Target time to get up

Target day or period of time to correct over

Target length of sleep per day

Time they currently go to bed (this is not saved and instead asked when the user sets a new goal)

>Allow user to enter what time of day they need to get up at

>What day they want to correct the sleep to / or how many days they want to correct it over

>How long they want to sleep for with a recommended sleep length of 8hrs (do a popup that recommends not setting sleep lower than 7 hours)

>Then enter what time they currently go to bed

App will create a plan over those days that the user should go to bed and wake up

> weekends option for more sleep

Remove top of activeplan once past time

dateComponent.day = i-1 (depending on removal)

@@@@

he doesn’t like basic design so like buttons can be replaced with images

Change tabs animation

Swipe tabs

Align plan view circles and main view time

Lock orientation

Dark mode lock?

#A7C8CA

<https://www.youtube.com/watch?v=K6BRna4_bmg>

for testing have testing phases at design, development and finalised

I also tested with my brother who is a good artist and he had some good suggestions, in hindsight it would’ve been good to query him about the design but it didn’t cross my mind during development.