

# User Manual

# SleepFighter



## Table of Contents

1. Overview
2. The Main Screen and its Options
  - a. Copy and Delete Alarms
3. Configuring an Alarm
4. Selecting Ringtone
5. Challenge Settings
6. Turning off an Alarm
  - a. Snoozing
  - b. Emergency Stop
7. Notifications
8. Challenge Descriptions
  - a. Memory
  - b. Number Sorting
  - c. Fluid Snake
  - d. RotoSnake
  - e. Shake
9. Global Settings
10. Location Filter
11. FAQ
  - a. Why don't I get Challenge Points even though I completed a Challenge?!
  - b. Will there be more challenges available?
  - c. Why doesn't my device work after I accidentally threw my phone in lava during the shake challenge?!

toxbee

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# Overview

SleepFighter is an Android alarm app, the purpose of which is to help the user wake up. It accomplishes this by issuing a challenge that the user must complete in order to turn off the alarm.

It supports many common alarm features and much more. You can for example select which weekdays the alarm should go off, set repeat, select a ringtone, song or even a playlist to wake up to, as well as select areas in which the alarm should not go off.

The challenges include things like playing a game of memory, sorting numbers, playing Snake or solving completely trivial math problems like prime factoring a large integer. Completing challenges will award points (up to once per 6 hours) which are lost when snoozing or emergency cancelling an alarm.

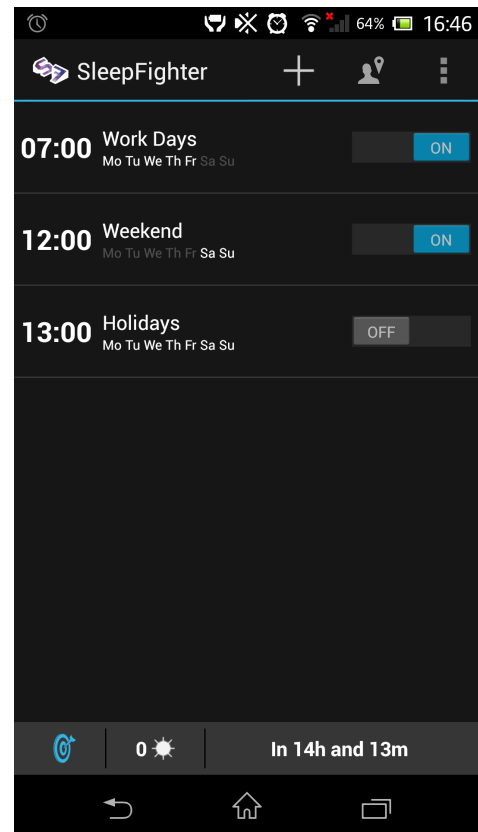
Another major feature is the ability to exclude or include geographic areas you don't want or respectively only want to wake up in. Now you never have to worry about those embarrassing moments again!

# The Main Screen and its Options

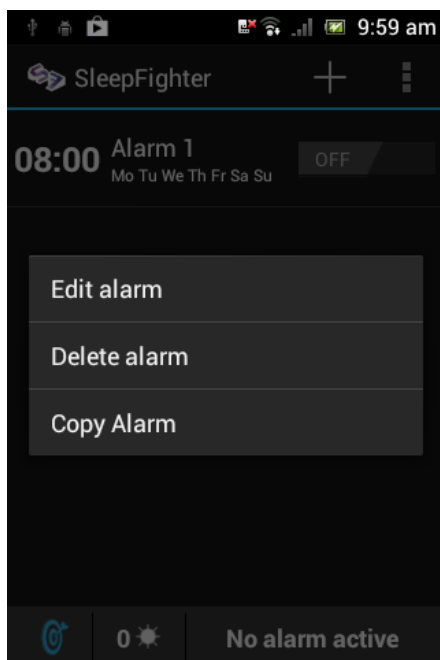
The starting screen of the app contains a couple of important features. In the Action Bar (or the options menu on Android versions before 3.0) you can add a new alarm, change the Location Filter Settings as well as the Global Settings.

When you have created an alarm it will be displayed in the list of all your alarms, covering most of the main screen seen in the illustration. You can enable an alarm by pressing the toggle to the right, as well as quickly change the time of one by tapping its time to the left. If you press anywhere else on the item you will be taken to the settings for that specific alarm.

In the bottom of the screen there is a toggle for enabling and disabling challenges globally. If this is disabled, no challenges will run, even for alarms that have the feature enabled. To the right of the toggle, the number of challenge points collected are displayed, and even further to the right, you can see in how long time the next alarm will go off.



## Copy and Delete Alarms



When you tap and hold your finger on an alarm for a short time, a context menu which contains the options edit, copy and delete will appear. Choosing edit will have the same effect as just tapping the alarm.

# Configuring an Alarm

From the detailed alarm settings screen, you can modify all of the properties of a specific alarm. Here's a rundown of some of the settings:

## Name

Set the name of an alarm, which will be shown in the list of alarms next to the time the alarm will go off. You change it by tapping the text in the Action Bar if it's available on your version of Android.

## Select Weekdays

The alarm will only ring on the days that have been selected.

## Repeat

Whether or not the alarm should be disabled when an alarm is stopped.

## Ringtone

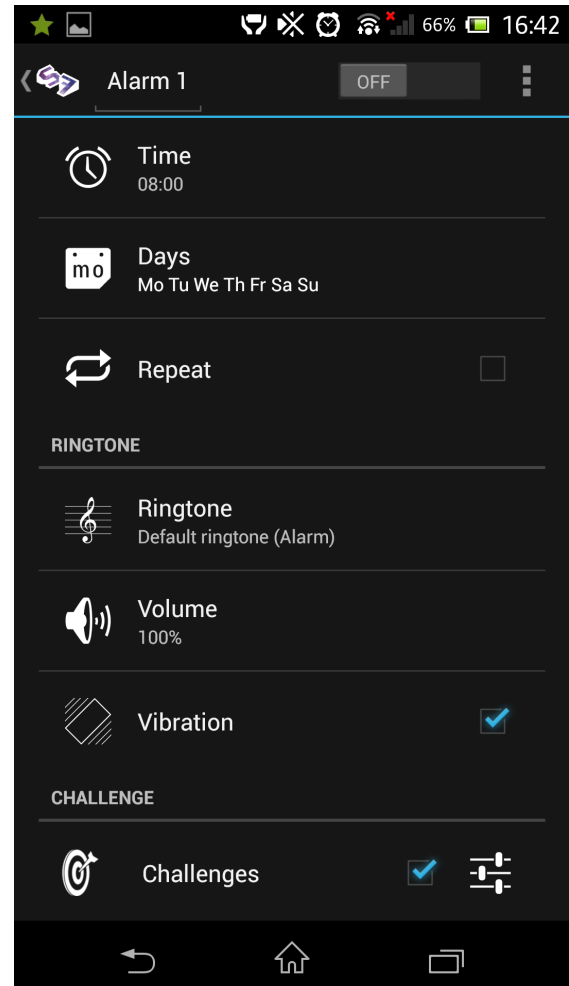
Lets you select what you want to be played when the alarm rings. You can read more about the different types in the next section.

## Challenges

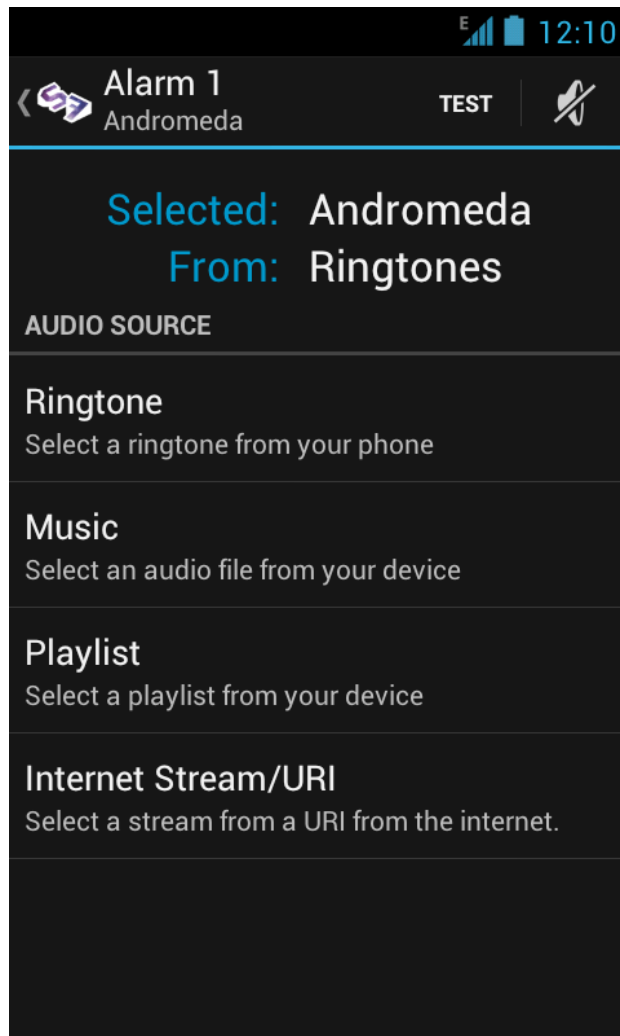
Lets you choose if you want to use challenges for the alarm. Pressing the settings icon to the right will take you to a more detailed settings view.

## Flash

Select if you want the camera flash to start blinking when the alarm goes off. This option is not available if your device lacks one.



## Selecting Ringtone



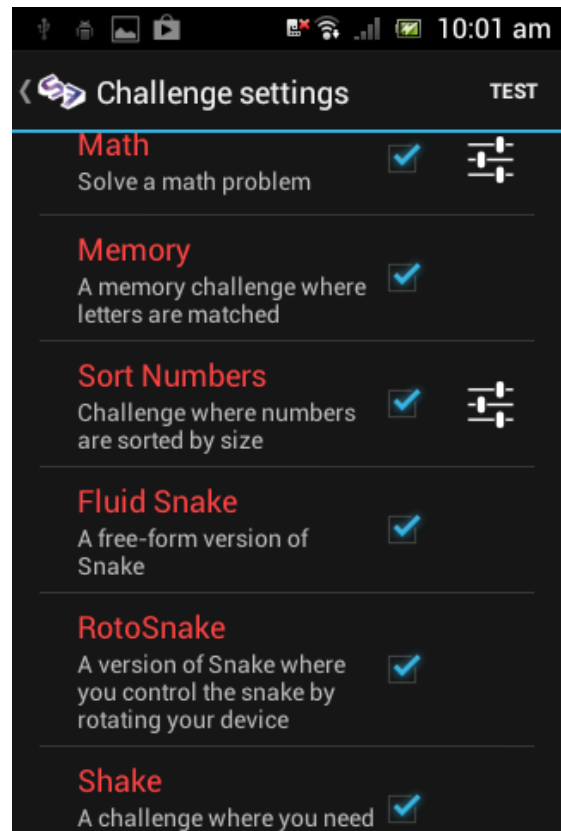
From here you can select what sound you want to have played when the alarm goes off. There are several audio sources available: standard ringtones, music and playlists on the device as well as an internet audio stream.

To select individual tracks on your device, you need to have a music app installed that supplies a track selector that can be launched from other apps. Some apps with this functionality are the Google Play Music app and the default Android music app available on version 2.x of Android.

To have an alarm start a playlist when it goes off, you need to have an app installed that lets you create a standard Android playlists. This is for example possible in the stock music app from version 2.x of Android, as well as many others in the Google Play store.

## Challenge Settings

From this view you can select which challenges will be presented to you when an alarm rings. A random challenge among the ones that have been enabled will be chosen. From this view you can also access challenge specific settings for those that have a settings icon shown next to them. To try out different challenges, you can click "Test", which is shown in the Action Bar (or in the options menu for Android versions before 3.0).



## Turning off an Alarm

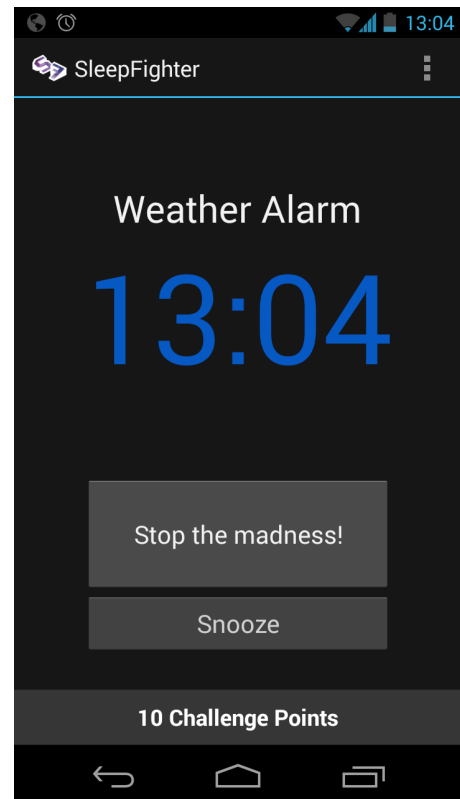
When an alarm goes off you will be taken to a screen where you can turn off the alarm. In the bottom of the screen your total challenge points will be displayed if you have challenges enabled.

If you choose to turn off the alarm normally, using the "Stop the madness!" button, you will by default be taken to one of the possible challenges which you will have to complete in order for the alarm to be turned off.

Completing one will award you 5 challenge points up to once per 6 hours. If you don't have challenges enabled, the alarm will simply be stopped right away.

### Snoozing

If you press Snooze, the alarm will go quiet but will go off again in the amount of minutes chosen in the alarm settings. Also, if you have challenges enabled snoozing will cost you points.

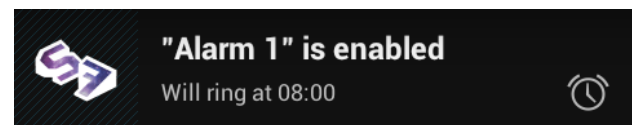


### Emergency Stop

If you have accidentally triggered the alarm at an inconvenient time the alarm can also be disabled using the "Emergency Stop" function, even when you have challenges enabled. Find the menu option either by pressing the (⌵) button, or the menu button on your device. If you have challenges enabled, this will cost you either 100 challenge points or 20% of your total challenge points (whichever is higher). If you don't have challenges enabled this will be the same as turning off the alarm normally.

## Notifications

If you have at least one active alarm, information about the one that will ring in the shortest amount of time will be shown in a notification in the notification tray of your device. Clicking on it will start the app and take you to the list of alarms, where it can be disabled or modified.



Similar notifications will be shown when the alarm is ringing or being snoozed, but these will instead take you to where the alarm can be stopped, which could require completing a challenge.

# Challenge Descriptions

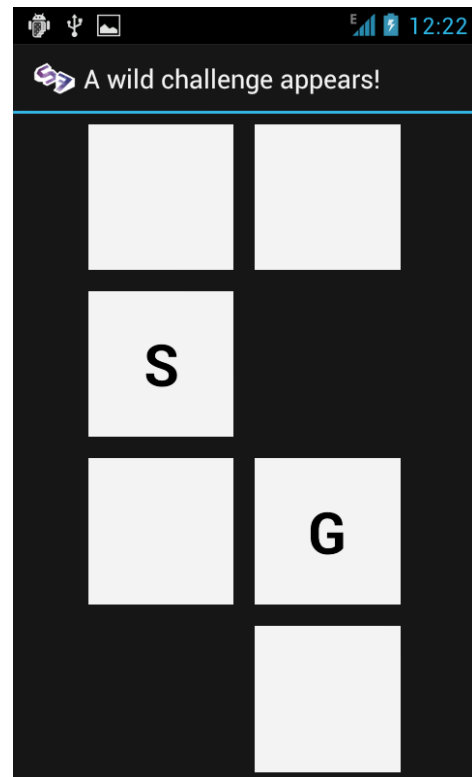
All challenges have unique aspects to them and most of them are totally different from each other.

## Memory

The user solves a game of memory. The cards are flipped by tapping on them. The challenge is completed when all cards are matched.

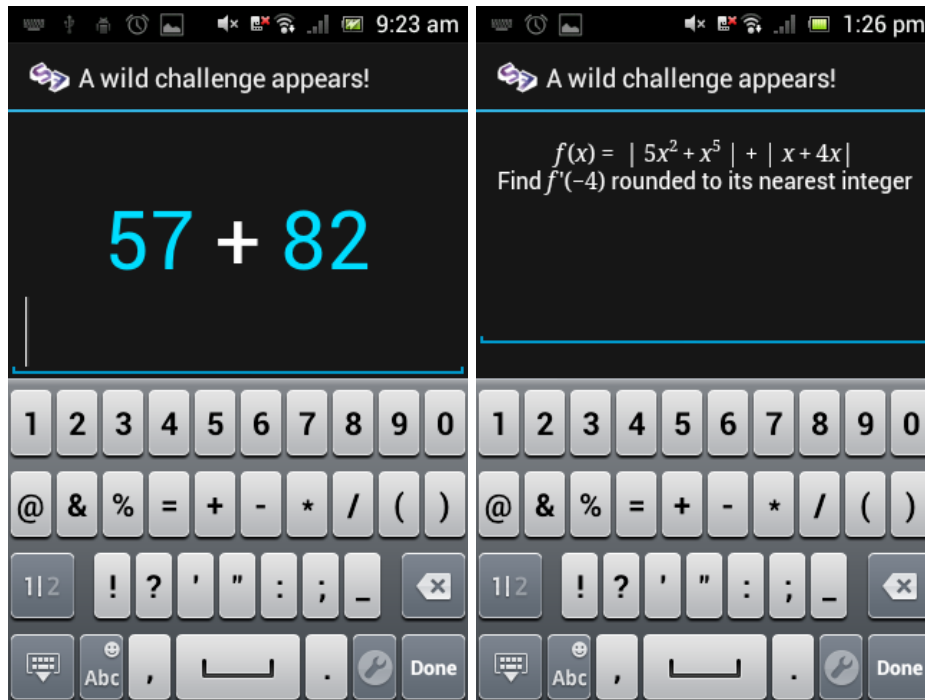
## Number Sorting

Press the numbers in ascending or descending order. You can turn on/off color confusion and color saturation confusion.





## Math

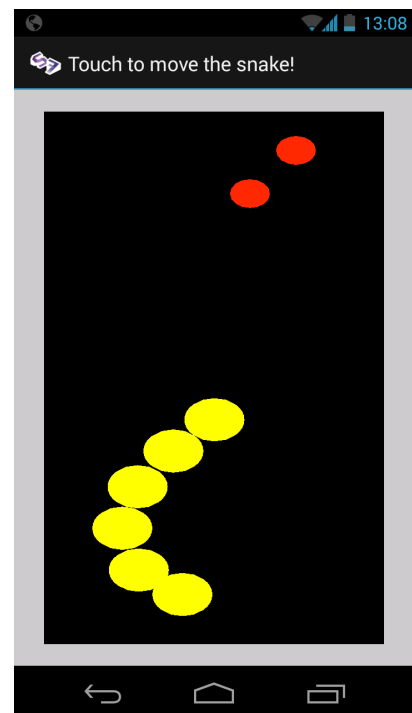


A math problem is presented to you. You beat the challenge by writing the correct answer in a textbox.

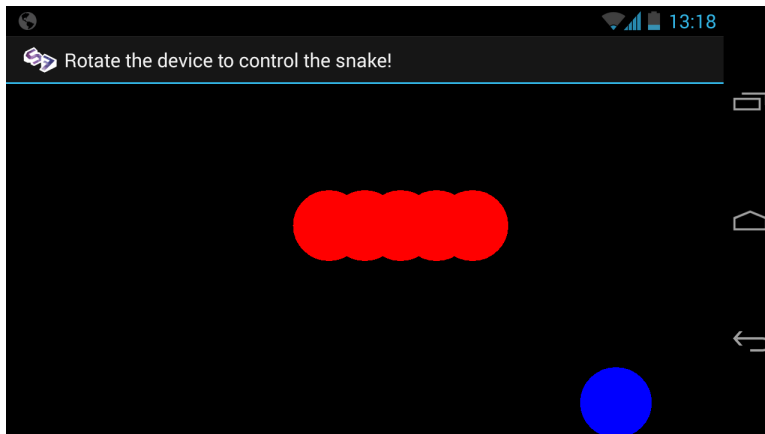
You can configure the math challenge to make it use either "simple" arithmetic problems (such as addition, division and multiplication of numbers) as well as "harder" math problems, involving things like matrices and derivatives.

## Fluid Snake

A snake game where the user touches the screen in which direction they want it to move. The goal is to eat 3 fruits in order to open an exit which the snake has to travel through. The user loses if the snake collides with itself or the walls.



## RotoSnake



A snake game where the user rotates the screen to control the red snake and collect blue items. The game ends when the user has collected three blue items, or if the snake collides with the wall, which resets the challenge.

Note: The device must be held at least slightly upright for the challenge to work properly in the current version. It won't work well if lying down flat on a table.

## Shake

Shake the device to fill the progress bar. When the progress bar reaches 100%, the challenge is completed.

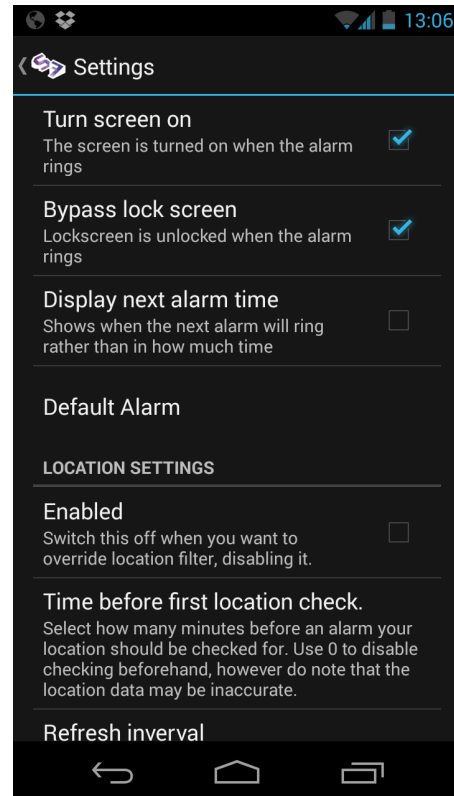


## Global Settings

In the global settings menu the user can change general things that apply to all alarms or the app itself. It also features a default alarm. New alarms created will always have the same settings as the default alarm.

A user can modify the default alarm, almost exactly as any other alarm. All new alarms that the user creates will have the same properties as this default alarm.

Also, the app version and the authors of the app are displayed in the global settings.



## Location Filter

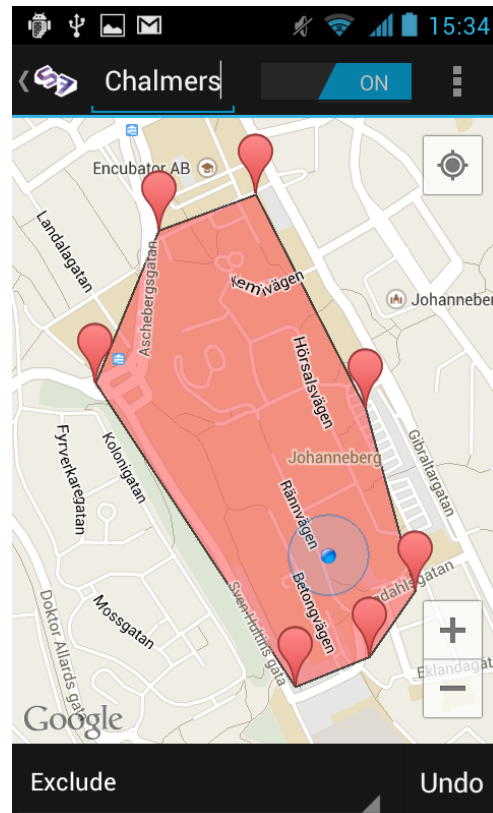
To save you from inconvenient and embarrassing moments, the app comes with a location filter feature. Touch multiple points on the map to create areas, which you in turn can mark as "Exclude" or "Include". Exclude means that no alarm will ring in that area, Include means that alarms will only ring in that area.

Important to note is that the app looks for Exclude areas before looking for Include areas, which means that if you created two overlapping and conflicting areas, the alarm will not ring if you are standing in the overlap.

You can clear any points via the menu or undo the point that was last made. You can also rename the area and enable or disable it.

If you've lost your way and can't find the points you've tapped, you can always zoom to the markers via the menu.

In the parent screen you can also temporarily disable the location filter.



## FAQ

### **I accidentally only selected the hard difficulty in Math Challenge and now I can't complete it in order to deactivate the alarm. Should I buy a new phone?**

No, there is no need to buy a new phone just because you can't deactivate the alarm. You can always use the emergency exit-button in the top right corner when the alarm rings. You'll lose at least 100 Challenge Points though. If you don't want to lose points, we recommend visiting [KhanAcademy.org](https://www.khanacademy.org) or [WolframAlpha.com](https://www.wolframalpha.com). If you've selected more than the Hard Math Challenge you can get a new challenge by pressing the "back" button and then press "stop" again.

### **Can I do anything with the Challenge Points I earn?**

You can brag to your friends how good you are at waking up.

### **Why don't I get Challenge Points even though I completed a Challenge?!**

You can only gain Challenge Points once every 6 hours. Fair deal, right?

### **Will there be more challenges available?**

We could definitely be adding more challenges in updates to our app. If you have any suggestions for challenges, feel free to contact us. What we can tell you that the awesome minesweeper game is currently being developed as a challenge.

### **Why do I not get an achievement when I reach the maximum amount of 9999 Challenge Points? Am I not good enough?!**

In the near future, we will implement achievements and trophies that you can earn by collecting points.

### **Why doesn't my device work after I accidentally threw my phone in lava during the Shake Challenge?!**

Your device might not be lava-proof. The SleepFighter project group will not be held responsible for any damages caused to the device or its user.

### **I tried using flashlight, speech and a short snooze time - I still don't wake up. Why?**

This may be a side effect of not sleeping. Give it a try!

### **My alarm woke me up. Why?**

The developers cannot be held responsible for any side effects of using this app.