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SMART CIGARETTE BOX HELPS SMOKERS QUIT

 WORK & LIFESTYLE

Smoking-Stopper is a smart box that connects to the user's smartphone and only lets them access a set number of cigarettes each day.

In the age of data, it is often assumed that monitoring bad habits will help users cut down. We have already seen a number [smart devices](#) applying this logic to help smokers quit. Now, the Smoking-Stopper from [Regulsmoke](#) takes an even simpler approach — essentially preventing the user from accessing their supply.

Smoking-Stopper is a smart box that connects to the user's smartphone and only lets them access a set number of cigarettes each day. To begin, the user puts their cigarettes inside the metal box and downloads the companion app. Next they enter some information about their medical history, fitness levels and lifestyle. The app then monitors the user's physical and emotional behavior and applies one of 62 psychological smoker profiles. Using this profile, the system manages their smoking habit — only letting them take out a set amount of cigarettes, thereby providing a pragmatic withdrawal routine. Unfortunately the smoker could also just buy another pack when their cravings get too much.

We recently wrote about [Yondr](#) — the smart device that prevents audiences from accessing their phones during comedy and music shows. How else could technology be used to help people control their addictions?

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