

404 sleep not found

needfinding report

cmpsc 185
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meet the team



mason le

'28
mill valley, ca



jayden li

'28
san jose, ca



giovanni long

'26
thousand oaks, ca

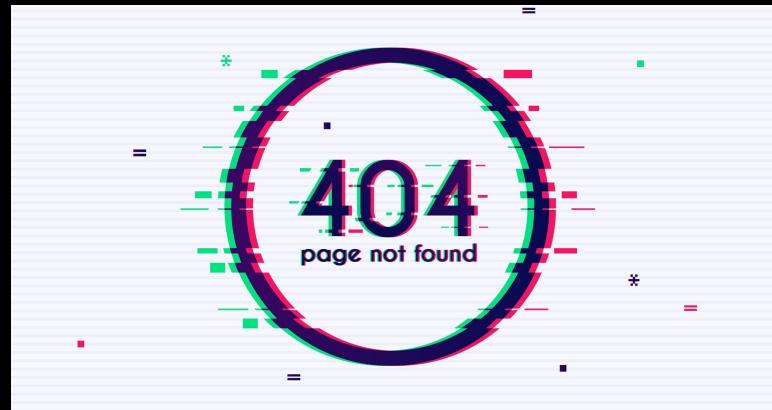
agenda

- 01 value proposition
- 02 name selection
- 03 redefining our focus
- 04 problem + solution
- 05 market research
- 06 tasks
- 07 storyboard
- 08 video

404 sleep not found: the off-ramp for your brain

02: name selection

- we decided on **404 sleep not found** as a reference to the HTTP 404 “Not found” error message
- in web browsing, the error signifies a resource could not be found or is missing
- our product, **404 sleep not found**, seeks to be the resource to assist students that are “missing” sleep due to irregular schedules and work obligations



broadening our approach

- we broadened our solution to be more than just a mental "save point" (journaling to signal the end of the day)
 - we added some ideas from our **solution 2: sensory prototype**
 - triggering a wind-down state with quick, easy to follow guided actions
 - meditation, deep breathing, light exercise, etc
- we also implemented 'cues' as another feature, prompting the user to wind down using **pattern-based push notifications**



- **primary users:** students and late-night workers who have a hard time "switching off" due to academic and work commitments
- **the problem:** people have a hard time falling asleep due to inconsistent and ineffective nightly routines
- **the solution:** an app providing a cognitive save point through verbal journaling and time-based micro routines, allowing users to "disconnect" without the anxiety of forgetting



Calm - Sleep, Meditate, Relax

mobile app designed to improve mental wellness, reduce stress, and aid sleep through guided meditation, mindfulness exercises, and soothing content

what works

- strong "Sleep Story" library provides a narrative-based way to disengage from the day
- "Daily Calm" feature - creates daily habit loop
- mood check-ins

what doesn't work

- overwhelming content library (thousands of titles)
- high premium cost (\$79.99/yr)
- no active routines, only passive (listening)

what makes us different

- focus on active preparation (journaling, hygiene nudges) rather than passive listening.
- a curated, decision-free flow avoids the "choice paralysis" of a massive library.

takeaway

- Calm helps users sleep; we help users get ready to sleep by owning the evening wind-down routine.



BetterSleep

comprehensive wellness app
designed to help users fall
asleep faster and improve their
sleep quality through a mix of
audio therapy and data
tracking

what works

- interactive and highly customizable sound mixer and experience
- integrated sleep science and tracking
- multitude of features, not just for sleep

what doesn't work

- 90% of features are paywalled
- choice overload (300+ sounds) may cause "analysis paralysis"
- focuses on drowning out thoughts rather than resolving the root cause

what makes us different

- active offloading by providing a "save state" to secure a user's mental state
- we normalize sleep schedule variation instead of daily pass/fail metrics
- our product is an off-ramp to help settle down as well as plan for the next morning

takeaway

- **bettersleep** is moreso a passive distraction whereas **404 sleep not found** provides an active resumption system



Rise Science

app that helps improve sleep by focusing on sleep debt. Uses timed nudges and habits to help you with your schedule

what works

- sleep debt is a good visualization for tracking what the user feels.
- time nudges at good times (not just generic time)
- brain dump feature

what doesn't work

- sleep metrics can lead to guilt (bad metrics -> guilty)
- users' feelings can depend on the number rather than the way they are actually feeling

what makes us different

- we aim to shift the focus away from quantitative measures and focus more on how the user feels
- more suggestive rather than a hard number. (the brain is powerful and can trick the body)

takeaway

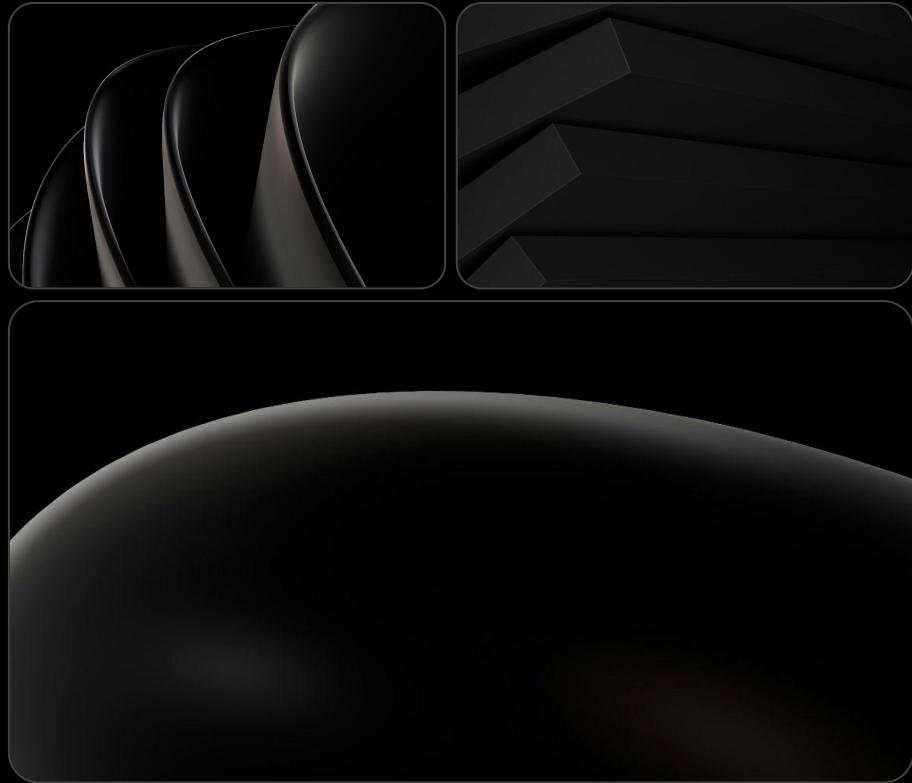
- Rise manages the schedule; we manage the mindset. We should leverage their timed prompts but focus on qualitative relaxation instead of quantitative debt.

simple task

choose from a bank of relaxing activities

1:00

user quickly selects a low-effort activity to help wind down and prepare for bed, requiring minimal cognitive load and zero setup



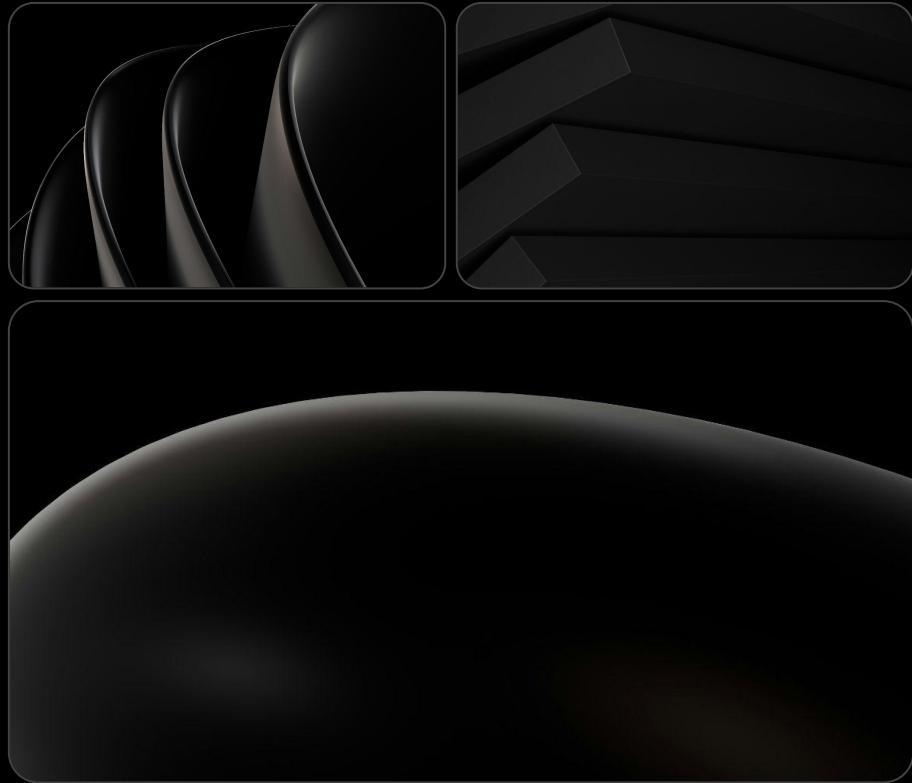
moderate task

log a reflective "brain dump" entry

1:06

user records a guided journal entry to offload lingering stress and set intentions for tomorrow, helping to mentally disconnect from the day before trying to sleep

Complexity: Moderate because it requires active cognitive effort and introspection.



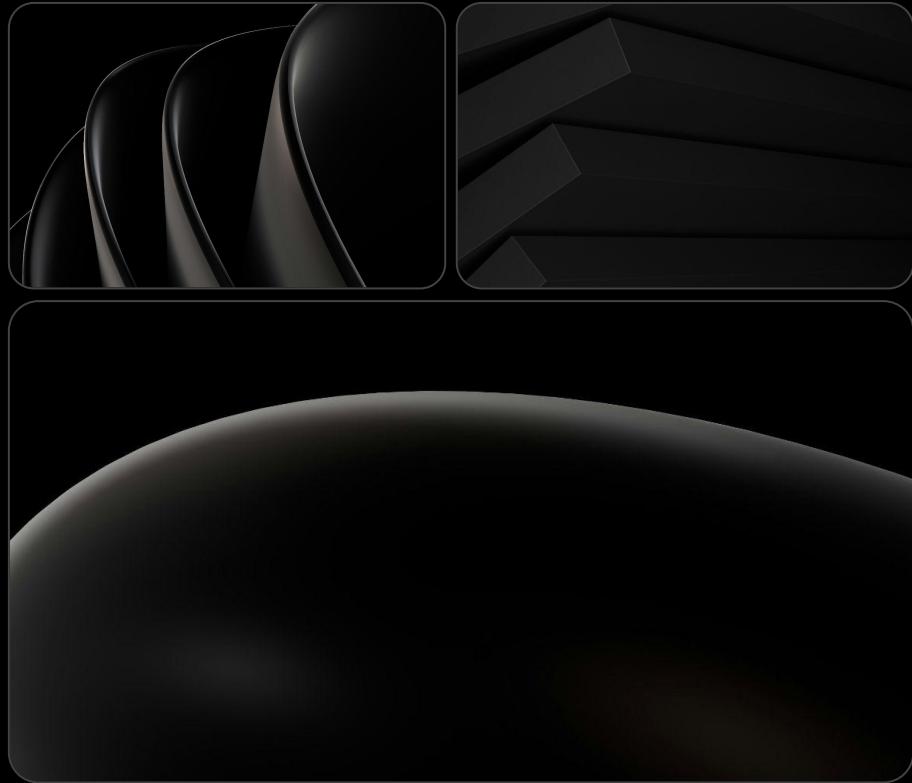
complex task

customize and follow a multi-step wind-down routine

1:12

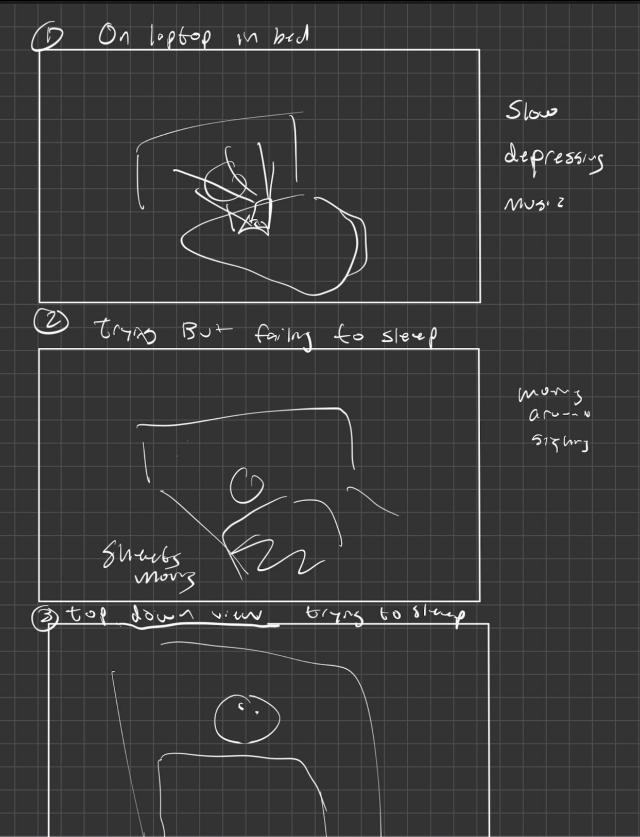
user configures and adheres to a chained sequence of timed habits (e.g., shower, no screens, meditate) to fully automate the transition from awake to asleep

Complexity: High because it involves multi-step configuration and chaining multiple habits.



07: storyboard

Starts with
laptop lighting
up face

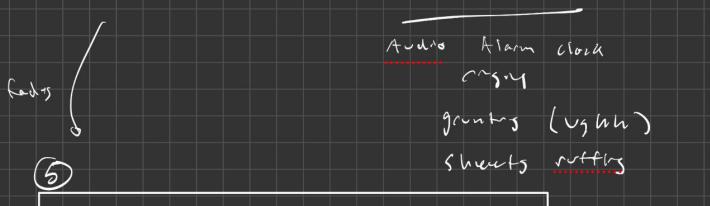
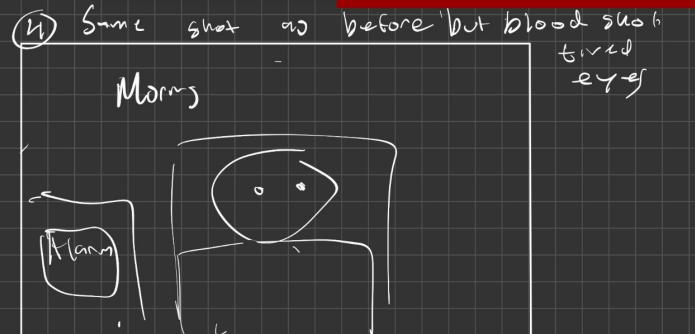


Struggling
to fall
asleep

07: storyboard

User wakes up with bloodshot eyes

Sluggishly
brushes teeth



Groggily turns off alarm with a sigh and rustling sheets.

Reaches over
4 turns off
Sighs

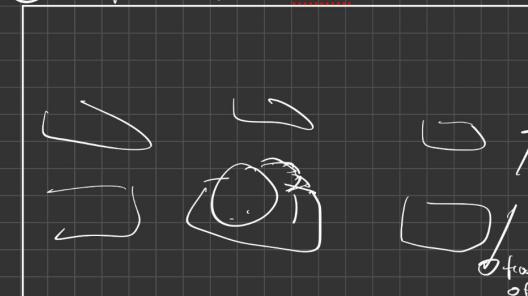


Waking & scrubbing

J cut

(7) Feels aslaid in class

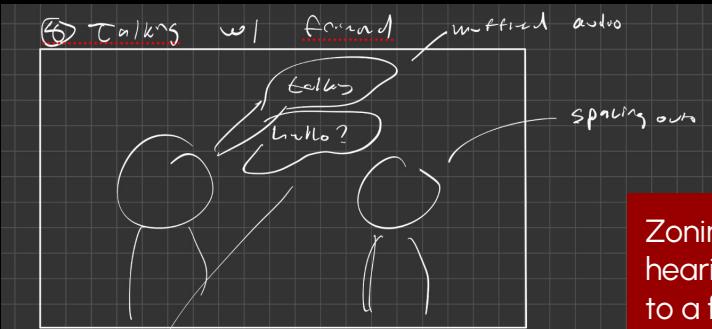
Slowly brushing teeth



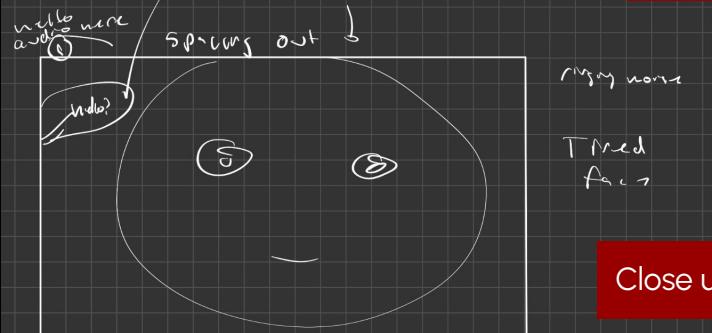
class work

falls asleep in
the back
of class.

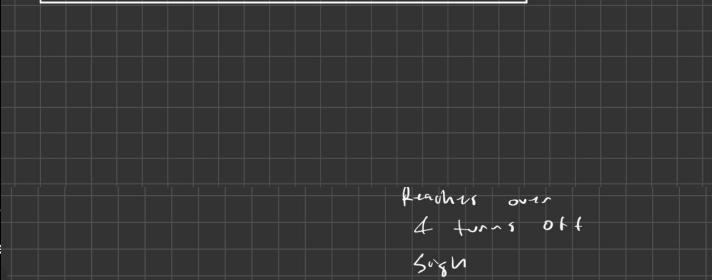
07: storyboard



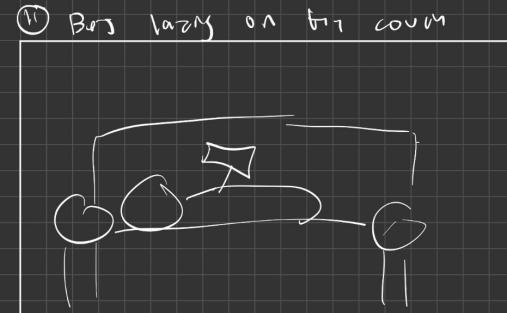
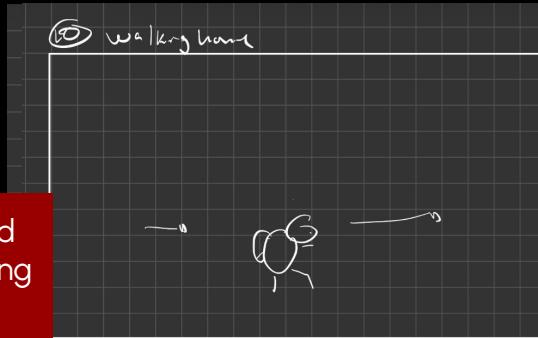
Zoning out/muffled hearing while talking to a friend.



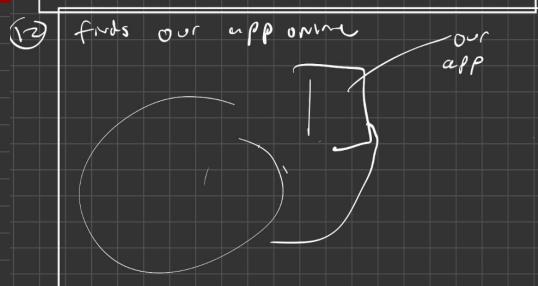
Close up: tired face



Walking slowly home, slumped over

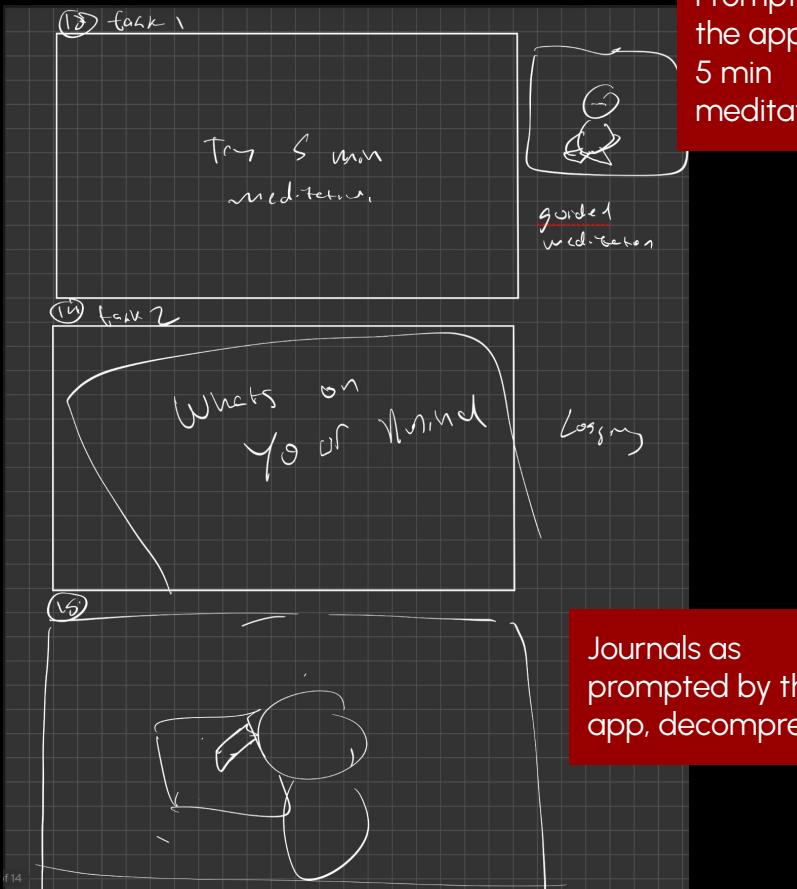


Laying on the couch

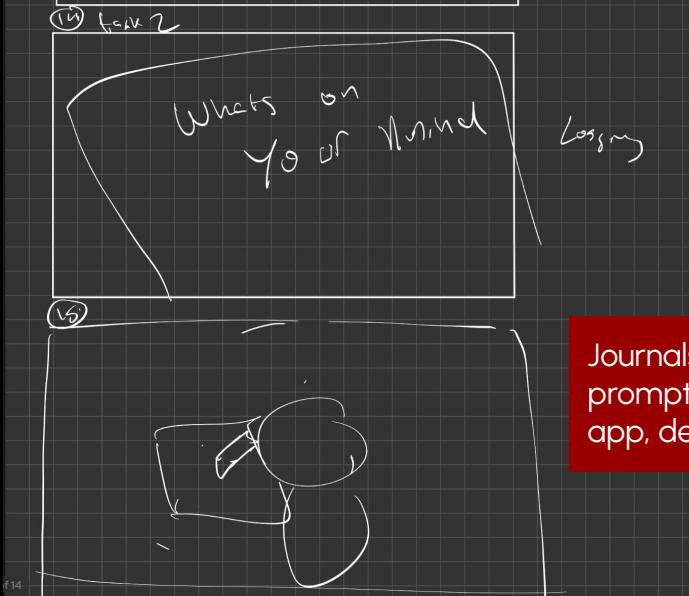


Walks home feeling "stumped," finds our app online, and music shifts to upbeat.

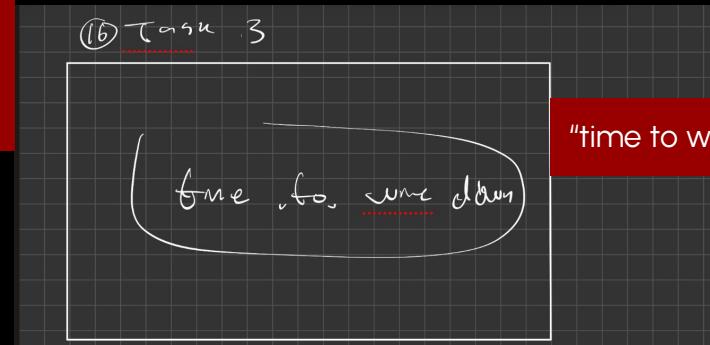
07: storyboard



Prompt from
the app: "try
5 min
meditation"



Journals as
prompted by the
app, decompressing

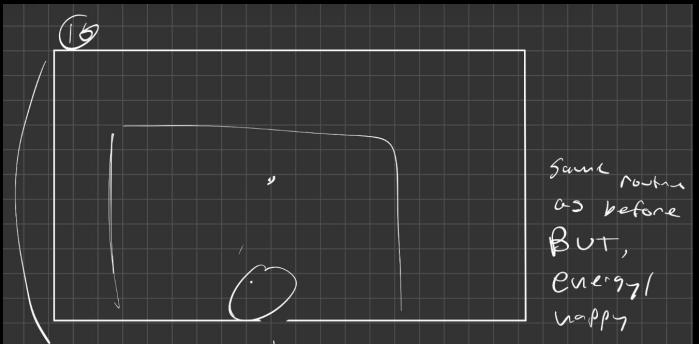


"time to wind down"

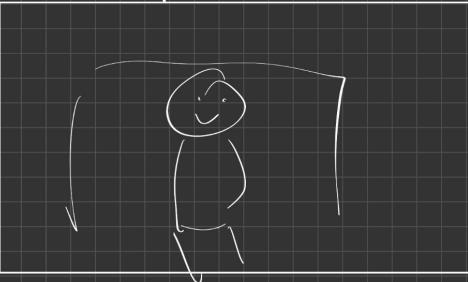


successfully goes to
sleep after following
the steps

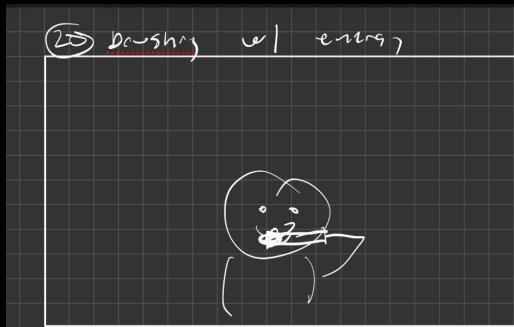
07: storyboard



19 Sits up in bed



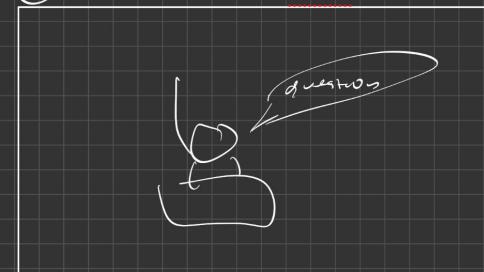
Same routine as
before, but
energetic + happy



Activities
contrast
Before

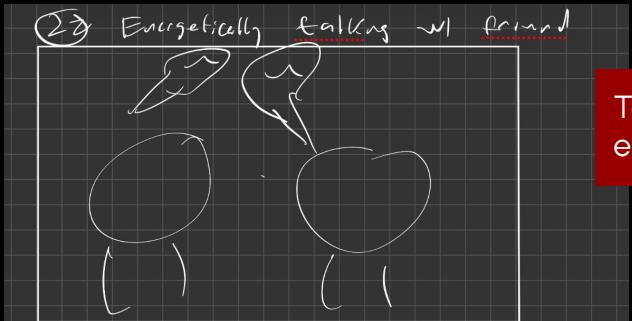
Activities contrast
before

21 Raise hand in class

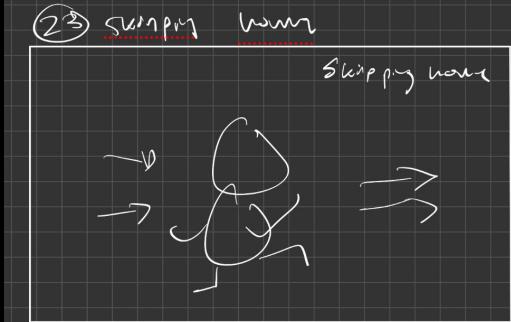


Engaged, raised
hand in class

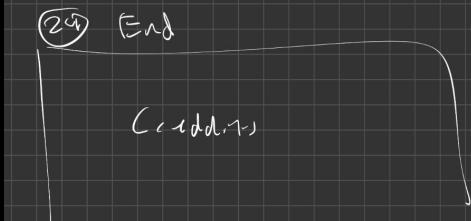
07: storyboard



Talking with a friend
energetically



Skipping home



End credits

concept video



Thank you

