# App Proposal: Sleeper’s De-Light

This app is a sleep logger to record your sleep, while on paper it sounds like a robotic set of action, getting the right amount of sleep is essential in maintaining one’s well-being. Having a tracker that can show your progress over time will be beneficial in keeping yourself accountable and being able to give you more, even just a bit more control over your schedule.

# Software definition:

Daily users using this software are given the functionality to fill in slots of when they just went to sleep or when they are about to go to sleep and for how long. Users that do not feel the need to wake up and interact with the app when they wake up can input the expected amount of time, they will tell the app are going to sleep before bedtime. Those who need to clear their mind before bedtime can use the app to quickly jot down how their day was in an interface like a journal. For those who have a tough time sleeping because they are being occupied with activities that distract them from getting to sleep at the proper time, while using the app it has the functionality of setting a timer with recommended intervals. The user will have the option to set a “snooze” feature for the alarm to be recurring if the user feels the need to prolong whatever they feel the need to be doing. Once the alarm goes off, the app will send the phone a quieter notification to start getting ready to sleep by giving the user a small tip on setting the phone to its respected do not disturb features. There will be a section of the app used to journal, users are suggested to jot enjoyable insights of their day or mood. Additionally, to create a visually aesthetic journal page, there is functionality to decorate each note with Pinterest/Tumblr lo-fi aesthetic art/images and delightful quotes. Users that like using filters to make their aesthetic more aesthetic will be delighted to see the app provide a built-in editor that use aesthetic seen with Instagram, vintage or even polaroid edits. Collectors who want to preserve their journals in a physical collection can export the section of journals to a png file, jpeg, tiff or psd for best pixel-resolution and best printing format. That app also aims for users to be able to search for songs they like to fall asleep to and have the function to change the pitch, speed properties and tune the track to be in 432 hz or 528hz to be played in the background. As the track progresses there is a setting to incrementally lower the volume of the song and add rain/ muffled / reverb extension. This app can even be functional for when you wake up. Early birds can post things to journal in the morning as well as jotting down what they want to get around achieving for the day and even track the morning stretches and/or exercises they do. The settings of the app will also be accessible to all types of users, so it can be accessible to their accommodations. Accessibility includes a forced dark-mode during bedtime and lowering the in-app brightness. In the case there is atypical wakeup patterns, if the phone is opened during bedtime, the user has the option to go into the app to look over any of the functions previously mentioned that will help them in being more likely to clear their mind and fall asleep soundly. For those who like sharing themselves with the community, they are allowed to post positive insight or tell short stories/quotes that inspire/help others feel more comfortable. They can do this by posting it anonymously for other users to be able to see it and be able to post it to their journal if it had some impact in making their time using the app cozier.

# Information in the problem domain

The sleep logger includes:

* A fillable section for recording sleep and wakeup time
* A fillable section for planned sleep time
* A timer that can be incremented down to the seconds a user thinks they feel fit the time it takes for them to fall asleep

A section of the journal includes

* Functionality to write down how the user’s day was and how they are feeling
* Functionality to get images that will decorate the users post
* Functionality to share a post to the internet

The app would like to provide and know the methods best suited for the user to be able to get near or as much as the maximal amount of planned sleep that would be physically possible for them.

# Software Requirements

1. As a daily user, I want to track my sleep by filling out when I am going to sleep or how long I plan to sleep.

2. As a night owl, I am only concerned about using this app during the night and will not interact use it in the daytime.

3. As someone who sleeps best by clearing their mind first, I can journal down when I how my day was or how I am feeling for the moment and any lingering thoughts I can write and see later.

4. As someone who usually will do anything but sleep during bedtime, I can try limiting myself before my set bedtime by adding a timer so I can be more notified on when I should be more inclined to stop and try to get sleep.

5. As an avid daily journalist, I want to decorate my journal and make it more ✧aesthetic✧

6. As someone who wants to store these memories in physical collection, I can print a journal as a whole or selected pages by getting a collection of files that provides the best image-quality compression and resolution for printing.

7. As someone who sleeps best by playing a song that I can fall asleep too, I can use the app to search and play any song and have the option to change the pitch, speed and add audio extension settings that will make me the most relaxed and comfortable.

8. As a morning bird, when I use the app as I wake up, I can jot down thoughts and things I want to get done in the day of the morning section of the journal. I can also add a list of stretches/exercises I do in the morning.

9. As someone who is physically not able to sleep normally, I want to use the app during bedtime without it irritating my senses so I can clear my anxieties and fall asleep soundly.

10. As someone who wants to share my positivity to the world before I go to sleep, I can do so by posting my insights anonymously for other users to see and have the option to add that message of positivity in their own journal.