



**Human Design
Group**

All you want to know about **cybersickness**

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Cybersickness?

Cybersickness causes **light to severe discomfort** in **more than 60%** of users of immersive technologies **during or after** exposure (Lawson, 2014)

Disorientation

Vertigo,
postural instability,
difficulty focusing,
etc.

Oculomotor

Eyestrain, headache,
blurred vision,
vestibulo-ocular reflex
disturbance, etc.

Nausea

Stomach awareness,
pallor, cold sweating,
increased salivation,
vomiting, etc.

Sopite syndrome

Fatigue,
difficulty focusing,
dizziness, etc.

Risks for the project

- Cybersickness can compromise
 - The usability of the technology
 - The progress of the project



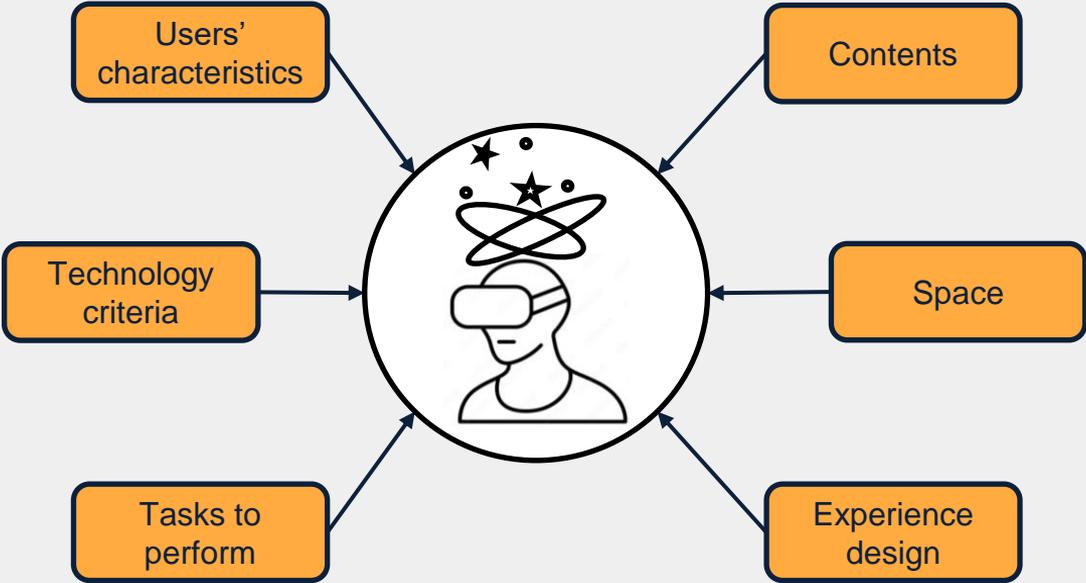
Le Congrès américain met en pause le casque militaire AR de Microsoft... parce qu'il rend les soldats malades

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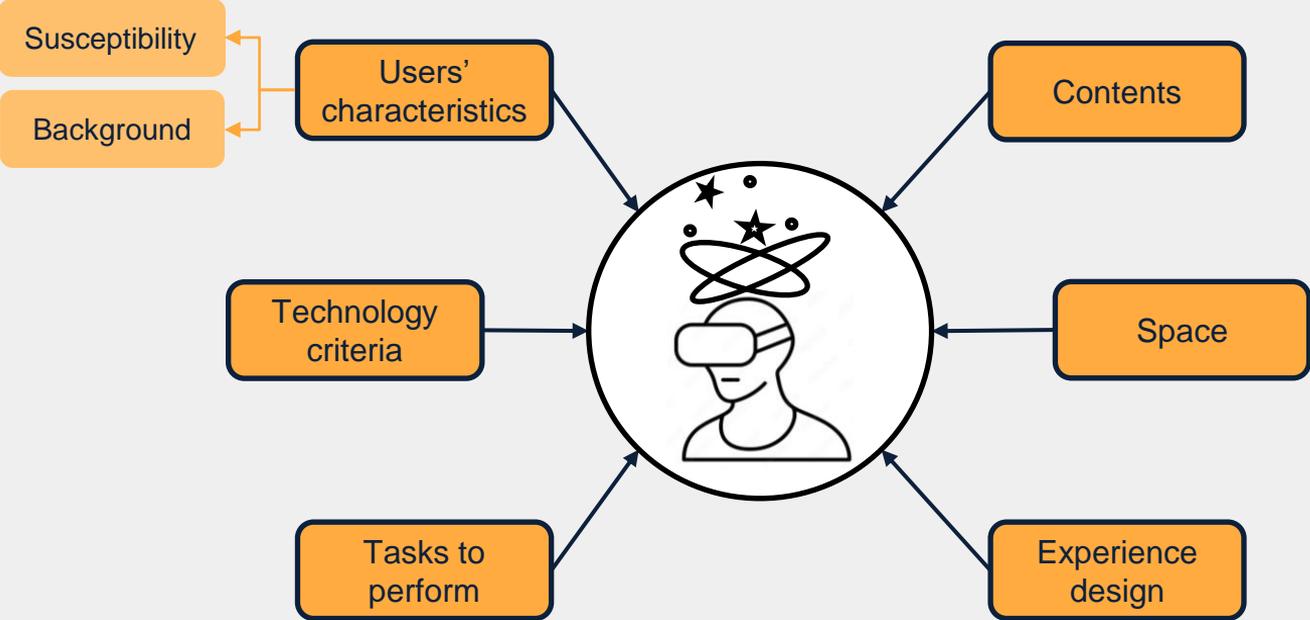
“Cybersickness must be overcome in order to drive mass adoption of immersive technologies”

(Stanney et al., 2020)

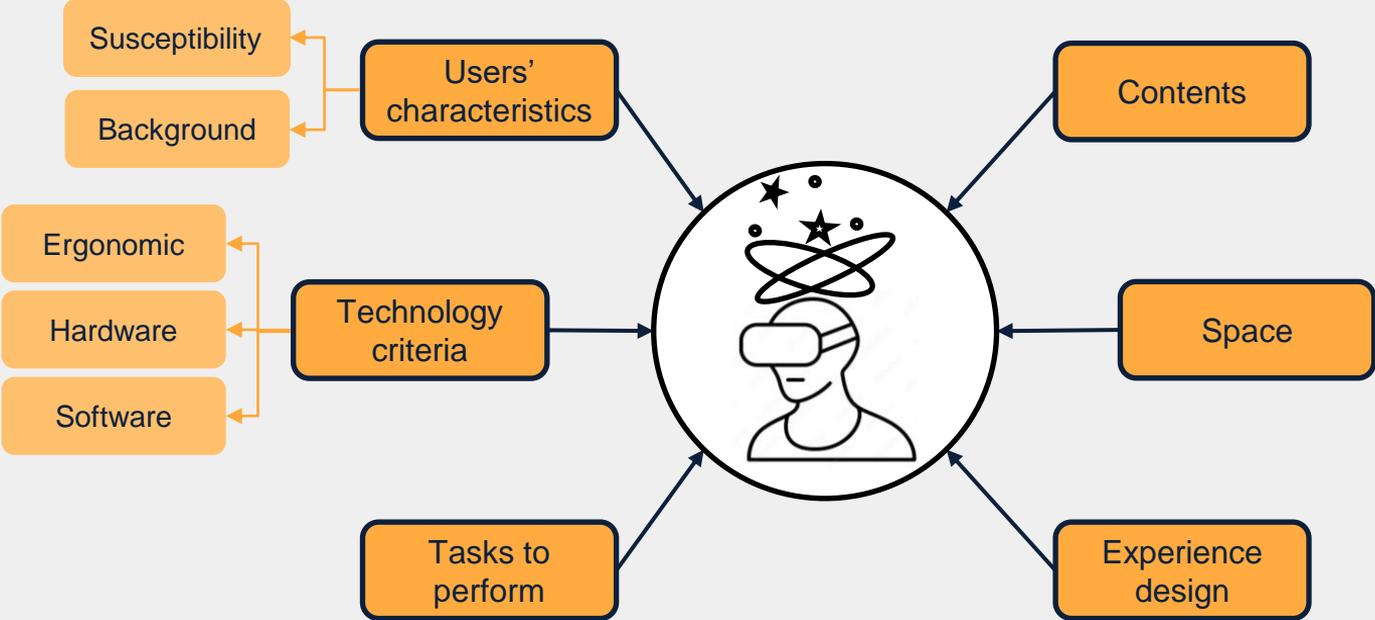
Factors impacting cybersickness



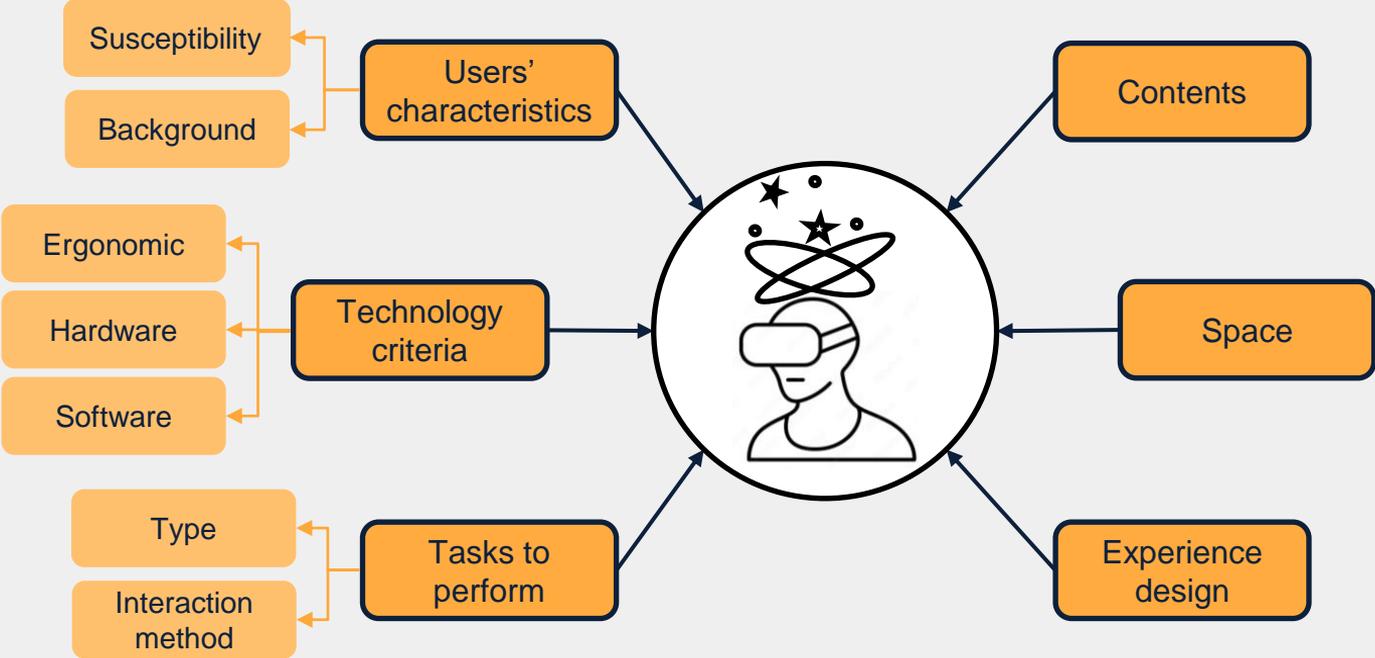
Factors impacting cybersickness



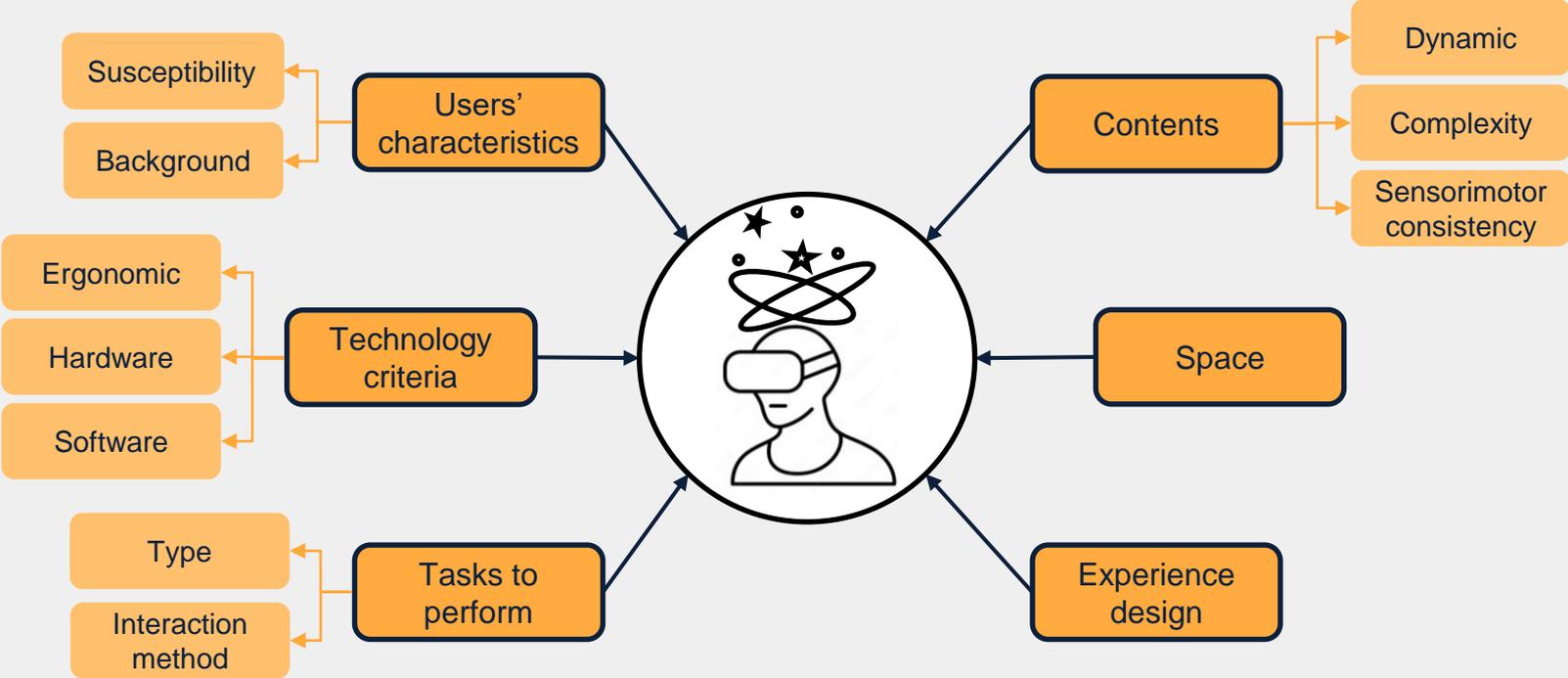
Factors impacting cybersickness



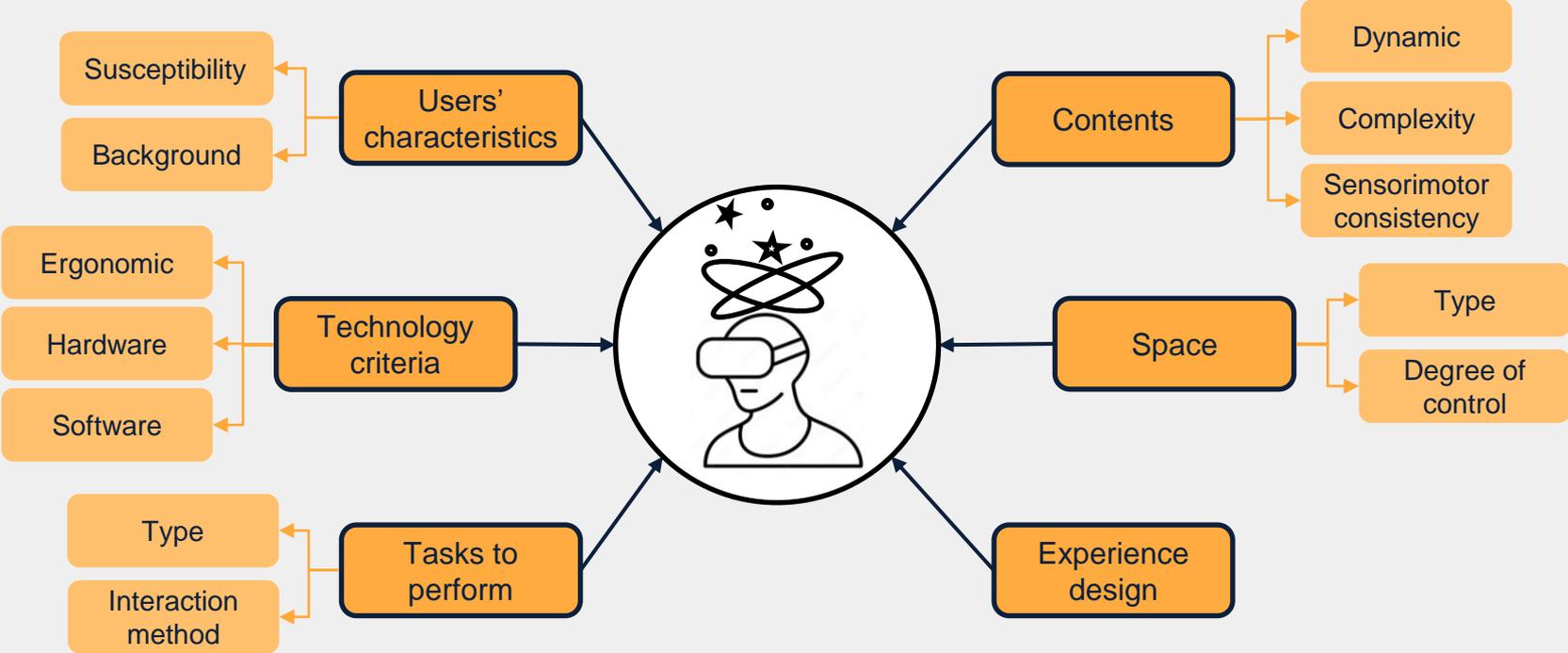
Factors impacting cybersickness



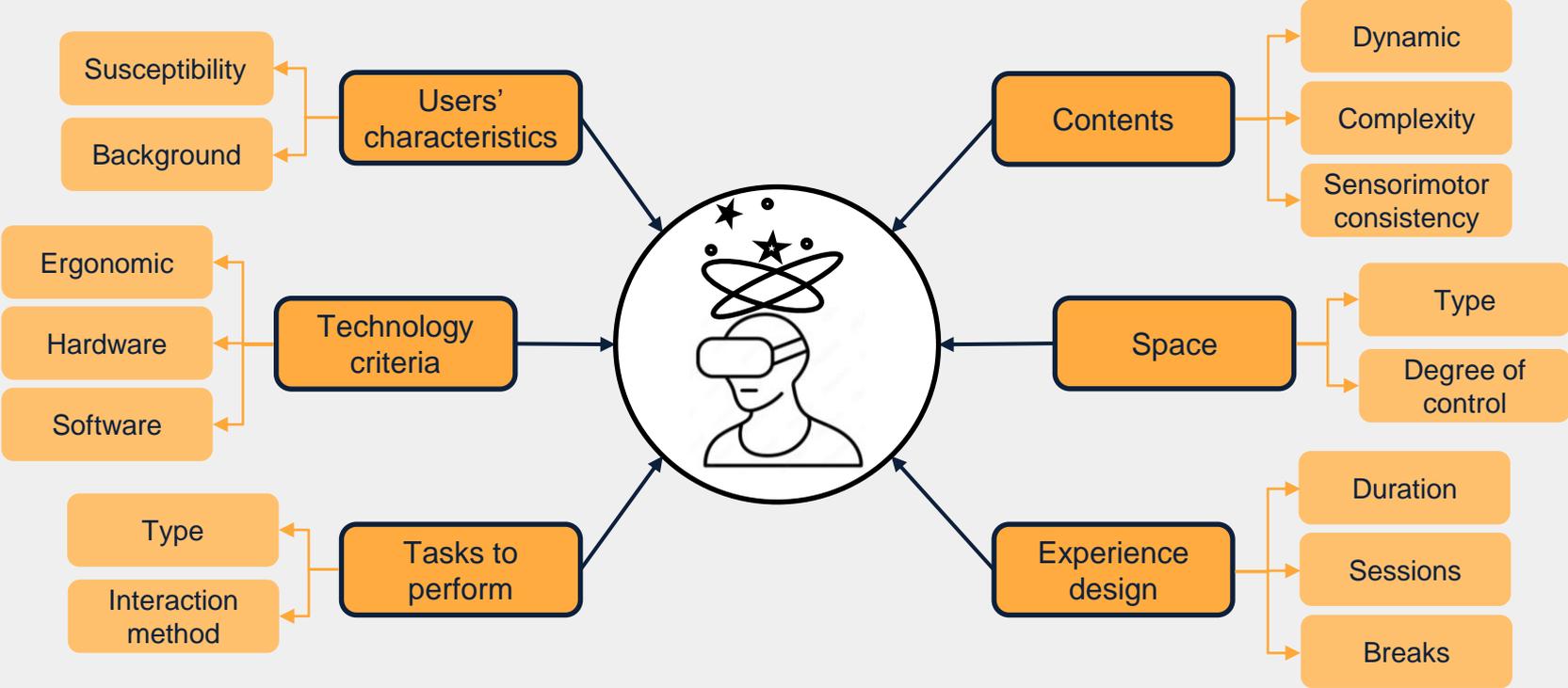
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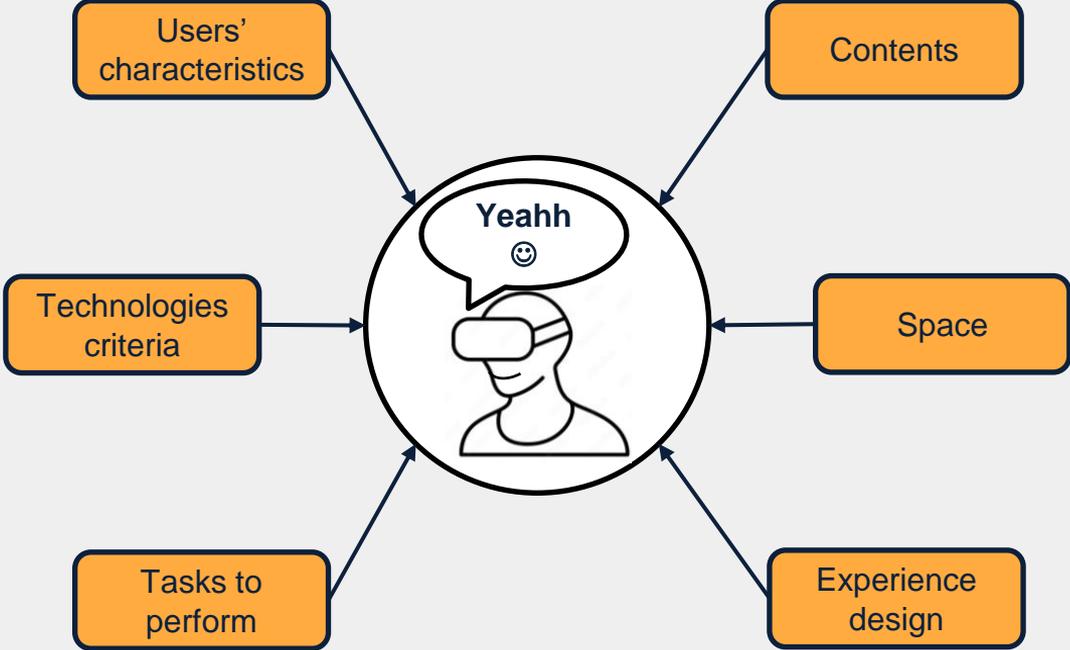
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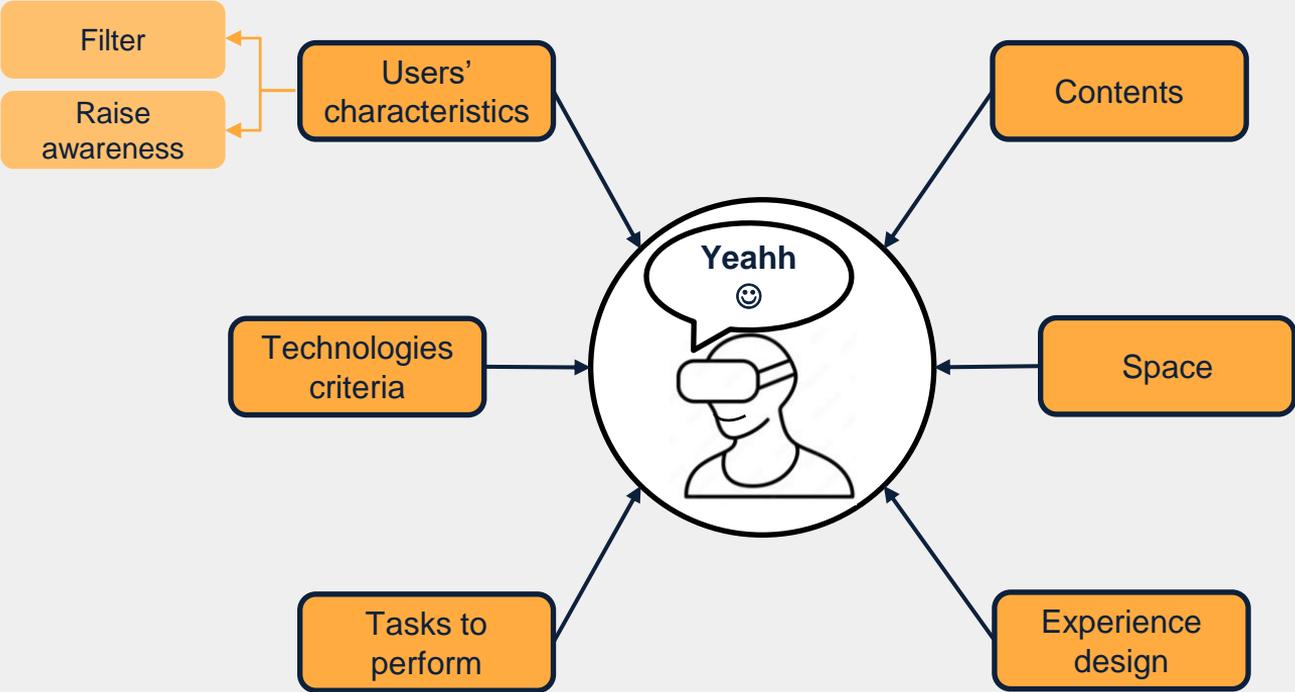
How to mitigate cybersickness?

- How to **support** the users?
- How to **choose** the immersive technology?
- How to **design** the task and the content?
- How to **organize** the space and the experience?

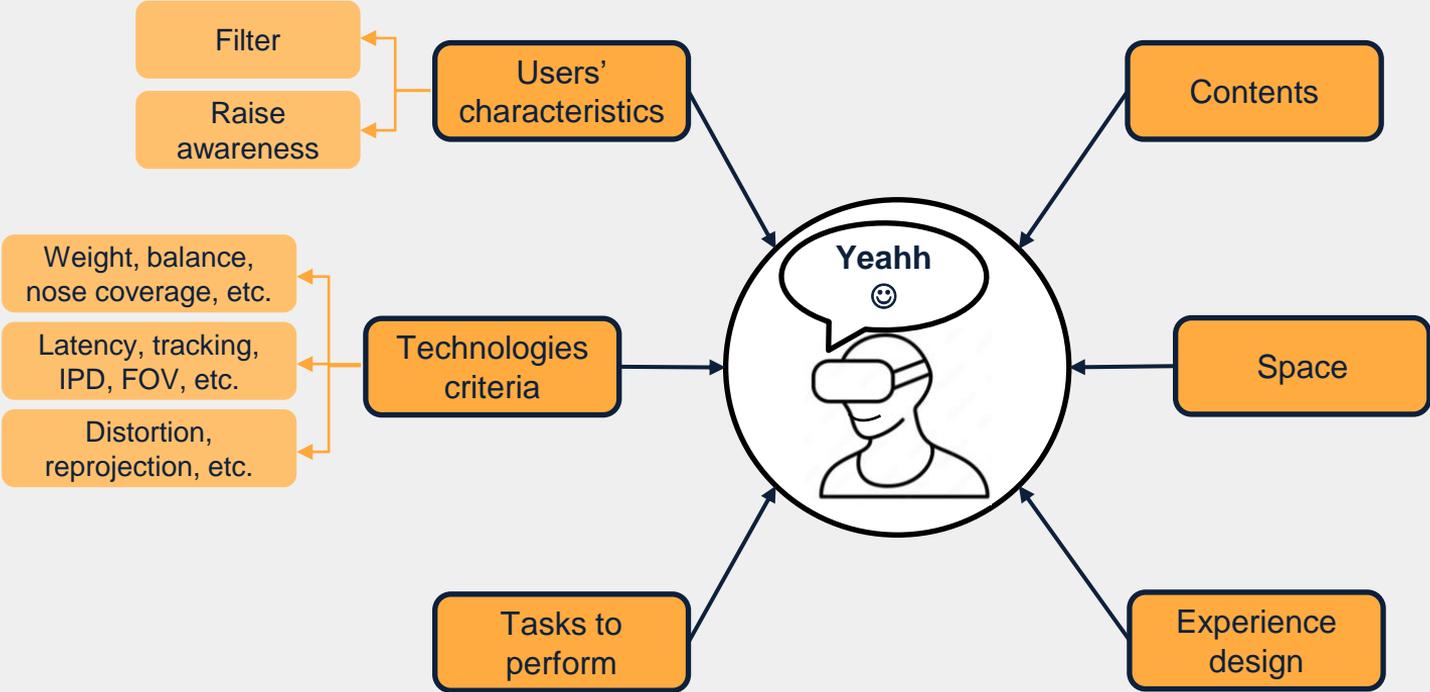
Practices reducing cybersickness



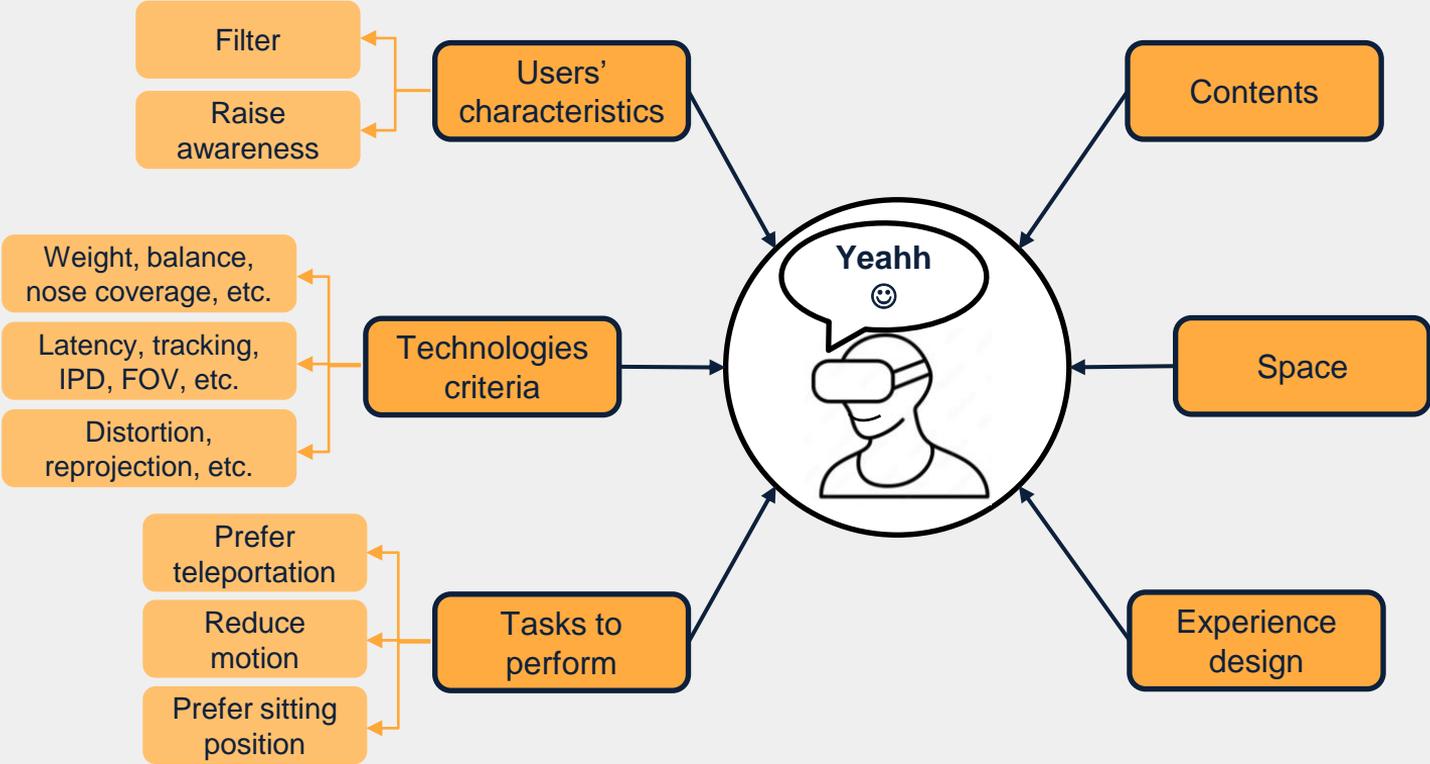
Practices reducing cybersickness



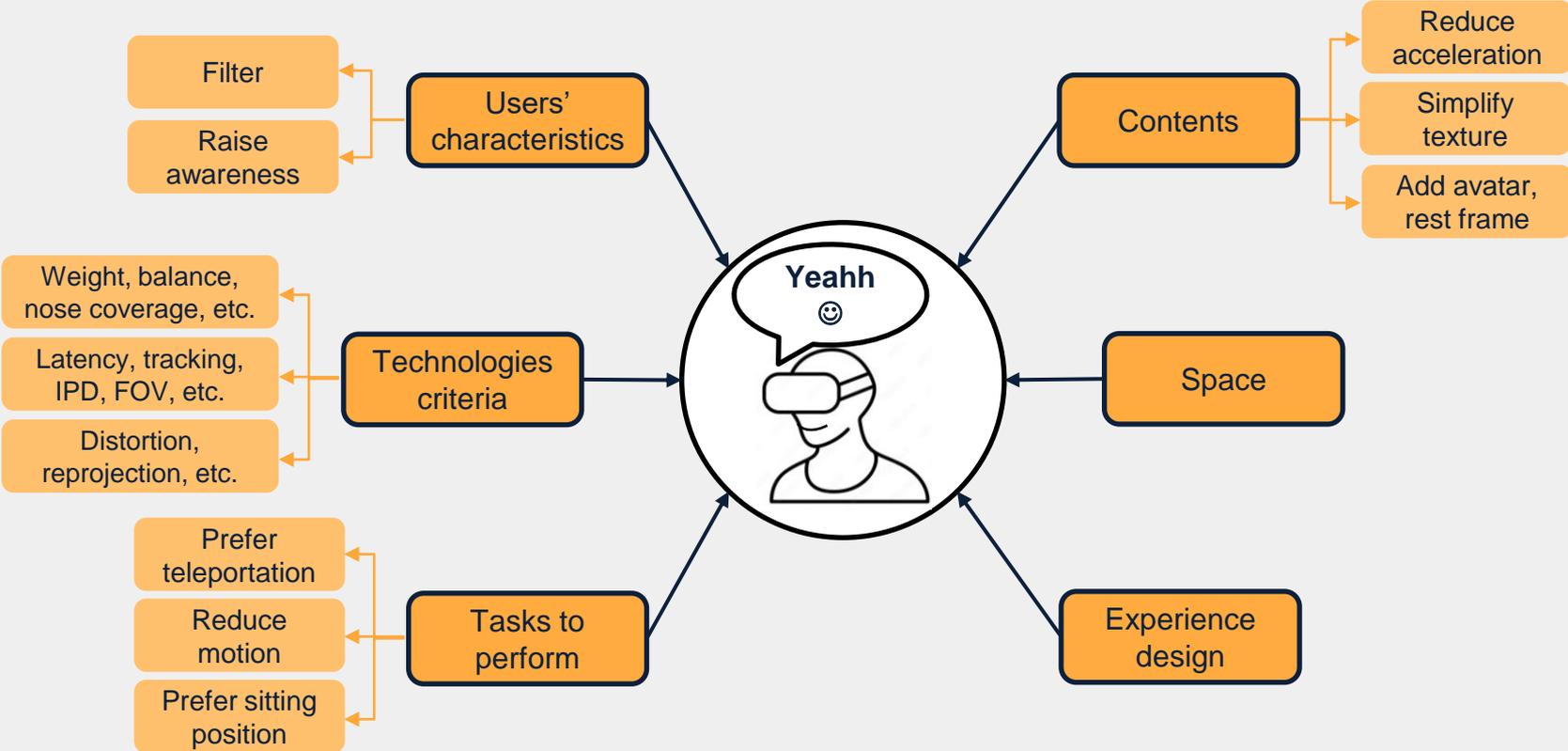
Practices reducing cybersickness



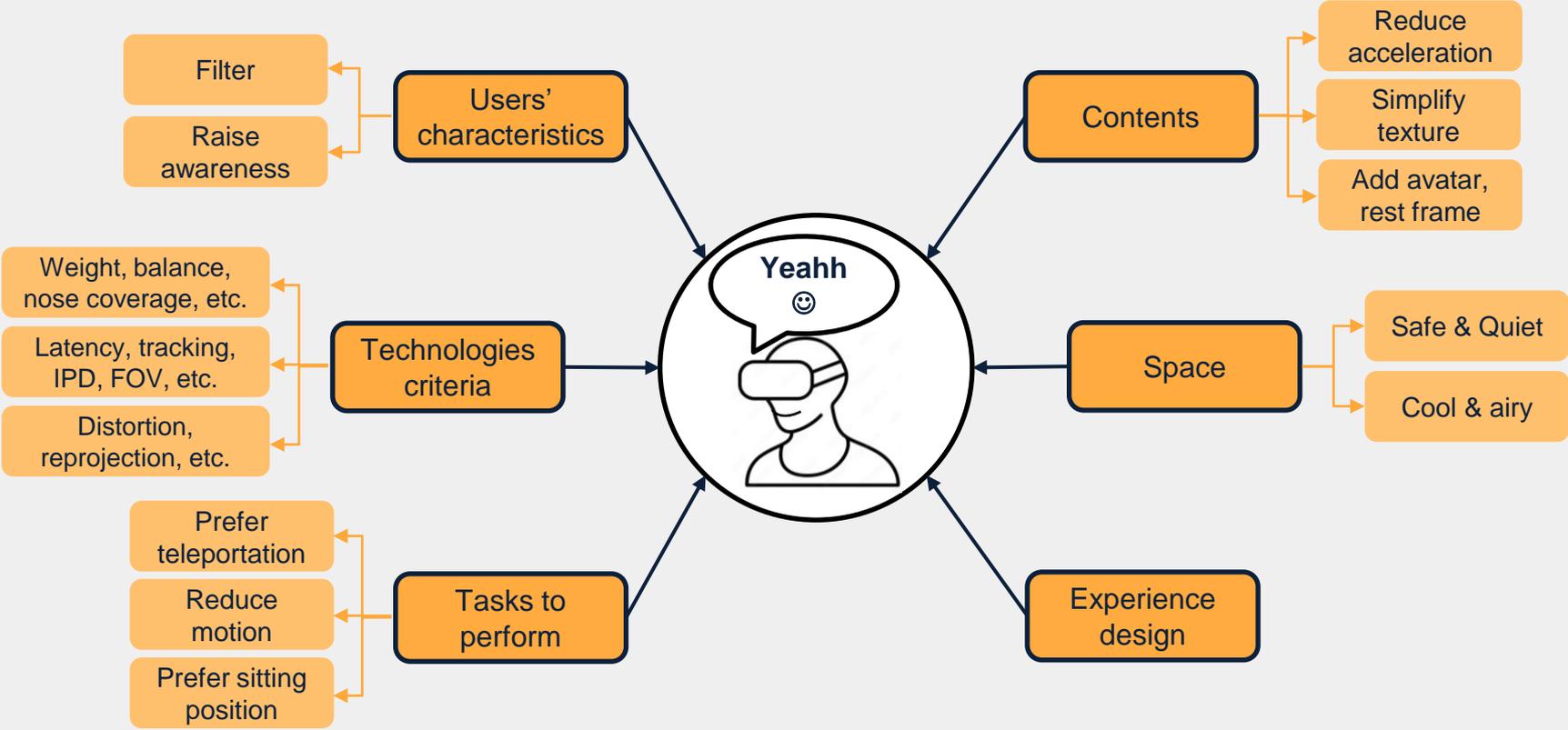
Practices reducing cybersickness



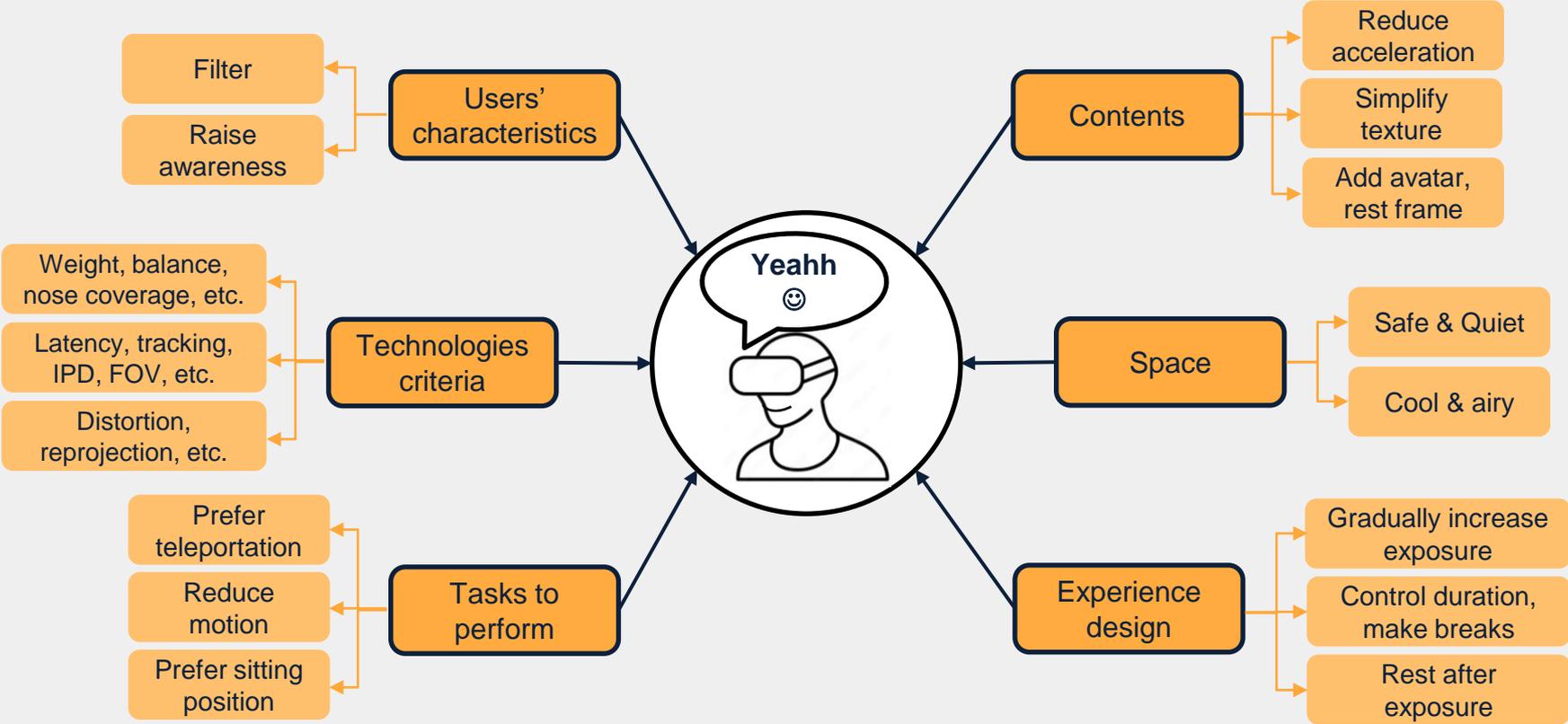
Practices reducing cybersickness



Practices reducing cybersickness



Practices reducing cybersickness



What's next?

- Identify the effect of each factor and how to mitigate it
- Evaluate the correlation between the factors identified and the symptoms
- Edit a set of recommendations to mitigate cybersickness and its factors
- Establish a model of cybersickness



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Thank you 😊

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