

DiscreetHeat

Natalia Acosta-Laboy, Ella Bump, Jamie Lim, Lesly Lucero, and Florence Kim

Department of Chemical and Biomolecular Engineering
Johns Hopkins University



JOHNS HOPKINS
WHITING SCHOOL
of ENGINEERING

Motivation & Impact

Lower back and abdominal pain are common conditions that can interfere with daily life:

- **80%** of people who menstruate have experienced **abdominal cramps**.^[1,2]
- **190 million** people around the world have **endometriosis**.^[3]
- **23%** of adults worldwide suffer from **chronic low back pain**.^[4]
- **95%** of males and **70%** of females older than 60 have **spinal arthritis**.^[5]

Studies have shown that **heat therapy can reduce menstrual and low back pain more effectively** than oral medications, but^[6,7]

- Traditional heating pads are bulky and require a power outlet.^[8]
- Wearable heating pads resemble medical devices, making users uncomfortable in public.
- Adhesive heat wraps can cause skin irritation or burns.^[9,10]

Our product is a **discreet wearable heating pad designed to look and function like a standard belt** for convenient use in public.

Product Specifications

What makes our product effective?

- Powered by a small 7400 mAh lithium polymer battery and charged through the USB-C port in the charging board within the electronics pocket.
- Mobile app allows users to select the heat level and monitor charging.
- Graphene maintains a uniform temperature distribution even when bent, and it quickly spreads heat due to its high in-plane thermal conductivity.

Layer	Material	Thickness	Thermal Conductivity
1	Cowhide leather	1.0 mm	0.140 W/mK ^[11]
2	Porous polyimide film	0.1 mm	0.012 W/mK ^[12]
3	Silicone rubber	1.4 mm	0.200 W/mK ^[13]
4	Silicone rubber	6.0 mm	0.200 W/mK ^[13]
	Polyurethane film	2.0 mm	0.060 W/mK ^[14]
	Lithium/polymer	4.0 mm	0.600 W/mK ^[15]
5	Silicone rubber	0.7 mm	0.200 W/mK ^[13]
6	Porous polyimide film	0.1 mm	0.012 W/mK ^[12]
	Graphene	0.1 mm	19.00 W/mK ^[16]
7	Polyimide film	0.05 mm	0.800 W/mK ^[17]
8	Polyester	0.5 mm	0.050 W/mK ^[18]

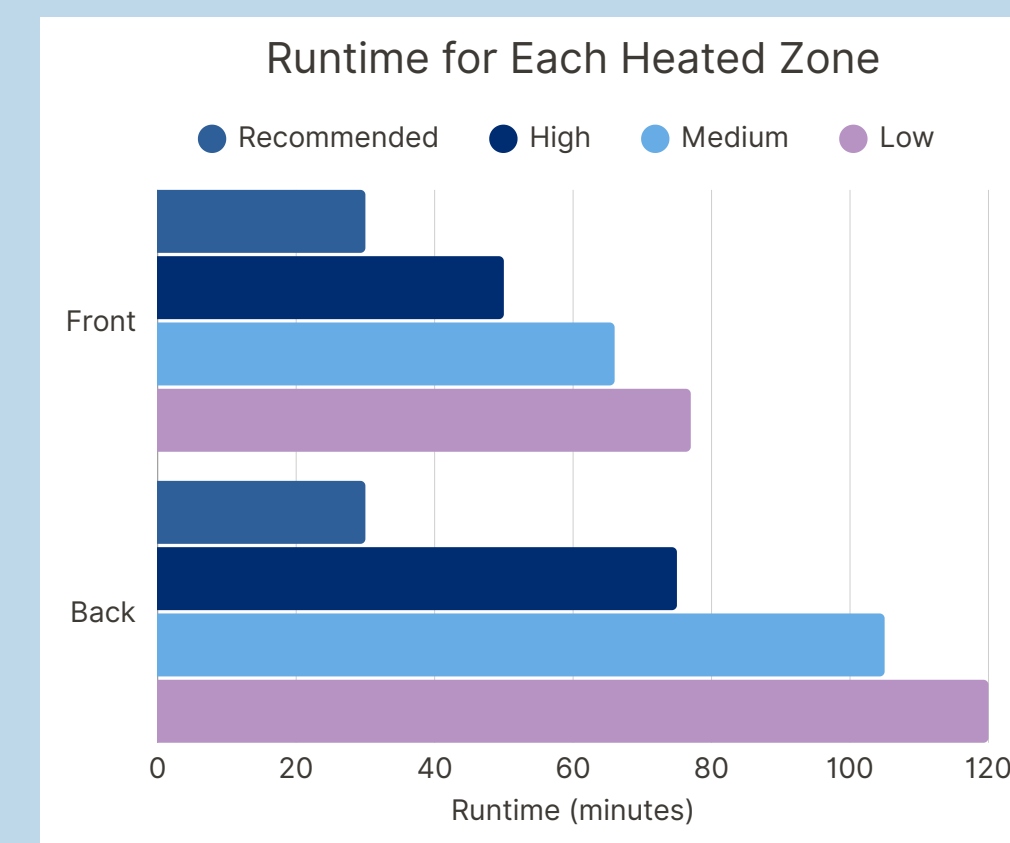


Figure 1. Calculated runtime for each heated zone compared to the recommended safe duration of treatment.^[19]

Market Need

Disposable chemical heating systems

- Not reusable
- Rechargeable electrical heating devices
- Not discreet

Over-the-counter pain medication

- Indirect competitor

Patent landscape

- Opportunity to file patents in underdeveloped areas
- Licensing existing intellectual property



Figure 2. Model wearing ThermaCare Menstrual Pain Therapy heat wrap.^[20]



Figure 3. Model wearing Comfytemp electric heating device.^[21]



Figure 4. Model wearing DiscreetHeat prototype.

Manufacturing Process

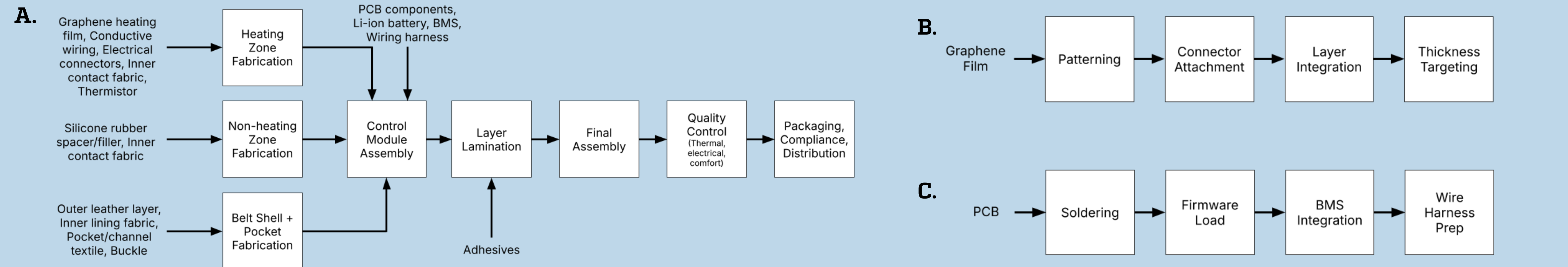


Figure 5. Overview of the DiscreetHeat belt manufacturing process. A. Full production workflow, including parallel fabrication of the heating zone, non-heating zone, and belt shell, followed by control module integration, lamination, final assembly, quality testing, and distribution. B. Heating zone fabrication process, including graphene film patterning, electrical connector attachment, and integration with supporting layers to achieve the target thickness. C. Control module assembly, including PCB soldering, firmware loading, battery management system (BMS) integration, and wire harness prep.

Final Product Design

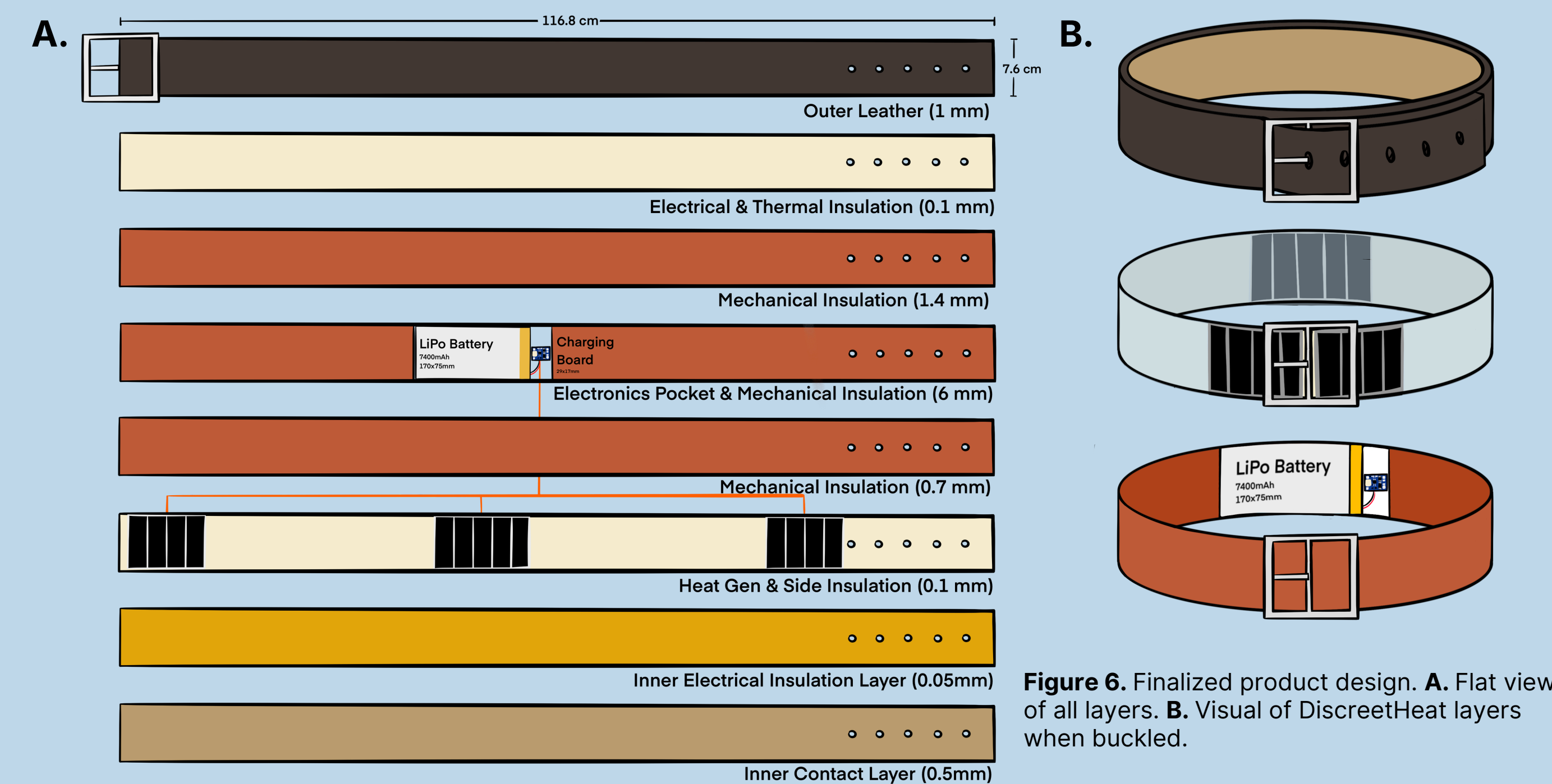


Figure 6. Finalized product design. A. Flat view of all layers. B. Visual of DiscreetHeat layers when buckled.

Heat Transfer Modeling

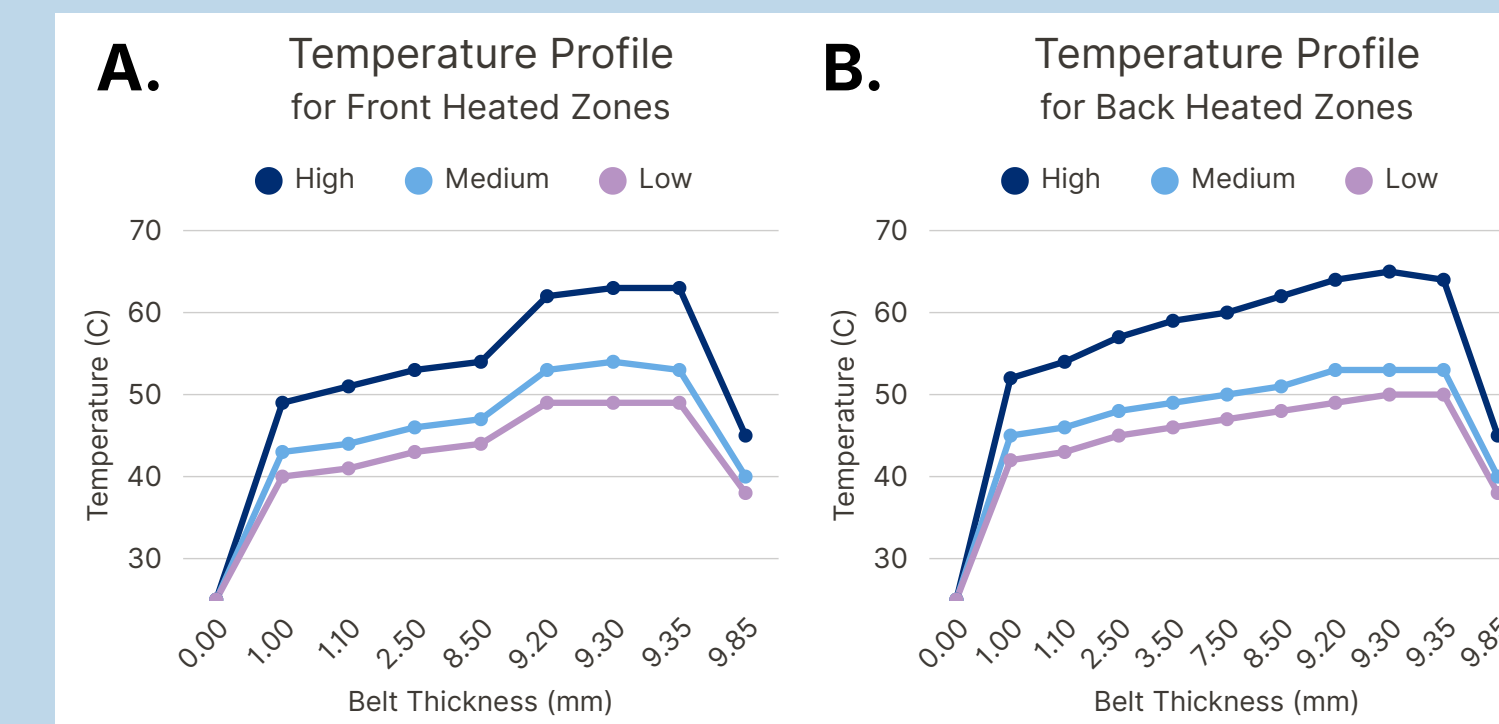


Figure 7. Calculated temperature profile for all settings: 45°C (high), 40°C (medium), and 38°C (low). A. Front heated zone temperature profile. B. Back heated zone temperature profile.

Assumptions

- In-plane (xy-plane) heat transfer can be neglected
- Fourier's Law of 1D Heat Conduction applies
- All usable energy is converted to heat

Key Equations

Fourier's Law:^[22,23] $q_z = -kA \frac{dT}{dz}$

Thermal resistance:^[22,23] $R = \frac{L}{kA}$

Power:^[24] $P = I \times V$

Final equation:^[25] $T_{graphene} = \frac{P_i + \frac{T_{body}}{R_{body}} + \frac{T_{air}}{R_{air}}}{\frac{1}{R_{body}} + \frac{1}{R_{air}}}$

Symbols

q	Heat	P	Power
A	Area	I	Current
k	Thermal conductivity	V	Battery voltage
T_{body}	Temperature delivered to body (target temperature)		
T_{air}	Temperature of the air; room temperature		
$T_{graphene}$	Temperature of graphene to reach target temperature		

Financial Analysis

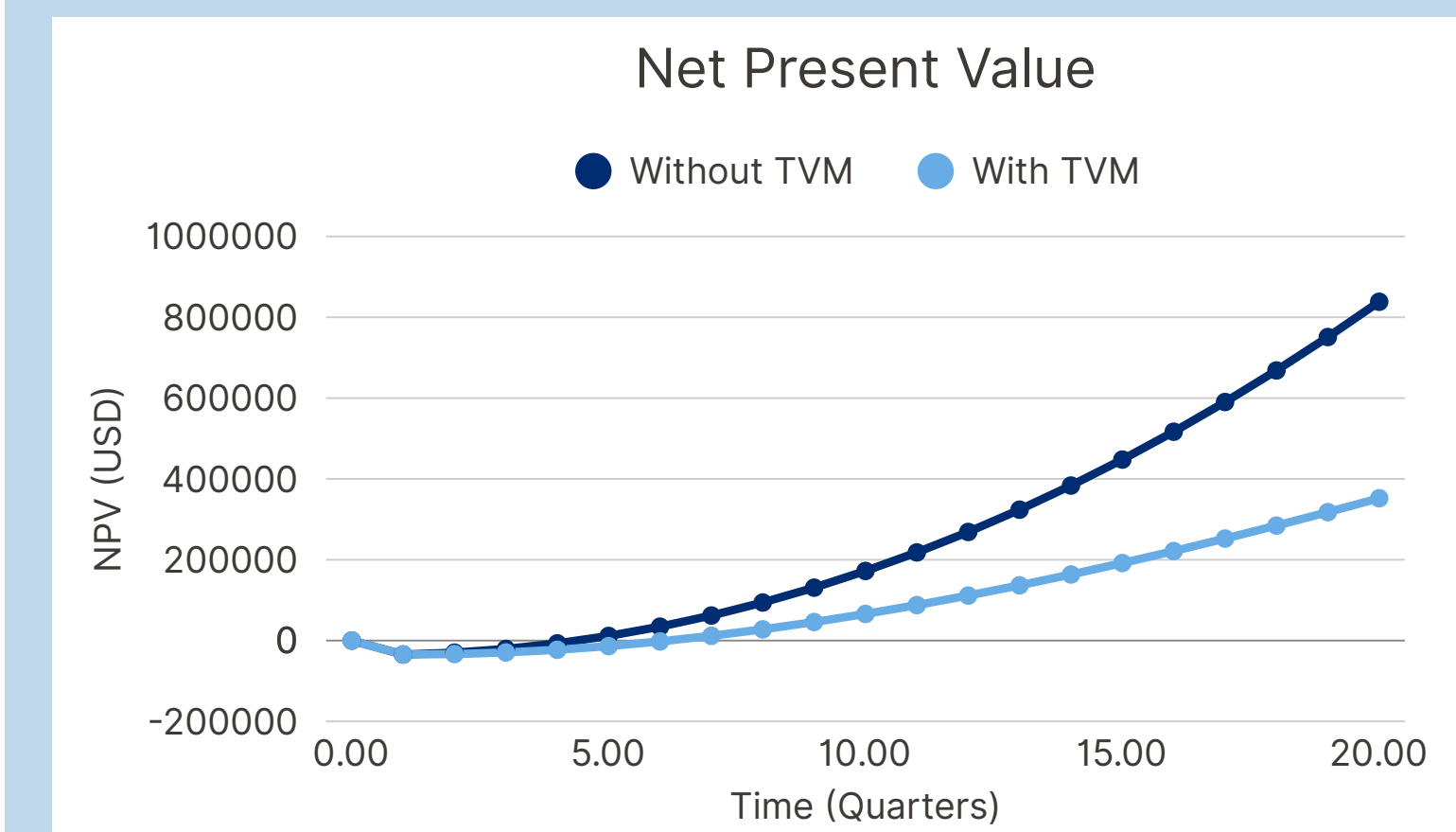


Figure 8. Net Present Value (NPV) graph. Internal Rate of Return is roughly 40%. Final NPV ~ \$350k.

Break-even (no TVM): ~Q10 (2.5 years)

Break-even (with TVM): ~Q11 (2.75 years)

- **Price:** \$60
- **Units:** 200 per quarter
- **Cost per unit:** \$20.47
- **Tax:** 35%
- **Discount rate:** 10%
- **Final NPV:** ~\$27K

Regulations

Consumer Safety

- Consumer Product Safety Commission (CPSC) compliance

Battery and Shipping

- UN 38.3 (Li-ion battery) compliance
- Labeling requirements

Electrical Safety

- UL (electrical wearables) compliance

Additional Questions?

To learn more, check out our references or contact information using the QR codes below:



References



Contact Info