QSEU15 CONFERENCE PROGRAM

Friday, September 18th

8:00	**Registration & Coffee**
9:00	**Plenary Session**
	Conference Welcome Gary Wolf
	Using "Found" Data to Understand a Current Problem Whitney Erin Boesel
	What Show&Tell Talks Do Steven Jonas
9:45	**Break**
10:00	**Session 1 - How-To's**
10:30	**Break**
10:45	**Session 2 - How-To's**
11:15	**Break**
11:30	**Session 3 - Show&Tell Talks**
12:30	**Lunch and Ignite Talk Talks**
14:00	**Session 4 - Breakouts & Office Hours**
15:00	**Break**
15:30	**Session 5 - Show&Tell Talks**
16:30	**Break**
17:00	**Plenary Session**
	Data Visualization and Meaning Doug Kanter, Joel Goldsmith, Jana Beck, Stefanie Rondags

Saturday, September 19th

8:00	**Coffee**
9:00	**Plenary Session**
	Sleep Tracking State of the Art Ernesto Ramirez
	Circadian Rhythm: Known and Unknown Heidi Jurvelin
	Finger, Bed, or Brain? Philipp Kalwies, Timo Aittokoski, Eliot Baker
9:45	**Break**
10:00	**Session 6 - Breakouts & Office Hours**
11:00	**Break**
11:30	**Session 7 - Show&Tell Talks**
12:30	**Lunch and Ignite Talks**
14:00	**Session 8 - Show&Tell Talks**
15:00	**Break**
15:30	**Session 9 - Breakouts & Office Hours**
16:30	**Break**
17:00	**Plenary Session**
	Quantified Brain and Music for Self-tuning Rocio Chongtay
	Stowing and Tracking - Art and the Quantified Self Alberto Frigo
	Conference Closing Gary Wolf

Note: All Sessions and Times Are Tentative and Subject to Change

Session 1 - Friday, 10:00

HOW-TO SESSIONS

TRACK YOUR SNEEZES—AND BEYOND - Thomas Blomseth Christiansen (Sorbonne)
Did you know you can start alleviating your allergies simply by tracking your sneezes? I am in my fifth year of tracking every sneeze and I'll show the why, what and how for this method that is extensible to any mindful tracking project in daily life.

ACCELERATING LEARNING WITH SPACED REPETITION - Steven Jonas (Harvard)
Retaining knowledge through spaced repetition is a powerful learning technique, but knowing how to turn information into effective flash cards can be difficult without experience. I will explain some principles that will make the process easier.

HAVING FUN WITH YOUR FITBIT DATA - Ernesto Ramirez (Oxford)
If you have a Fitbit (or even if you don't) this session will show you how to take your personal data and have fun with it using other tools.

HEART RATE VARIABILITY: WHAT? WHY? HOW? - Marco Altini, Paul LaFontaine (University of Amsterdam 1)
HRV seems to be all the rage these days. We will teach you why it's an important metric and how to keep track of it.

USE YOUR GENOME FOR SPORTS AND FITNESS TRAINING - Ralph Pethica (Stellenbosch)
I'll teach you how to use your genetic test results to improve fitness and sports performance.

Session 2 - Friday, 10:45

HOW-TO SESSIONS

MAKING YOUR OWN DIY DASHBOARD - Joost Plattel (Stellenbosch)
Making sense of your data starts with visualisation. One of the ways to do this is with dashboards. In this session, I'll share how to build your dashboard, give examples of when to use them, and advise on what technology to use to get you started with your own dashboards.

HEART RATE VARIABILITY: WHAT CAN IT REALLY TELL ME? - James Heathers (University of Amsterdam 1)
HRV is a simple set of calculations we perform on heart rate data to get autonomic information. It's also one of the most misused and poorly understood physiological measurements. Come along and find out how HRV gets broken – and how to fix it.

USING ARDUINO TO CREATE YOUR OWN SELF-TRACKING TOOLS - Lukasz Piwek (Harvard)
Can we use the open-source Arduino prototyping platform to make lightweight logging devices for our QS research projects? Yes, we can! This session is a rapid crash course on how to hook sensors up to an Arduino board and log data.

TALKING DATA WITH YOUR DOCTOR - Sara Riggare (Sorbonne)
Are you interested in using your self-tracking data at the hospital or during your doctor appointments? I'll share some tips and insights from my experiences that you can apply in your own healthcare encounters.

A SIMPLE MEDITATION TRACKING TECHNIQUE - Gary Wolf (Oxford)
I'll teach an easy method for tracking meditation time and share some tricks for getting insight from this very basic data type.

Session 3 - Friday, 11:30

SHOW&TELL TALKS (University of Amsterdam 3/4)

SLOWING DOWN TIME WITH A LIFELOG - Morris Villarroel
I describe how using a Narrative camera every day for the past 1,5 years, along with taking detailed notes, has changed my concept of the past, bringing it closer to the present and pointing out possibilities in the future.

MY LIFE IN 40 VARIABLES - Justin Timmer
Nearly one year of data collection gave me lots of insight into my health, productivity, activity, sleep quality, and much more. What makes me happy? Is sleep related to my mood? What gives me stress? This will be a quick peek into my quantified world.

TRACKING AFTER A STROKE: DOCTORS, DOGS, AND ALL THE REST - Andreas Schreiber
After having a stroke, I started tracking my vitals signs and weight. I'll share how my data helped me to understand my personal habits and helped my doctors to improve my treatments.

FINDING MY OPTIMUM READING SPEED - Kyrill Potapov
I tracked my reading speed using a version of Spritz, reading everything from scientific journals to The Goldfinch. As well as doubling how much I read in an hour, the process offered me insights about the different kinds of reading I do and how much I comprehend.

Lunch - Friday, 12:30

IGNITE TALKS (University of Amsterdam 3/4)

VIRTUAL VIEW - Danielle Roberts
This talk describes the concept, process, and results of making Virtual View, an interactive art installation that responds to heart rate.

USING GENETICS TO COME BACK FROM INJURY - Ralph Pethica
When I had a serious bike accident, the same genetics-based methods that I use to train athletes helped me recover my fitness level.

BEING SMARTER WITH TIME - Emmanuel Pont
After an unsatisfying but typical overworked life I set out to build a tool to measure and better manage my time. Here is what I learned after one year of time tracking, and where the tool is going.

RUNNING WITH A SAFETY BELT, USING PERFORMANCE FEEDBACK FROM SMART SENSORS - Marcel van der Kuil
When we run, an enormous amount of data from our 'on board' biological sensors is processed by our brain. However, we are not completely aware of these processes and how they could affect our performance. What if you could be notified when the risk of injury is high?

PERSONAL HEALTH MONITORING WITH BLOOD TESTS - Henrik Ahlen
The doctors' monopoly on medical lab tests is over! How can blood test tracking prevent disease and help you optimize your abilities? I'll share citizen tales of getting their own blood tests at any time and owning their data.

FREEZING OF GAIT AND EEG PREDICTION - Roland Assam
We performed research in Freezing of Gait (FOG) prediction in Parkinson's disease and predictive analytics of brains using EEG signals. These can be used by individuals to track and monitor their bodies or provide early warning before a disease strikes.

SLEEP AND HEART RATE IN A RING - Hannu Kinnunen
I'll share how we get detailed biometrics from a very small wearable that can be worn 24 hours a day.

START YOUR OWN QUANTIFIED SELF MEETUP - Steven Jonas, Ernesto Ramirez
The QS community has over 100 meetups around the world. We'll give you some quick guidance on starting a group in your community.

Session 4 - Friday, 14:00

BREAKOUT SESSIONS

QS DATA PRIVACY & OWNERSHIP - Charalampos Doukas (University of Amsterdam 1)
Most self-tracking devices and apps rely on data collection and automatic storage in the cloud. How can you control data collection? How can you make sure your QS data remains private and not shared with others? We will discuss the challenges and try to come up with potential solutions.

LET'S LEARN MORE FROM OUR LIFELOGS - Morris Villarroel, Alberto Frigo (Cornell)
Many of us log very complete details about our everyday lives and have been doing so for months or years. In this session people will be asked to share their experiences, with an emphasis on how to organize/analyze the data to learn more about ourselves.

MAKING SENSE OF HEART RATE AND HEART RATE VARIABILITY DATA - Marco Altini, Paul LaFontaine (Oxford)
How can we make the most of heart rate and heart rate variability data in our n=1 experiments? Let's talk about how to use these tools to help us with traveling stress, burnout, training, and recovery.

SELF-TRACKING IN EDUCATION - Kyrill Potapov (Harvard)
I believe self-tracking data can make a big impact in education. Let's learn from each other. Has QS played a role in your own studies? Do you have an idea you'd like to see tried in a mainstream classroom?

TIME MANAGEMENT AND PRODUCTIVITY - Emmanuel Pont (Stellenbosch)
Time is often our most precious limited resource, and we all have only 24 hours a day. How can we measure and optimize it for a better life and increased productivity?

LEARNING MORE FROM RUNNING DATA - Marcel van der Kuil, Erik Maartens (Heidelberg)
Do you track your runs? Join other running trackers for an open-ended discussion of what we are learning from our data and – especially – what else we'd like to learn.

SLEEP, CIRCADIAN RHYTHM, AND RECOVERY - Hannu Kinnunen (Sorbonne)
Let's talk about taking sleep data past the nighttime hours and connect it with cyclical patterns of recovery and 'readiness.'

OFFICE HOURS

SIREN - Sebastian Plasschaert (Feynman)
We are working on a sensor-embedded sock and anklet that, combined, track temperature and motion, sending the data to your smartphone. By combining smart textiles and user-centric software, we give people actionable data for making informed decisions about their health.
siren.care

VIRTUAL VIEW - Danielle Roberts (Cambridge)
Virtual View is a multimedia art installation that offers a customized natural view. Sounds and animations respond to the heart rate of the user. (Note: This office hour is being held in the Cambridge room, not in the office hour area.)
awarenesslab.nl/en/stilte/virtual-view/

MIJNDIGIPOLI - Anne Visser (Turing)
Mydigipoli is a universal framework to deliver medical information tailor-made for the patient. Imagine a medical Facebook combined with TomTom, giving patients detailed information about their diagnoses and healthcare paths from their own medical specialists.
mijndigipoli.com

PREDICTIVE ANALYTICS ON SENSOR DATA - Roland Assam (Haraway)
A staggering volume of data is generated daily. Come find out about new predictive analytics techniques developed at RWTH Aachen University to perform predictions on big data sets.
dme.rwth-aachen.de

MEDANDO - Andreas Schreiber (Lovelace)
Medando provides apps for mobile health, personalized medicine, independent living, and self-tracking. Our tracking apps provide an interface to the Internet of Things, which allows lightweight integration with other services.
medando.de

SELFSENTERED - Kas Burger (Ebbinghaus)
SelfSentered uses QS devices to foster behavioral change in enterprises, with a goal of engaged, happy, and high-performing workers in a people-centered company.
cascas.eu

Session 5 - Friday, 15:30

SHOW&TELL TALKS (University of Amsterdam 3/4)

THE DATA IS IN, I'M A DISTRACTED DRIVER - Robby Macdonell
What do you do when your data shows you something that you really don't like about yourself? I discovered some hard truths about my distracted driving habits by tracking my time in the car and on mobile devices.

THE ARCHIVE ALREADY EXISTS - Awais Hussain
I try to learn what I can from the collection of data that is already being passively collected about me. In particular, I try to reconstruct the past to find 'decision points' and trace causal chains.

DIAGNOSING MY AUTO-IMMUNE DISEASE - Vedrana Högqvist Tabor
I have been self-tracking since childhood. As a cancer researcher, I have used my lab access to get to know my health over time, including diagnosing previously unrecognized ailments.

PERSONAL LESSONS FROM COMBINING MY DATA - Frank Rousseau
Activity, mood, sleep, expense, work: I tracked all these things and saw some interesting correlations, such as how walking affects sleep several days later.

MEASURING MY BLOOD GLUCOSE - Philipp Kalwies
I've been tracking my blood glucose though I'm not a person with diabetes. I'll talk about what I've learned and what differences it has made in my life.

Session 6 - Saturday, 10:00

BREAKOUT SESSIONS

DESIGNING FOR AMBIENT INFORMATION - Nana Lohmanns (Cornell)
Self-tracking data is starting to flow across devices and systems, but we're still stuck making sense of charts and graphs. What happens when our data becomes part of our living spaces and work environments? Let's talk about how we can design interesting and useful systems for ambient feedback.

TEACHING QS METHODS TO HEALTH CARE UNDERGRADUATES - Martijn de Groot (Heidelberg)
We'll share highlights of our three years of experience in teaching n=1 and self-experimentation to allied health care and nursing undergraduates. We'd love to hear what kind of QS teaching you are doing or what ideas you have on the topic.

SELF-MOTIVATED BLOOD AND METABOLIC TESTING - Henrik Ahlen, Marleen van Balkom, Josephine Worseck (Stellenbosch)
Many tests that were formally part of a doctor's visit are now available to us for our own purposes. What are blood tests good for? What are the frontiers of blood testing? And how can we better visualize and understand our metabolic data?

TRACKING FOR CAREGIVING - Rajiv Mehta (Cambridge)
Caring for ill family members can be difficult and complex. How can we use self-tracking technologies to measure and visualize our care efforts, and use this knowledge to make life easier? Learn what the Atlas of Caregiving project has discovered, and share your own experiences.

CAN COACHES MAKE DATA MORE MEANINGFUL? - Jan Peter Larsen (University of Amsterdam 1)
The more data we have about ourselves, the more we have to make sense of it all. Do we need digital coaches to help? Let's get together and talk about why coaches may or may not work for self-tracking and behavior change.

MIND-TRACKING AND THE SHARING ECONOMY - Krzysztof Kornas, Aleksandra Przegalinska-Skierkowska (Harvard)
Mind-tracking and the evolution of context-aware systems are changing our understanding of productivity. Will they fuel cooperative individualism, the cultural basis of open collaboration movements, and empower the individual, or will they rather inform some new type of quasi-corporate collectivism?

GOVERNMENT REGULATION OF QS TOOLS - Hans Meijs (Sorbonne)
The regulatory approval process (CE and FDA) is challenging but may be a positive influence on the development of QS tools. Let's talk about why and how QS devices might cross over into approved medical uses.

DO NUMBERS MAKE A DIFFERENCE? - Max Koch-Grünberg (Oxford)
Is there anything fundamentally different or new about using numbers in practices aimed at self-reflection and self-knowledge? Let's discuss the difference between subjective and qualitative methods.

OFFICE HOURS

HRV4TRAINING - Marco Altini (Feynman)
HRV4Training is an iOS app that helps you reach your fitness goals by measuring your heart rate variability and providing tailored feedback on your physical condition. HRV4Training does not require a heart rate monitor – it is the only app that can accurately assess your HRV using the phone's camera.
hrv4training.com

MOODMAPPING - Liz Miller (Haraway)
MoodMapping is a system to measure, monitor, and manage moods. Based on my successful book published by MacMillan, I'm looking to digitise moodmapping as an app for phone, watch and PC, so you can track mood alongside other health metrics, like pulse, blood pressure, sugar intake, etc.
moodmapping.com

LIFE LONG RUNNING - Marcel van der Kuil, Erik Maartens (Turing)
We're a group of serious running amateurs, with a drive to investigate how we can improve the running experience. Our goal is help runners enjoy 'life long running' by using running data to improve running technique.
lifelongrunning.nl

MYINDICATORS - Patrik Helenius (Ebbinghaus)
MyIndicators is a cloud-based service that allows you to design, collect, and analyze your data. It's suitable for tracking your Quantified Self data and gives you the flexibility to make your own indicators.
myindicators.se

SMARTER TIME - Emmanuel Pont (Lovelace)
Smarter Time is an automated time tracking app. It learns your location with room precision, learns your habits, and integrates every source of information in a coherent timeline.
smartertime.com

ANYTHINGS - Quentin Delaoutre (Tesla)
Anythings.co is a media website that helps people build their own ecosystem of smart devices. Anythings lists the best new smart things and their IoT platform compatibility.
anythings.co

GENETRAINER - Ralph Pethica (Curie)
Personalize your training by combining tracked fitness and activity data with genetics.
genetrainer.com

Session 7 - Saturday, 11:30

SHOW&TELL TALKS (University of Amsterdam 3/4)

DRAW A FACE A DAY - Ellis Bartholomeus
For six months, I drew a face to self-report my mood for the day. This inspired and engaged me more than I expected. The faces triggered my curiosity and provided many insights that motivated me forward. Unintentionally, I balanced my life differently by drawing happy smiles every day.

EFFECT OF KETOGENIC DIET ON HEART RATE VARIABILITY - Paul LaFontaine
I tried a very low-carb 'caveman' diet. What impact would the transition to ketosis and its associated 'keto flu' have on my HRV? What did the load on the body look like? I measured my resting heart rate and HRV for three weeks to find out.

HOW FOOD-TRACKING SUPPORTED BECOMING A VEGETARIAN - Jakob Eg Larsen
As part of my transition to vegetarianism, I found that taking photos of my food was useful. I'll share my findings from over one year of food journaling with photos, how it facilitated the process, and the obstacles I found in manual tracking.

MENSTRUAL CYCLES, 50 CENT, AND RIGHT SWIPES - Ahnjili Zhuparris
Curious to understand how hormones influence my life, I spent six months monitoring how my menstrual cycle affected my choice in music, use of language on Facebook, time spent shopping online, and even my Tinder usage.

Lunch - Saturday, 12:30

IGNITE TALKS (University of Amsterdam 3/4)

DESIGNING A PLATFORM FOR COLLECTIVE INTROSPECTION - Josh Berson
We're creating a prototype platform for collective introspection – where we look past conventional indicators of activity, stress, and fatigue, in favor of questions on how participating in a community organized around activity rhythm reflection can change you.

THE ZEO REPLACEMENT - Philipp Kalwies
I wanted to continue using my Zeo even though the company went under, so I made my own replacement bands to keep taking measurements. I've taken what I learned and developed a new EEG-based sleep tracker.

A SERVER FOR OURSELVES - Frank Rousseau
The Cozy platform allows everybody to be their own aggregator and maintain control of how their personal data is shared.

CROWDSOURCING WEARABLE ACCURACY - Mark Peeters
What about the accuracy and reliability of readings we take with our health devices? I've prototyped a community platform for testing and ranking our self-tracking tools.

DO I GRIND? - Michiel Allessie
About 8% of people grind their teeth at night and 85% don't know it. I'm a dentist and I built an app that records and filters tooth grinding sounds and quantifies them.

DID YOU REALLY TAKE 10.000 STEPS TODAY? - Thea Kooiman
I'll share the results of my study to test the accuracy of ten popular activity trackers, including Fitbit Zip, Jawbone Up, and Withings Pulse.

A QUANTIFIED SELF INNOVATION CONTEST - Penny Newton
I'm announcing a new £175k innovation contest for startups in the European Union focused on Quantified Self tools.

Session 8 - Saturday, 14:00

SHOW&TELL TALKS (University of Amsterdam 3/4)

I'M A QUANTIFIED EMPLOYEE - Brigitte Hofstee
My employer, Hanze University Groningen, initiated a research project on whether coaching conversations combined with self-tracking using a Fitbit Flex could improve the health and self-management of employees. I'll share my results and experiences.

WHAT I LEARNED FROM EXTENSIVE MORNING TRACKING - Peter Joosten
For the last two years, I have run month-long experiments that have taught me much about what affects how I feel in the morning. I look at sleep quality, room temperature, heart rate, heart rate variability, and dual n-back training.

A YEAR IN RUNNING - Valera Vasylenko
I explored new data visualization techniques with my running data to help me learn more from it and see how it changed the way I share my story.

IMPROVING MENTAL FOCUS THROUGH LIFELOGGING - Justin Lawler
I've been tracking my focus and how it varies with sleep, diet, exercise, and stress. After switching to a paleo diet in 2014, I've noticed big improvements in both mood and mental focus.

MY DIY DASHBOARD - Simon Buechi
I collect many different types of data about myself, including how many lines of text I've written, how many tasks I've accomplished, and my physical condition. I've learned a lot from connecting that data via APIs to a dashboard that allows me to quickly assess my progress.

Session 9 - Saturday, 15:30

BREAKOUT SESSIONS

SHARING DATA: WHAT'S IN IT FOR ME? - Theo Scholl (Sorbonne)
What benefits do you get when you share your self-tracking data? What kind of benefits could or should these be? How about money, services, tools, donations, or more data? Join this open-ended discussion of defining better benefits for sharing.

HOW CAN WE ACCELERATE OUR TECHNIQUE AS SELF-TRACKERS? - Martijn de Groot, Jakob Eg Larsen, Thomas Blomseth Christiansen (Oxford)
In this breakout we'll discuss how we can work together as a community of practice to learn from each other. Let's talk about about ways we can improve sharing, cooperation, and knowledge transfer among self-trackers.

CYCLES OF ACTIVITY AND REST - Josh Berson (Cornell)
We all need strategies for getting rest, or forgoing rest, in the face of an unending stream of cues to be active. Let's discuss how 'activity rhythms' might take precedence over conventional indicators of activity, stress, and fatigue.

MEASURING MOOD - TECHNIQUES AND EXPERIENCES - Liz Miller (Harvard)
You don't need a computer to track your mood. I'll share an interesting pen and paper system I know well, called Mood Mapping. Bring your own ideas and we'll go deep into self-tracking and mood.

WHAT IS YOUR MORNING RITUAL? - Peter Joosten (Stellenbosch)
We all have morning rituals: reading stats on sleep quality, morning pulse, heart rate variability, and body weight; n-back training, meditation, supplements. Let's discuss lessons from the first minutes out of bed.

SELF-TRACKING FOR SENIORS - Antonis Billis (Heidelberg)
QS methods have a lot of potential for an aging society. Seniors often have multiple chronic conditions that may benefit from personal data Let's discuss an 'age-friendly' approach to tracking.

TRACKING COMPLEX CONDITIONS WHEN YOUR DOCTOR DOESN'T KNOW HOW - Sara Riggare (University of Amsterdam 1)
In this session we will discuss different approaches to tracking complex medical conditions using QS methods. Please, bring your own conditions and ideas!

OFFICE HOURS

RESCUETIME - Robby Macdonell (Turing)
RescueTime helps people take control of their digital lives and find balance with their devices both at work and at home. With accurate data about how you are spending your time, you are able to make more informed choices and take action to improve the quality of your time.
rescuetime.com

QOUNT.US - Joost Plattel (Tesla)
Qount.us is a dashboard that offers activity tracking for teams, making it easy for organisations to focus on what matters for company vitality. We use dashboards and game mechanics to provide personal guidance toward a better lifestyle at work (and beyond!).
qount.us

BRIGHTR - Jan Peter Larsen (Haraway)
Brightr is an employee wellness platform providing activity monitoring and coaching on physical activity, sleep, shift work, and mental resilience. Brightr creates a culture of health in your organisation.
getbrightr.com

FOODCHALLENGE - Elfried Klarenbeek (Lovelace)
The FoodChallenge lets employees discover the incredible power of food. By changing their diets together, coworkers can discover how food affects their well-being in individually specific ways.
food-challenge.nl

DO I GRIND - Michiel Allessie (Franklin)
Bruxism is when someone grinds or clenches their teeth at night. I built an app that records and filters the specific tooth grinding sound.
bruxlab.com

COZY - Frank Rousseau (Ebbinghaus)
Cozy is an app platform to connect and manage all your data from home. Keep your data safe with your own personal cloud.
cozy.io

EEG SLEEP TRACKER - Philipp Kalwies (Feynman)
I'll demo a new sleep tracker that uses electroencephalography (EEG) in order to classify and interpret sleep cycles.

WERLABS SWEDEN - Henrik Ahlen (Curie)
Werlabs offers blood tests for personal health analysis, with a quick and easy online decision support system.
werlabs.se