UiUx Project 3 Draft

What to do?

1. Understand project requirements
2. Assemble team
3. Observation
4. Conduct Interviews
5. Design the Solution
6. Test the Prototype
7. Prepare Documentation and Presentation

Understand project requirements

- **Project goal**: Improve students sleep habits using a sleep tracking(app) connected to smart devices.
- **Focus on**:
  - Sleep tracking: Create and an app
  - Understanding user behavior: Investigate problems caused by lack of sleep and problems which cause lack of sleep.

Assemble team

Sydyk Arnur
Khismetullina Dilnaz

Observation

It happens sometimes when we wake up, we feel utterly exhausted. Our bodies feel heavy, our minds sluggish, and getting out of bed seems like an insurmountable task. Perhaps you've experienced this too—a morning where no matter how many hours you slept, you felt worse than when you went to bed.

This common experience often stems from waking up at the wrong stage of sleep.
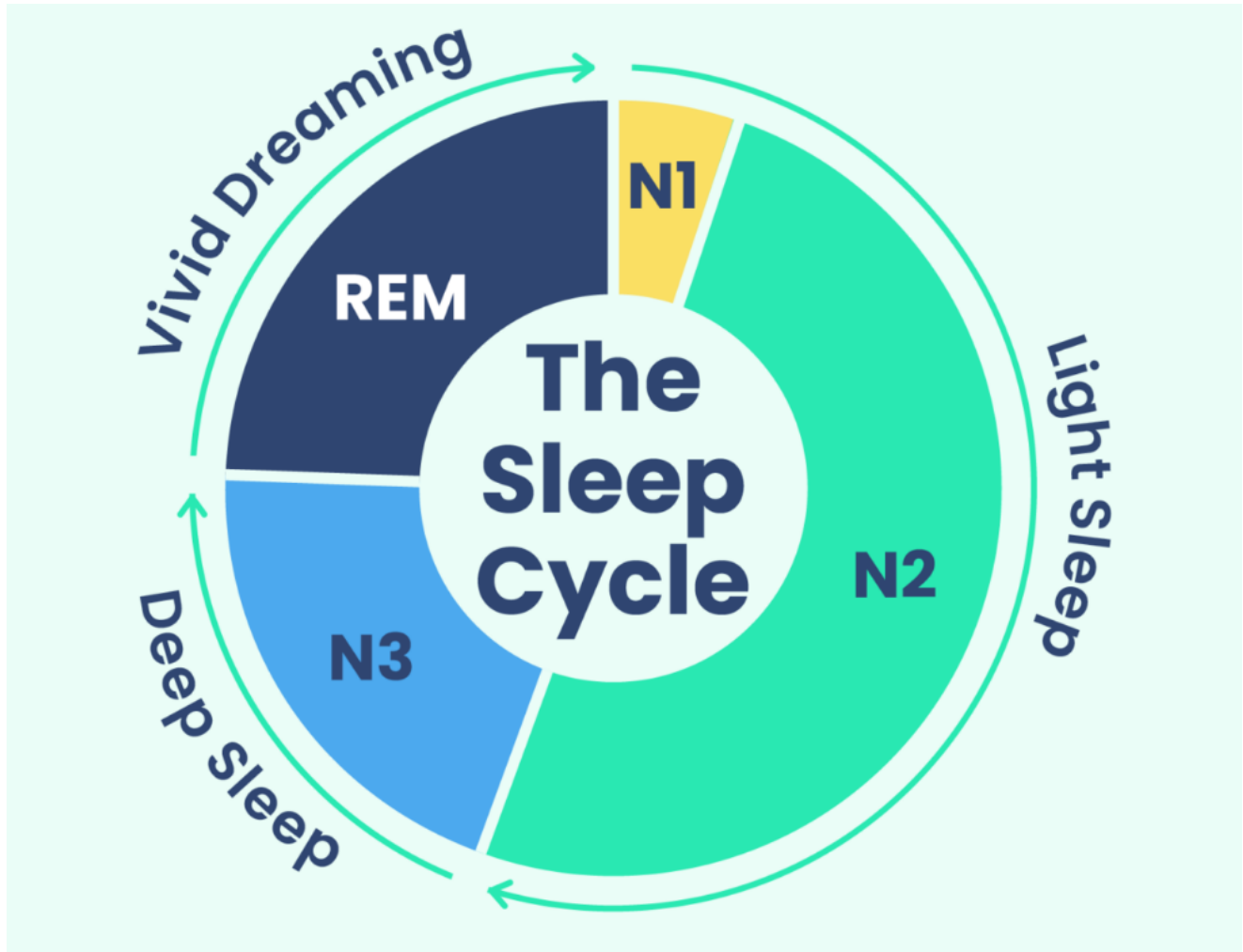
Sleep isn't a uniform state; it consists of distinct stages, each playing a unique role in our rest and recovery. When we wake up during deep sleep or the middle of a REM cycle, our brains and bodies are caught off guard, resulting in grogginess and disorientation. This phenomenon, called **sleep inertia**, can make mornings feel unbearable, even after a full

night's rest.
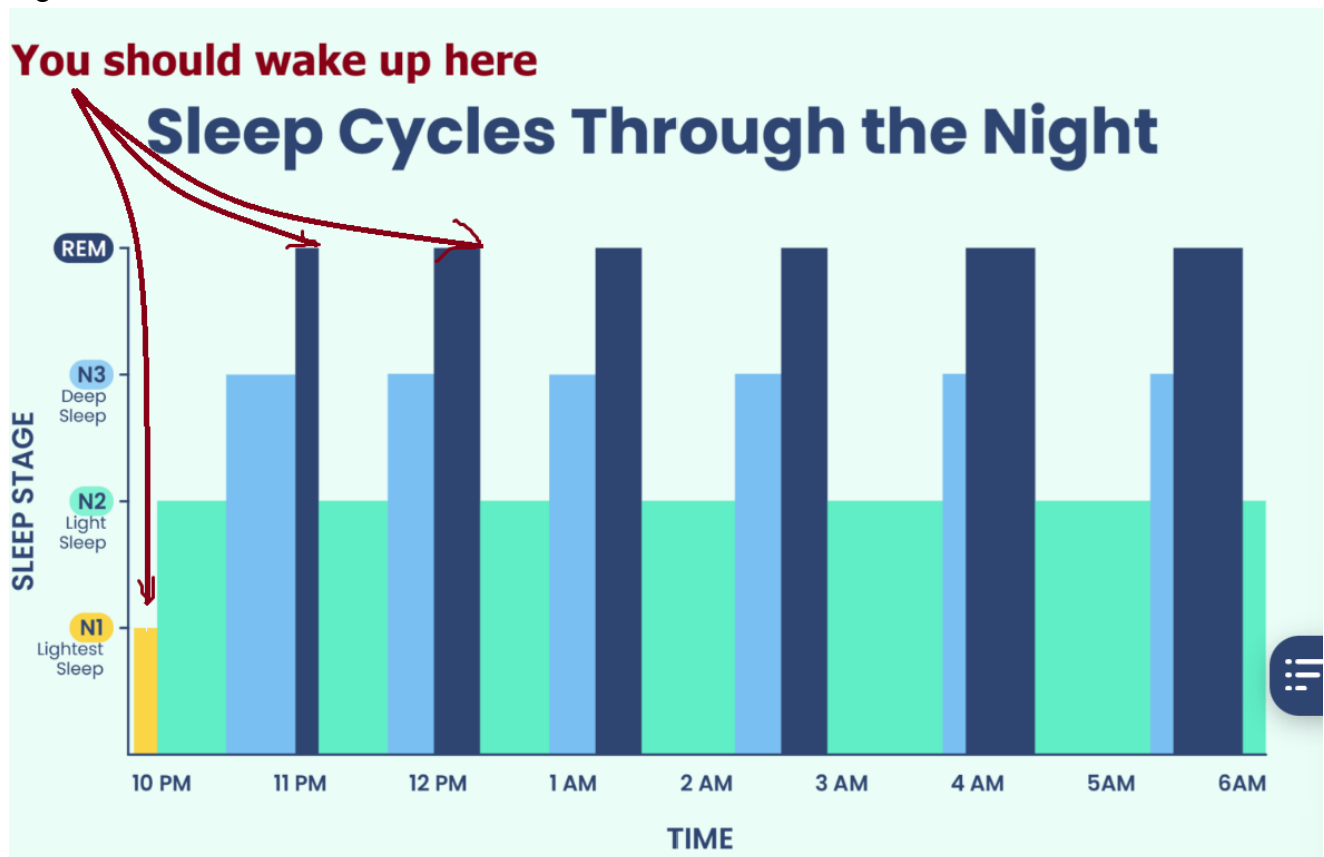
Conduct Interviews

Interviewer:
Hello, thank you for agreeing to chat with us! We are working on creating a sleep tracking app to help students improve their sleep habits. May I ask you a few questions?

Respondent:
Sure, happy to help.

Interviewer:
Why do you think sleep tracking is important for students?

Respondent:
Students often neglect their sleep, choosing to spend time on social media, like Instagram, TikTok, and others. As a result, their sleep schedule gets disrupted, and they constantly worry about deadlines, which negatively impacts their sleep and overall well-being.

Interviewer:
What sleep-related problems do students usually face?

Respondent:
The main issues are lack of sleep and insomnia. Due to irregular sleep patterns, students often don't get restful sleep, which leads to poor concentration and mood.

Interviewer:
How do you think a sleep tracking app could help students?

Respondent:
One option could be a smart alarm clock that tracks sleep cycles and wakes you up at the optimal moment. The app could also offer advice on when it's best to go to bed and when it's better to avoid sleeping, to maintain a consistent sleep routine.

Interviewer:
What features do you think would be most useful in the app?

Respondent:
I think personalized sleep goals based on a user's habits would be very useful. Also, reminders and suggestions, like reducing screen time before bed and relaxation tips, are important. Social features, like sharing progress with friends, could also increase motivation.

Interviewer:
What challenges do you think could arise while developing this app?

Respondent:
One challenge could be creating an attractive and intuitive design. The app needs to be not only functional but also visually appealing, so that students actually want to use it and don't forget about it.
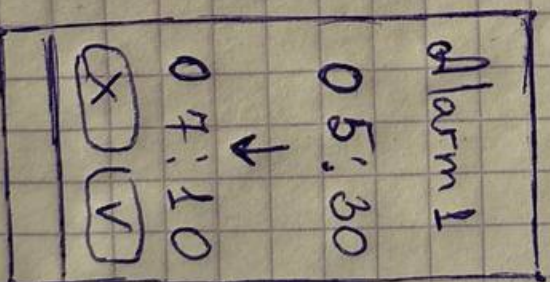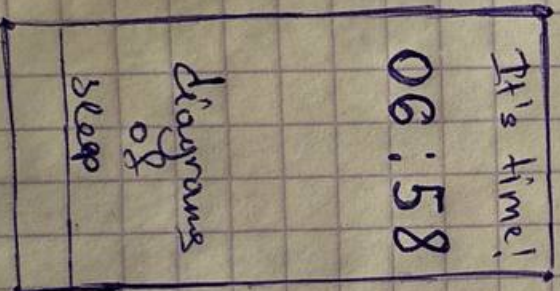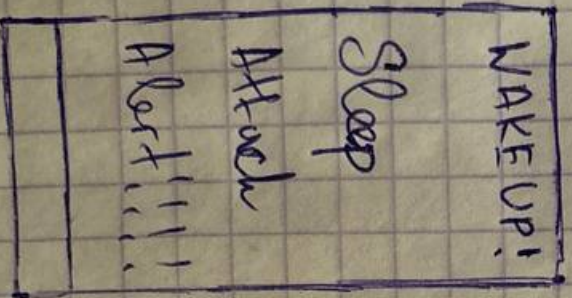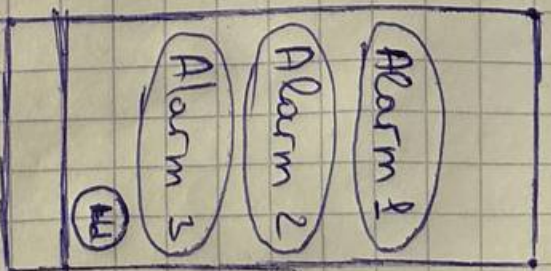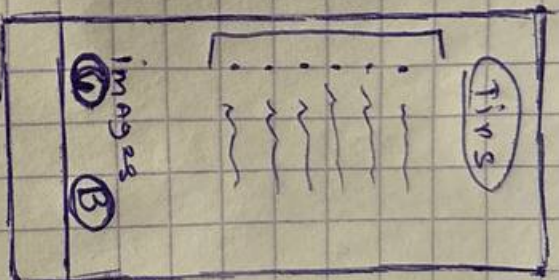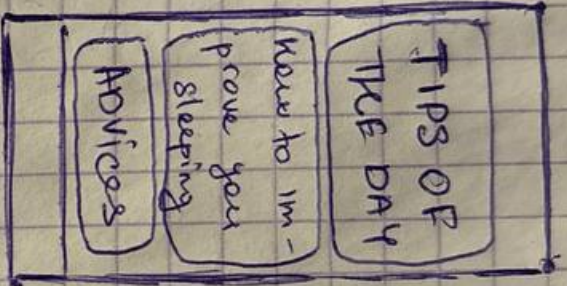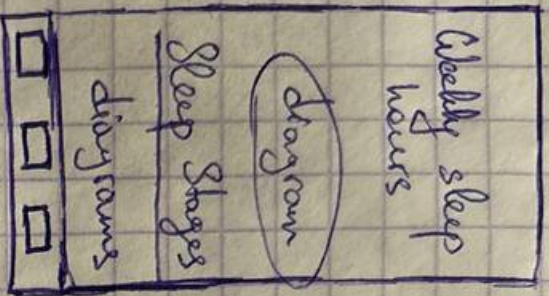
Design the Solution

We could create an app that works seamlessly with sleep-tracking devices, like an Apple Watch, to ensure you wake up at the optimal time—at the end of a REM cycle. This app would not only track your sleep patterns but also function as a smart alarm designed to help you wake up feeling refreshed and energized.

Here's how it would work: You set a preferred wake-up window, for example, between 6:30 AM and 7:10 AM. The app, connected to your sleep-tracking device, monitors your sleep stages throughout the night. By analyzing the data—such as when you fall asleep and how your sleep cycles progress—it calculates the ideal moment to wake you up during the lightest stage of sleep within your chosen time frame.
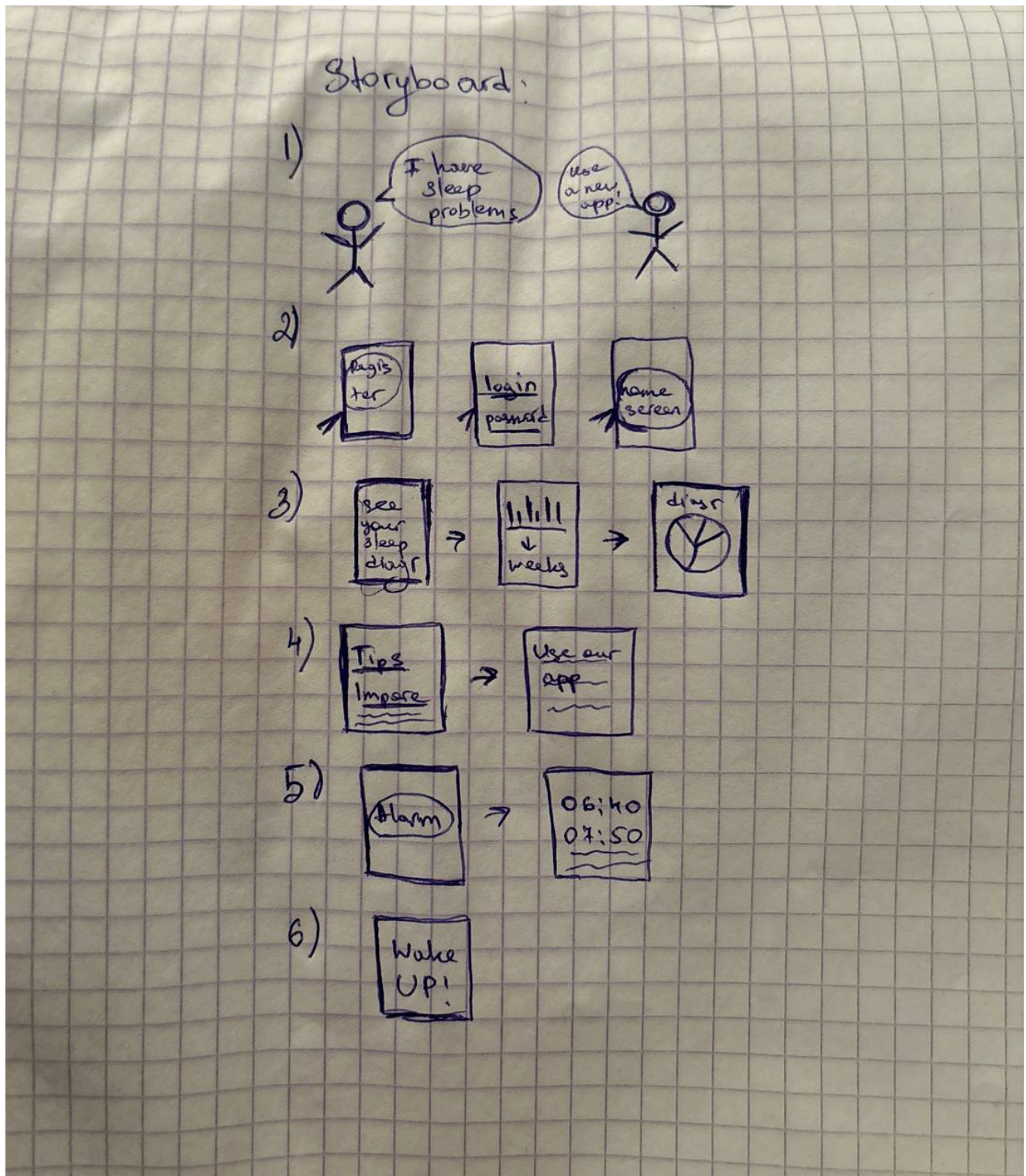
This approach ensures a gentle and natural transition to wakefulness, minimizing grogginess and starting your day on the right note. Beyond just being an alarm, the app could provide insights into your sleep quality, offering recommendations to improve your sleep habits over time. With such a tool, mornings could become something you look forward to instead of dread.
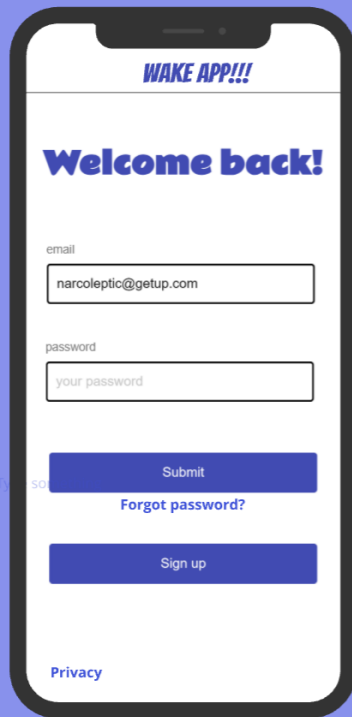
Sketch

Screen 1:
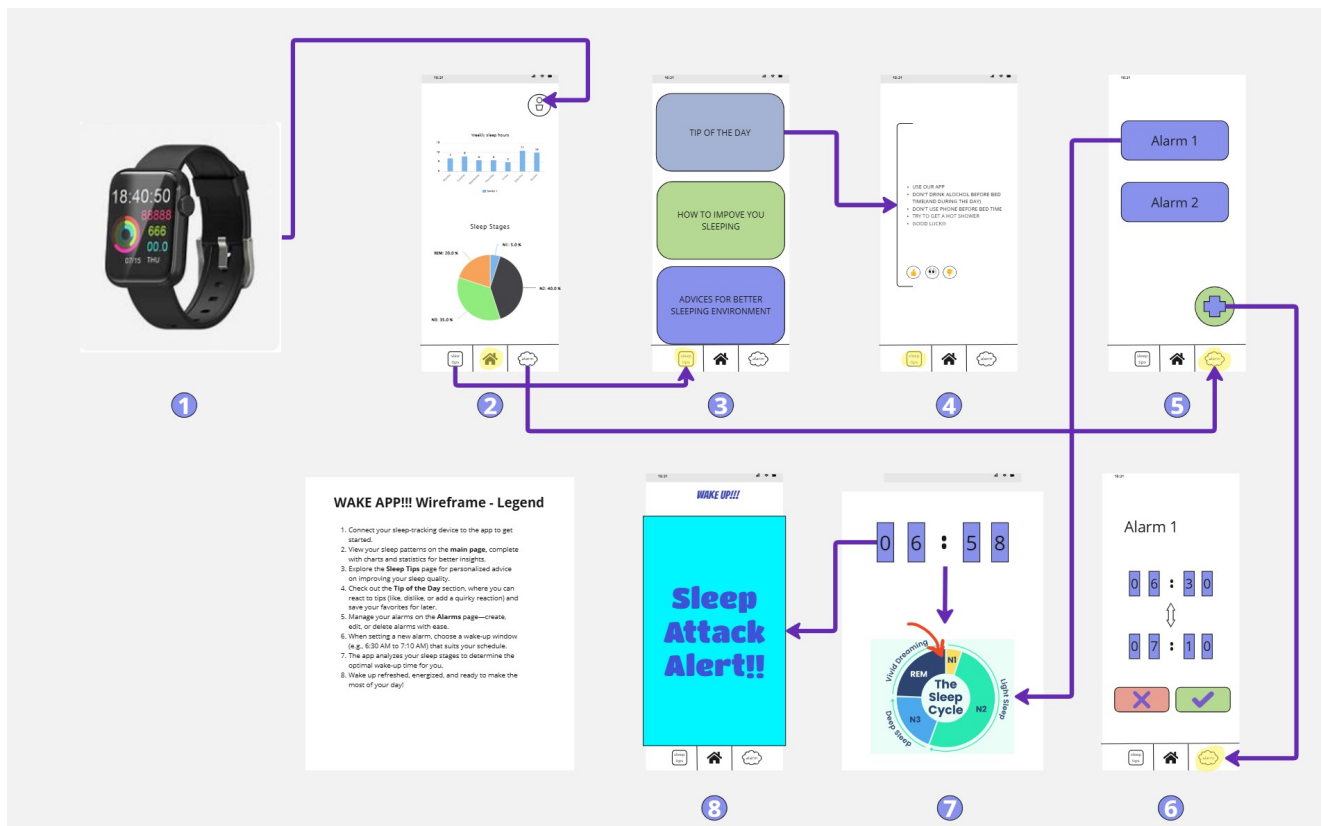- Weekly sleep hours
- diagram
- Sleep Stages diagrams

Screen 2 (Tips of the day):
- TIPS OF THE DAY
- How to improve your sleeping
- Advices

Screen 3 (Tips):
- Tips
- images
- Ⓐ Ⓑ

Screen 4 (Alarms):
- Alarm 1
- Alarm 2
- Alarm 3
- Ⓓ

Screen 5 (Wake up):
- WAKE UP!
- Sleep
- Attack
- Alert!!!!

Screen 6 (It's time):
- It's time!
- 06:58
- diagrams of sleep

Screen 7 (Alarm):
- Alarm 1
- 05:30
- 07:10 ↓
- ⊗ ✓

Story board

Wireframe

1. Connect your sleep-tracking device to the app to get started.
2. View your sleep patterns on the **main page,** complete with charts and statistics for better insights.
3. Explore the **Sleep Tips** page for personalized advice on improving your sleep quality.
4. Check out the **Tip of the Day** section, where you can react to tips (like, dislike, or add a quirky reaction) and save your favorites for later.
5. Manage your alarms on the **Alarms** page—create, edit, or delete alarms with ease.

6. When setting a new alarm, choose a wake-up window (e.g., 6:30 AM to 7:10 AM) that suits your schedule.
7. The app analyzes your sleep stages to determine the optimal wake-up time for you.
8. Wake up refreshed, energized, and ready to make the most of your day!