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Doctoral Thesis

**Artemis, the wearable tech solution
to alleviate menstrual pain**

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Abstract

Today Women's Health Wearables are an emerging trend, but it is still a challenge for designers and users to find the best ways to integrate to the body. My fashion designer background inspired me to research possible aesthetical, practical wearable solutions, while my sensitivity for social female issues turned me in the direction of giving additional value to clothing. Period pain has different effects on the body, from unbearable pains, and cramps throughout to psychological pain and shrinking self-confidence. Clothing is culturally and historically known as a safe space and second layer of the body. In the future, it should be a more important factor to maintain a safe environment, give new possibilities and solutions to humanity in our connected world. The rise of Femtech aims to close the gender gap and help to deliver the best solution to women in their every life stage. The purpose of my research was to find holistic solutions to the female body to heal PMS, block period pain without side effects, and give a positive physical appearance. In my interdisciplinary doctoral research, I work together with medical experts, technology advisers, and service designers. Somaesthetics places a value on the cultivation of the body, I find it relevant to understand a new way of mindful wearable technology devices and help women to learn body consciousness. Learning from technological references, advanced built-in technologies to natural fibers, and smart textiles, the first prototype, Artemis is ready.

Keywords:

Femtech, Women's health, Wearable technologies, Iot products, Smart textiles, Fashion Design, Innovative technologies, Menstruation, Menstrual pain, Body Awareness, Somaesthetics

Thesis:

- Menstrual pain and data concerning women's health are underrepresented. Menstruation is encircled by cultural and societal taboos, and there are limited customizable solutions for its management.
- The exploration of the Femtech domain and wearable technology products has paved the way for laying down the foundations of the Artemis smart bodysuit concept.
- Besides pain alleviation, the concept encompasses the potential for health data collection and fostering body awareness.