

Caleb Henry

Sleep
App

Log
Sleep

View Sleep History

View Sleep Tips

Settings

Notifications

- Meal Reminders ON
- Sleep Aid Reminders OFF
- Abnormal Sleep Events ON
- Bedtime Reminders ON

Sleep Tracking

- Sleep Tracking
- Manual & Sound-based
- Check for phone usage? ON

Log Sleep

Start Tracking

End Tracking

Add Interruption

Manual Logging

- Start
- End
- Interruptions
- Rating

Sleep Assists

White Noise

ON

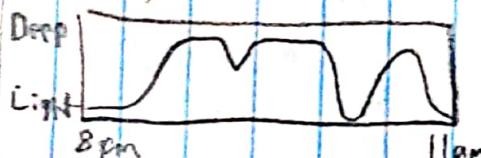
ASMR

OFF

Sleep History

Last Night Last Week Last Month

Monday



Tuesday



Wednesday

Not Logged

Thursday

Not Logged

Friday

Not Logged

Sleep Tips

Medical

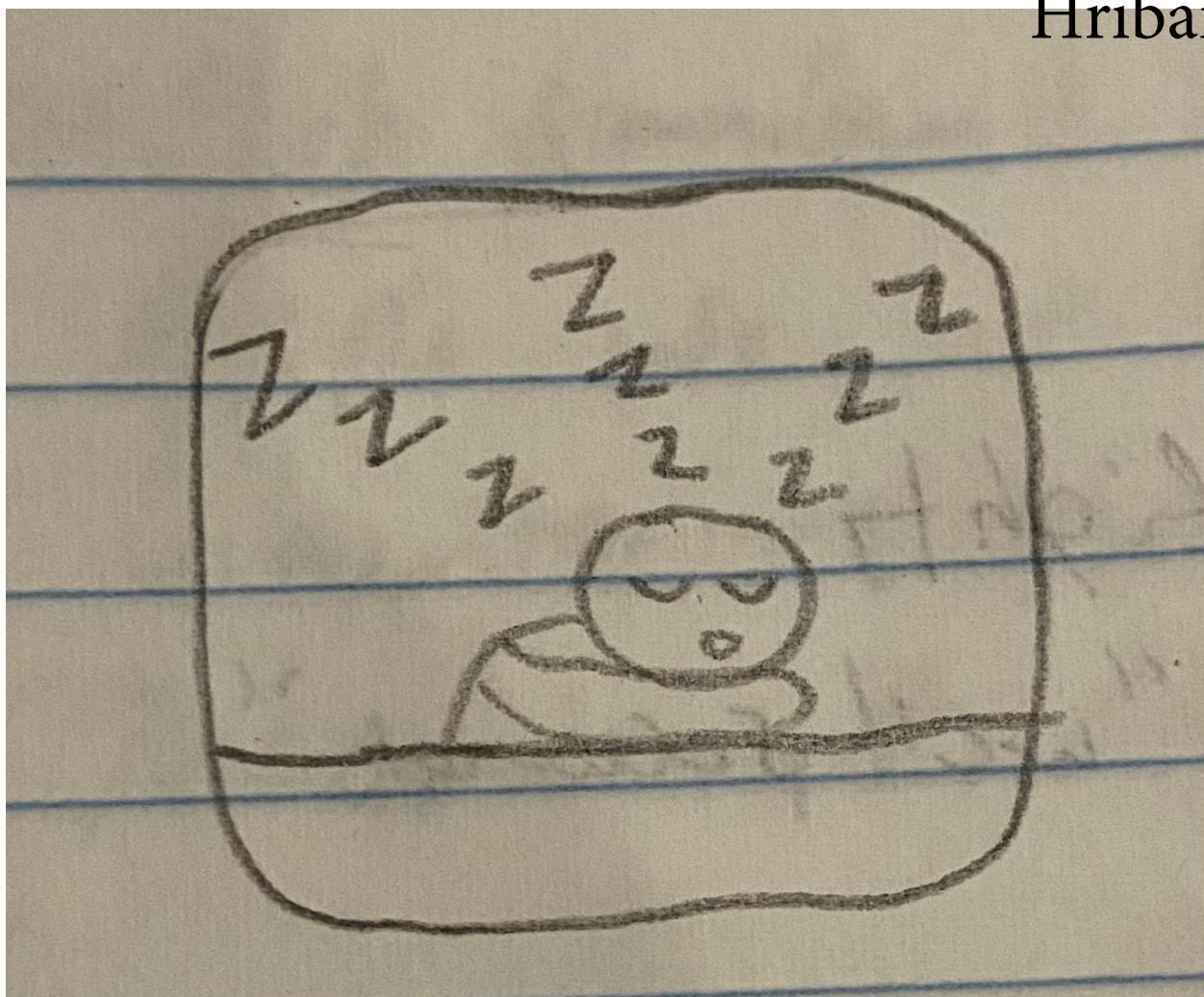
- ① Abnormal Snoring Patterns
- ① Gaps in Breath

Sleep Improvement

- ① Eat Early
 - ① Take Melatonin
 - ① Use White Noise
 - ① Drink more Water
- Gaining Energy

- ② Eat More Fruits
- ② Avoid Oversleeping

Callie
Hribar



Welcome to The Sleep App!

Sleep
info

Sleep
tech-
niques

My
Sleep
Aids

Log
Sleep

Social

Sleep Info

Do you know
your facts?

[Search]

Top Results

What is REM Sleep?

www.merriam-webster.org

www.merriam-webster.org

Consequences of

no sleep

www.merriam-webster.org

www.merriam-webster.org

Sleep Techniques

ASMR

Meditation

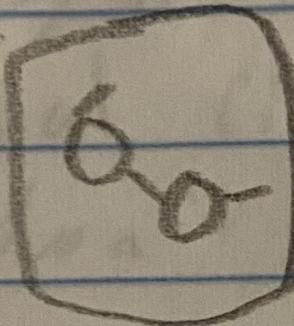
Sound
Scenes

Breathing
Exercises

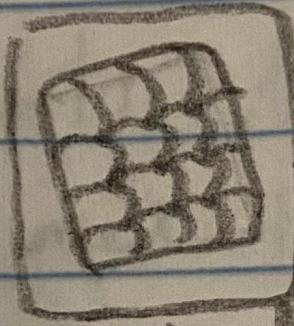
Other
methods

Buy Sleep
Aids

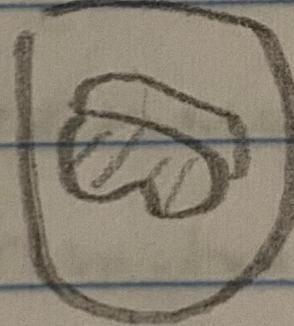
Recommended:



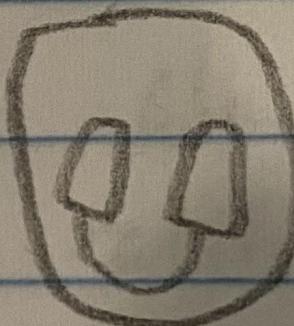
Blue light
glasses



Weighted
blanket



Sleep
mask



Ear
plugs

Log Sleep

what time did
you fall asleep?

: AM PM

what time did
you wake up

: AM PM

Post

Social



Maria got
6 hrs last
night



Joe got
2 hrs this
afternoon



You got
8 hrs last
night.

Chase
Wilson

10:57

Welcome to the
Insufficient Sleep
App!

Z Z z

10:57

What time are
you going to bed?

| | | | |
|----------------------|---|----------------------|----------------------|
| <input type="text"/> | : | <input type="text"/> | <input type="text"/> |
| 7 | | 2 | 9 |
| 8 | | 3 | 0 |
| 9 | | 4 | 1 |
| 10 | | 5 | 2 |

Submit

10:57

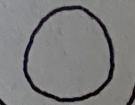
A healthy amount
of sleep for the
human body is at
least 8 hours.

You have selected
11:00 pm
for your bedtime
tonight!

Tap the "Check-In"
button once you've
woken up.

Goodnight!

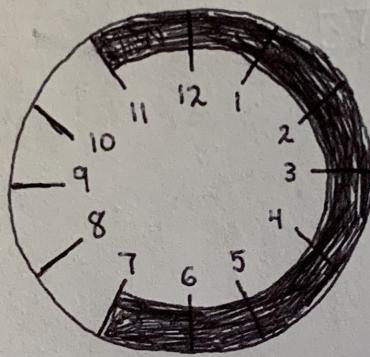
Check-In



7:05

Good Morning!

Here is how you
slept:



Wonderful!

You slept for 8
hours last
night!

Continue >

7:05

Sleep
Log

The amount of
time you slept
for last night
has been added
to your sleep log!

See you
next time!



Pylan Johnson

Sleep Toolbox

English

Medication Alerts

Headed 2 Bed

Device Lockdown

Share my Records

White Noise

Sleep Schedule Alerts

View My Records

Guided Meditation

How tired are you
to say?

- Energized
- Not Tired
- Somewhat Tired
- Very Tired
- Exhausted



O

English

Alerts

Sleep Schedule

Day Mon, Tue, Thu
To Bed Warn At 10pm
Left 30 min

Wed, Fri 20 min

Add Remove Edit

To Bed Warn At 11pm
6am
8am

Medication Alerts

| Name | Times | Warn At | Days |
|-------------|---------------------------------|---------|---------|
| Sleep Med | 8am / Breakfast 7pm / Dinner | 10 min | Mon-Fri |
| Sleep Med 2 | 4pm | 20 min | Sat-Sun |

Add Remove Edit

Back

Change Sound Settings

Change Notification Settings

Share My Records

Name email When
Dr. Robinson rob36@hotmail.com on course

Billy willwerryo@gmail.com Weekly

Add

Remove

Edit

guided Meditation

Type

| | |
|----------------|-------------------------------------|
| Breath Focused | <input type="checkbox"/> |
| Visualization | <input checked="" type="checkbox"/> |
| Progress | <input checked="" type="checkbox"/> |
| Presentness | <input checked="" type="checkbox"/> |

Or

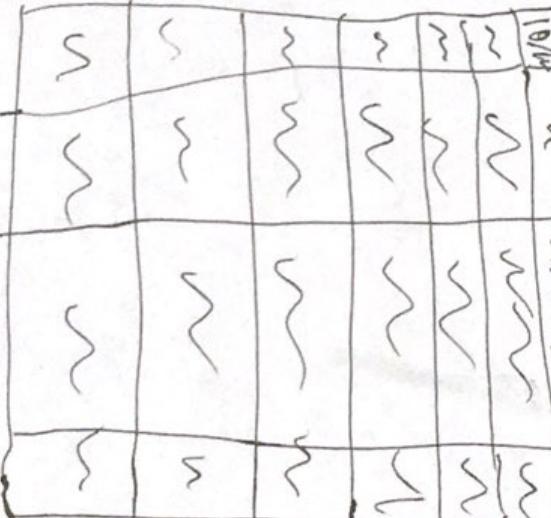
Title / Address
purpose

Start

| | |
|--------------|-------------------------------------|
| Beginner | <input checked="" type="checkbox"/> |
| Intermediate | <input type="checkbox"/> |
| Advanced | <input type="checkbox"/> |
| Expert | <input type="checkbox"/> |

Records

| Date | Hours | Quality Record | Rating |
|-------|-------|------------------------|-----------|
| 10/11 | 6 | Uninterrupted book | Tired |
| 10/12 | 7 | Interruptions - bed | Exhausted |
| 10/13 | 8 | Uninterruped - fine | Not bad |
| 10/14 | 9 | Very Interruped - fine | Energy |

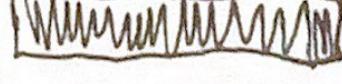


Clear

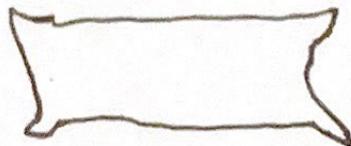
Jackson Gmn



Sleep Log

| | | |
|----------------|--|--|
| Last Night: |  | 2 breaks 5 hours slept more than last week's average |
| 10/25 |  | 1 break 4:25 slept ↓ worse night |
| 10/24 |  | 0 breaks 😊 7:12 slept Best night in 2 weeks! |
| 10/23 |  | 3 breaks 3:50 slept ↓ Bad night, but you can improve |
| Weekly Average | Average Night  | About 2.2 breaks per night Average 4:45 slept ↑ 30 minute increase from last week. |

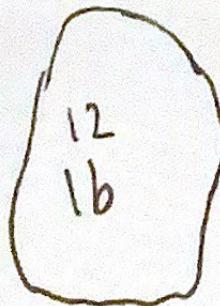
Products



Magic Pillow : \$21.99 on Amazon



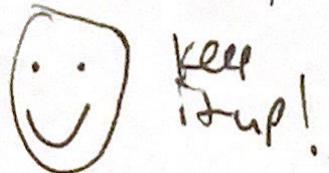
White Noise Machine. \$11.50 on Walmart



Weighted Blanket : \$44.00 on Belk

Activity Log

Exercise: 2 hrs a day



keep it up!

Screen: 5 hrs a day

Time: (:() would be better...

Time between: 30 min

Eating and
Sleeping . (:() Try to
go for
at least
an hour

Suggestions

- Try to stay more focused on your work so you're not leaving free time!
- Keep staying active, and try new ways of exercising!
- Try setting a time to start going to sleep at the same time every day.