

Keep Your Sleep

By Alexis(17), Bryan(24), Hussein(29), Eron(33),
Serafina(39)



Table of contents

01

Target Audience

Who our app is for

02

Problem Statement

What the problem is

03

Ideate

Our ideas for the app

04

Prototype

Our prototype using Figma

05

Reflections

Our team's reflections on this project and improvements

06

App

Our actual app using Swift Playgrounds

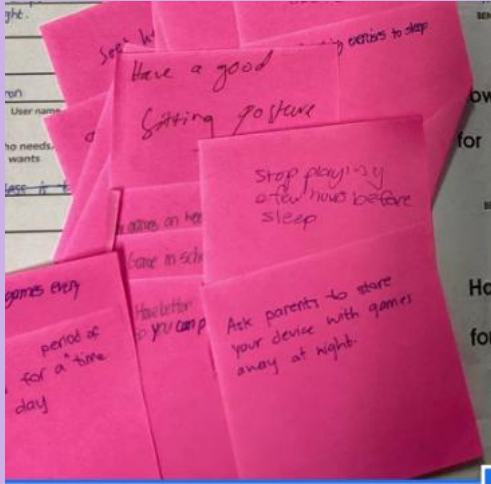
1) Target Audience

Our target audience is adolescents. The physical, mental and behavioral problems that can happen when a teenager goes without sleep vary widely. Teenagers need minimally nine hours of sleep a night for their developing brains. However, studies show that nearly 70% of teenagers don't receive that.

2) Problem Statement

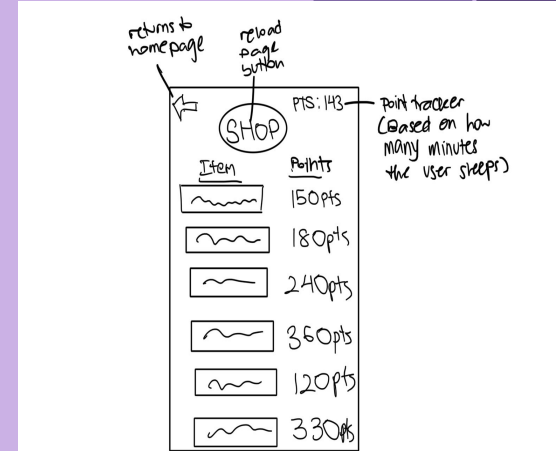
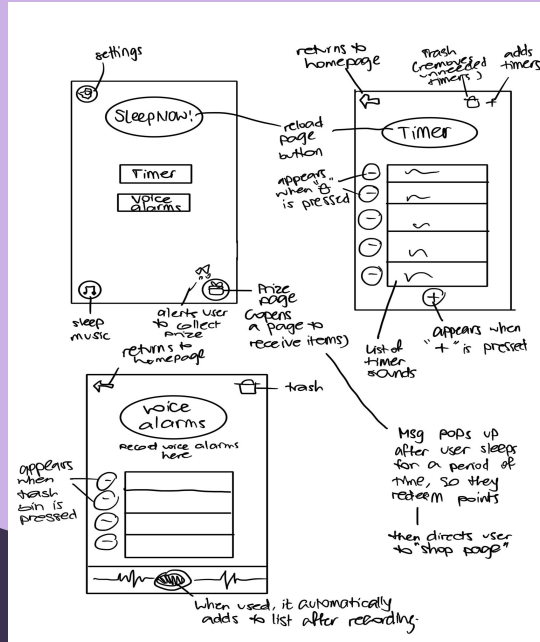
Many teenagers lack sufficient sleep as they have an immense workload. This could be the case for students that have co curricular activities (CCA) and have to stay back after school hours. This means that they would return home late at night, which forces them to stay up all night just to complete their assignments, which in turn causes them lose sleep.

3) Ideate: Making the App



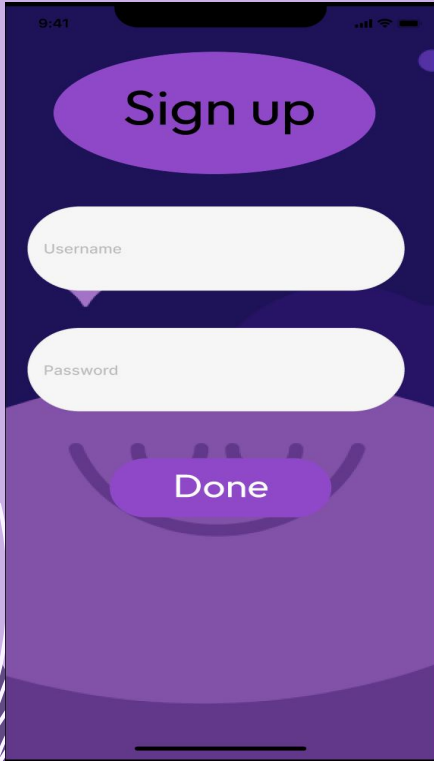
Our ideas on what we could do for us to sleep better.

Our ideas for making the homepage and the two key features of our app.



Our ideas for our shop page.

4) Prototype: Using Figma



This is the first page which is the Sign up page. You would type in your chosen username and password and click "Done" when completed. It would then lead you to the home page.



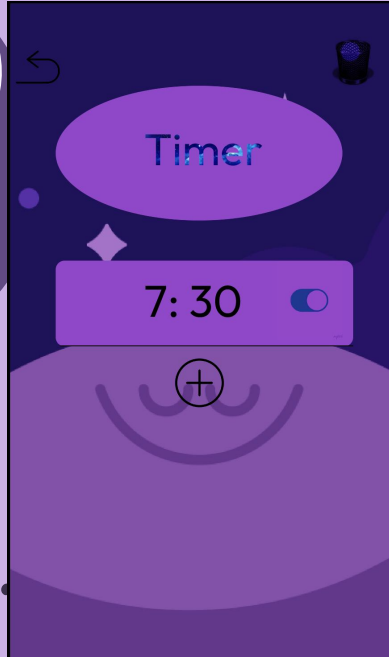
This is the home page where the two main features of the app is found, "Timer" and "Voice Alarms". You can also access settings, the music you want to play when you are sleeping and your prize for sleeping the fixed duration of your timer.

To access the "Timer" page you must press this button on the homepage:

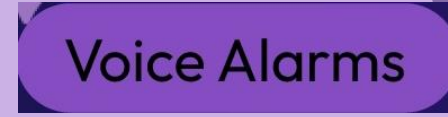


You can create new timers here by pressing the "plus" button.

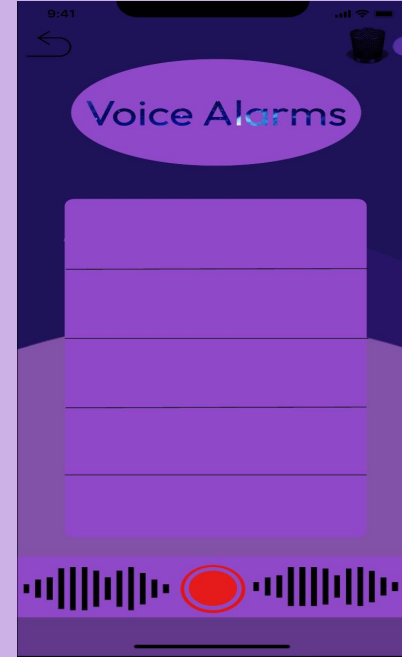
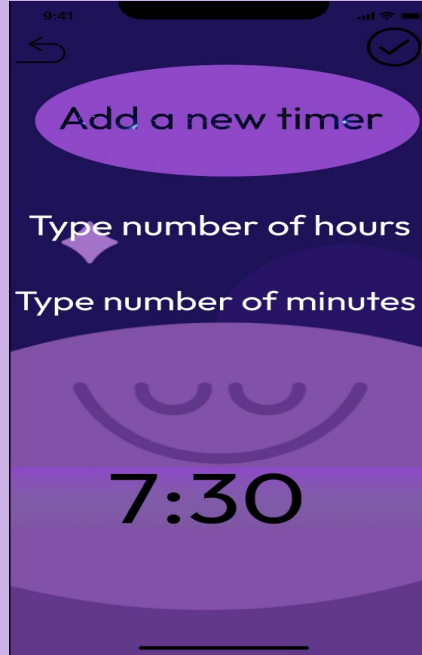
In this page you can set the timer to the time you want.



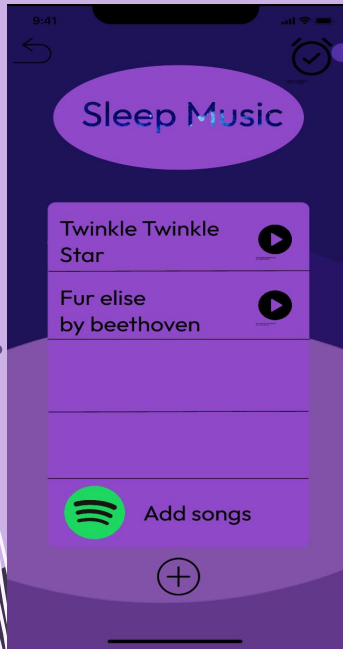
To access the "Voice Alarms" page you must press this button on the homepage:



In this page you can record your voice which will play when the timer rings.



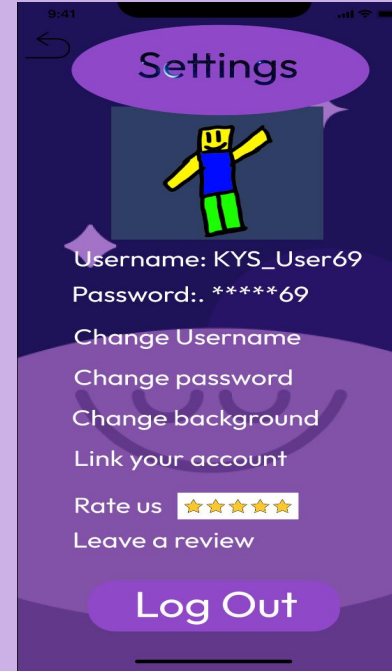
To access the page, press the button above the page you want to open



You can play music to help you sleep and link your spotify account so that the app can play songs from your playlist on spotify.



The prizes in the shop page which you can purchase act as incentives which motivates the user to sleep more in order to buy the items



In the Settings Page, you can change your username and password as well as the background. You can also rate and leave us a review on how we can do better.

Features of Our App

Customizable Alarms

Alarms can be set to any time

Can have multiple alarms at once

Tips for you to sleep better

Using AI to dynamically generate original and useful advice on how to sleep better and wake up refreshed

Digital Avatar

Accessories can be bought at shop by points gained by sleeping

Able to express yourself

Personalised Interface

Able to choose different themes

Offering relaxing melodies and nature sounds to have a peaceful sleep

Why our app helps you sleep

1. With our alarms, you will always wake up whenever the alarm rings due to you being able to choose what kind of sound the alarm plays whether it be a recorded audio(due to time constraints, the app is not yet able to play recorded audio) or audio you chose from our library.
2. Studies have shown that when listening to calm music while you sleep e.g.(Fur Elise by Beethoven or nature sounds) can lead to slower breathing, lower heart rate and reduced blood pressure.
3. When you sleep, you gain points which can be used in the shop to buy clothing for your avatar. This can make users sleep more so as to buy more accessories for their avatars so that they look nice.

5) Reflections

Challenges We Faced

1. It was hard to think of ideas to help teenagers to sleep more without much to refer from.
2. It was challenging to code the actual app because we only have one member who can code and he encountered many problems while coding the app.
3. Time issues. Our project's due date was close to our end of year examinations (EOY) so we had to balance studying for EOY and working on the project which made us have less time to finish the project.

What We Can Improve On:

- We can assign our teammates what they can do to contribute to the project so members of the group waste less time doing nothing and work on the slides or on Figma.
- Additionally, we can improve by being on task and not get distracted by friends so as to focus on the project and complete it to the best of our abilities.

Our Final Reflection

At the start, we felt that we didn't really need to do this project as most of us were unmotivated and unwilling to do it. It also didn't help that we were having communication problems amongst our group. However after an inspirational speech from Mr Chow, we got our act together, doing it to the best of our ability and giving it our all trying our very best often staying back after school or calling on zoom brainstorming ideas on how we could improve our app

6) App: Our application

We will show you how our actual app will work at the end of this presentation



Take Control of Your Sleep

Get Keep Your Sleep today and experience the power of a good night's sleep. Wake up refreshed, rejuvenated and ready to seize the day

"I love sleep; It's my favourite" - Kanye West

WE LIVE WE LOVE WE LIE



Thank you!!

CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, infographics & images by **Freepik**