proto.io

Sleep App

Jackson Ginn

11

screens

Log
Sleep

View
History

View
Sleep Tips
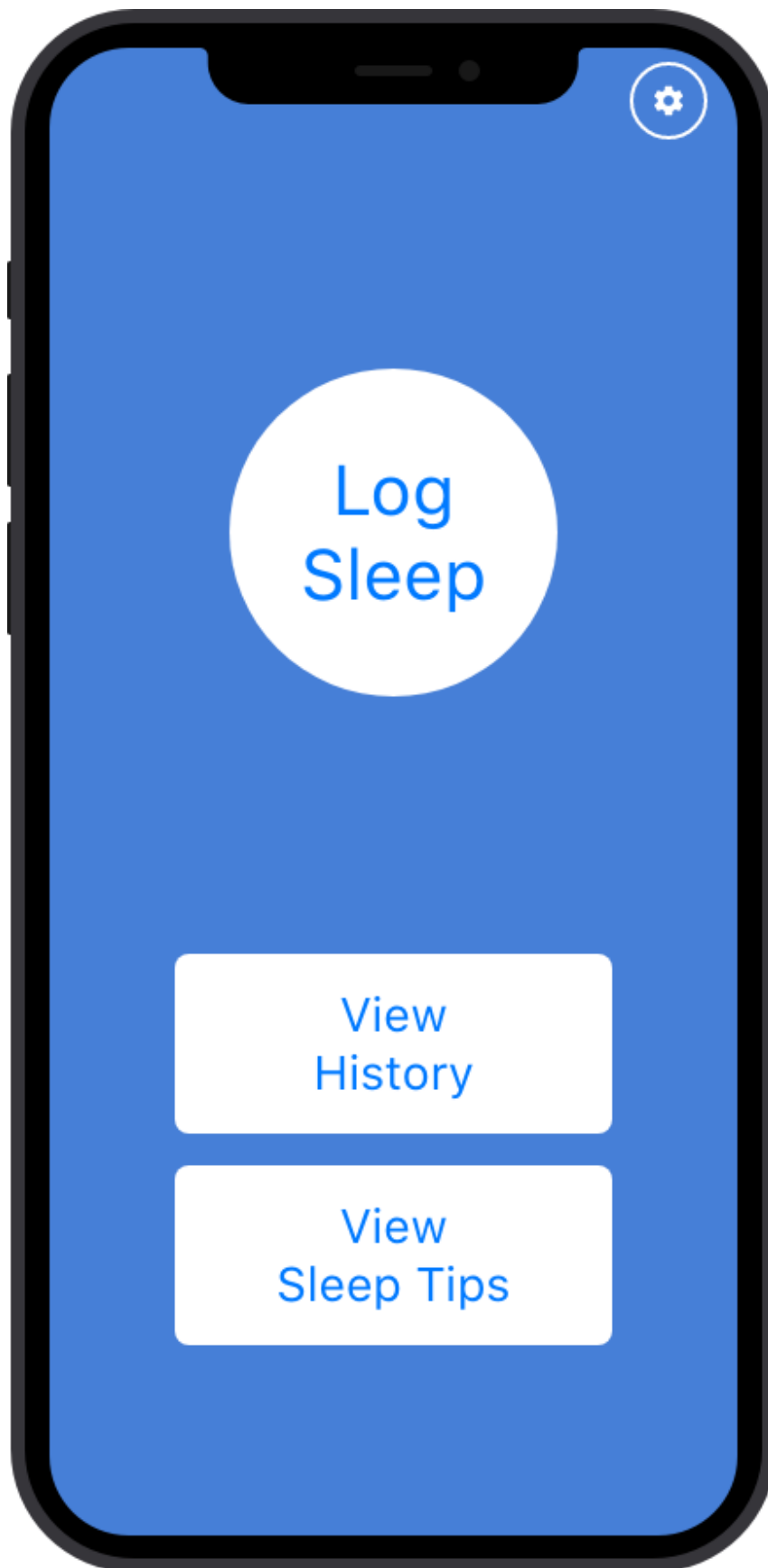
< Back

Start Tracking

Manual Logging

Start Time:

| 1 | 00 | am |

End Time:

| 1 | 00 | am |

Interruptions:

# of interruptions

Rating:

★

Add

White Noise ⬤───

| Nature | Ocean | Wind | Humm |

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Start Tracking

Manual Logging

Start Time: End Time:

1 — 00 — am   1 — 00 — am

Sleep Logged!

OK

Interruptions: Rating:

# of interruptions   ⭐

Add

White Noise

| Nature | Ocean | Wind | Humm |

‹ Back

Stop Tracking

White Noise

| Nature | Ocean | Wind | Humm |

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Stop Tracking

Sleep Logged!

White Noi **OK**

Nature | Ocean | Wind | Humm

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| Last Night | Last Week | Last Month |

Deep
Sleep

Light
Sleep

8 PM   11 AM

Sleep Details

(!) Great sleep, no interruptions detected!

(!) Maintained deep sleep well.

Sleep Recomendations

(!) Begin sleeping earlier to feel well rested.

(!) Avoid sudden, harsh awakenings.

00:14

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Settings

Notifications

Sleep Aid Reminders

Abnormal Sleep Information

Bedtime Reminders

Bedtime Reminder Time | 1 | 00 | am |

Sleep Tracking

Sound-Based   ✓

Manual   ✓

Check for Phone Usage

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| Last Night | 🌙 Last Week | Last Month |

Monday

Deep
Sleep

Light
Sleep

8 PM   11 AM

Tuesday

Deep
Sleep

Light
Sleep

8 PM   11 AM

Wednesday

Deep
Sleep

Light
Sleep

8 PM   11 AM

Thursday

NO DATA

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Last Night | Last Week | 🌙 Last Month

⚠️

Not enough data, this
section requires at least
30 days worth of
information

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Sleep Tips/Information

Medical Disorders

- ❗ Abnormal Sleep Patterns
- ❗ Sleep Apnea
- ❗ Insomnia

Sleep Improvement

- ❗ Don't eat before bed
- ❗ Take Melatonin
- ❗ Use white noise
- ❗ Drink more water

Gaining Energy After Sleep

- ❗ Eat more fruit
- ❗ Take a walk
- ❗ Exercise
- ❗ Don't oversleep