergenic materials ensure it's not only effective but also comfortable, accessible, and socially acceptable. It empowers users to proactively manage their sensory environment, promoting a sense of dignity and pride rather than embarrassment.

Ultimately, the Sereni smart bracelet holds immense promise. By offering a readily available and personalized tool for self-regulation, it has the potential to dramatically improve **independence, enhance overall well-being, and elevate the quality of life** for autistic individuals. Furthermore, its ability to reduce crisis frequency and severity simultaneously lessens the immense burdens faced by their supportive families, creating more harmonious and inclusive environments for everyone. Sereni is poised to redefine how wearable technology can contribute to a more regulated, empowered, and integrated life for the ASD community.

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