

To Do

Folio:

Sitemap - 1 hour

Draft UAT Testing plan - 1.5 hours

How to get good sleep

- Who - Little gamer men that stay up on computer all night (and read)
- What - A step by step guide on how to get a good night's sleep
- Why - When people do not have much sleep the next day they are very tired and can be short-tempered
- How - Young people will have an understanding of the importance of good sleep and hopefully get better sleep.

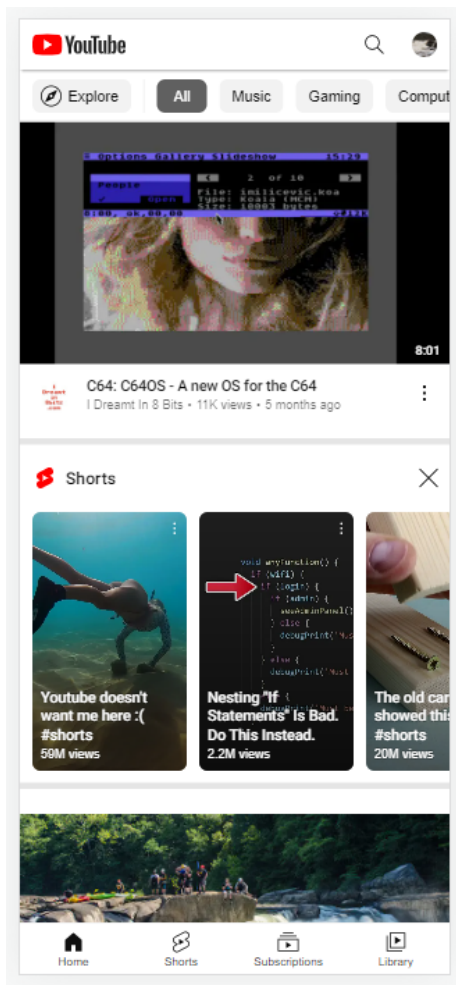
Statement of Intent:

I intend to create a website that helps young teens improve their understanding of how sleep will affect their everyday life and hopefully improve their sleep schedule if needed. It will be used to teach teens that sleep is one of the most important parts of life as you can't do anything without it. My website will be designed with many things in mind, including how the average teen scrolls through a website, how simple the menus should be, how many sections i should have, and how much information should be included in the sections of my websites.

My website will include a step by step guide for getting good sleep each night, some tips and tricks to help people that struggle to fall asleep once they are in bed, and some links to other sites with helpful resources (like calming music or audiobooks). My website will have a menu with sections that divide into paragraphs. Users will be able to navigate through these menus to get to specific sections or specific paragraphs in sections. This will make it very easy to find something specific that a user is looking for.

From visiting my website people will hopefully be able to improve their understanding of the importance of getting good sleep, and improve their sleep schedule. My website will hopefully allow easy navigation between pages and sections and have a user friendly interface that is easy for teens to understand.

Website Comparisons



<https://www.m.youtube.com/>

- I like the design of the contrast between white and colour throughout the website
- I like the functionality of having the extra menu at the bottom for phone users
- I might add an extra menu to my website when on mobile

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

- I like the functionality of the top bar, even though it is simple
- I like the simple design of the large blocks of text that give a lot of information
- I will have a simple layout on my website that will follow something similar to this

Bootstrap Elements

- Navbar
- Card
- Buttons
- Accordion
- Breadcrumb
- Dropdowns
- Placeholders
- Popovers
- Scrollspy

Wireframe

<https://wireframe.cc/ruDXbj>

Favicon

Code to go in <head>

```
<link rel="apple-touch-icon" sizes="180x180" href="/apple-touch-icon.png">
<link rel="icon" type="image/png" sizes="32x32" href="/favicon-32x32.png">
<link rel="icon" type="image/png" sizes="16x16" href="/favicon-16x16.png">
<link rel="manifest" href="/site.webmanifest">
<link rel="mask-icon" href="/safari-pinned-tab.svg" color="#5bbad5">
<meta name="msapplication-TileColor" content="#da532c">
<meta name="theme-color" content="#ffffff">
```

UX User Stories

User 1:

As a teen that is struggling with sleeping and stays up too late playing games I want to find out how to improve my sleep schedule with methods to limit time on games so that I can get much better sleep and have more overall energy.

User 2:

As an adult who has too many stresses and struggles with sleeping I want to find some tactics to help minimise my stress and hopefully get more sleep so that my mood is improved and my energy levels will be higher.

SiteMap

