



The smartphone app | Photo source Aitdesks

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## ADJUSTABLE SMART DESK MONITORS AIR QUALITY AND SITTING TIME

 WORK & LIFESTYLE

**The Smart One desk, which can be remotely controlled via an app, uses sensors to determine when to recommend health-related activities**

**Spotted:** Florida-based company Aitdesks has launched a campaign on Indiegogo for its Smart One designs, a height-adjustable desk that can be controlled remotely via a smartphone app.

What sets the design aside from other adjustable desks, is the variety of smart features, which include monitoring the amount of time spent sitting and indicating when it's time to get up and stretch the legs. It also has a carbon monoxide alarm and informs users of the air quality in the room and when it's time to let in some fresh air, according to the designers.

The Smart One app also offers personalised fitness and stress relief exercises. In addition, the desk helps keep workspace decluttered by incorporating wireless charging, a Bluetooth speaker system, an aromatherapy diffuser, an integrated cable management system, an under-desk PC holder, ambient LED lighting and an app-controlled security drawer, according to Newatlas.

The desk is made from a powder-coated aluminium frame, plastic covers and either tempered glass or solid wood, combined with a plywood tabletop. It is available in two sizes: 1.5 m<sup>2</sup> workspace and a 1.2 m<sup>2</sup> workspace.

For extra customisation, customers can choose any colour combination, and even add their favourite photo to the tabletop.

The Indiegogo campaign, which launched last August, prices Smart One at US\$999 (€589.43) with two cheaper models with fewer accessories also available.

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Email: [hello@aitdesks.com](mailto:hello@aitdesks.com)

Website: [aitdesks.com](http://aitdesks.com)

## **Takeaway:**

A survey carried out by [Fellowes](#) revealed that the majority (81 per cent) of UK office employees spend between four and nine hours sitting at their desks every day. Sitting for too long has been found to be both detrimental to physical and mental health and increases **the risk of mental illness**. Whilst more and more countries are decreasing the workweek to 4 days a week, sitting will continue to be a major aspect of work-life, which is why the development of holistic innovations such as Smart One is important.