



Elevate Your Morning

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Introduction

The idea behind **Elevate Your Morning** is to give users who struggle to wake up in the morning an option that will let elevate their heart rate and force movement to wake them up.



Elevate Your Morning gives its users the ability to use heart rate as an indicator for whether or not a user has actually woken up from their sleep.

The idea for this application arose from the need to wake up early to go to class, workout, and try to get an early start on the day but the lack in willpower to actually wake up. Most alarm applications currently offer certain obstacles to shut the alarm off but most fall short of actually forcing the user to wake up and get started on the day.



Solution

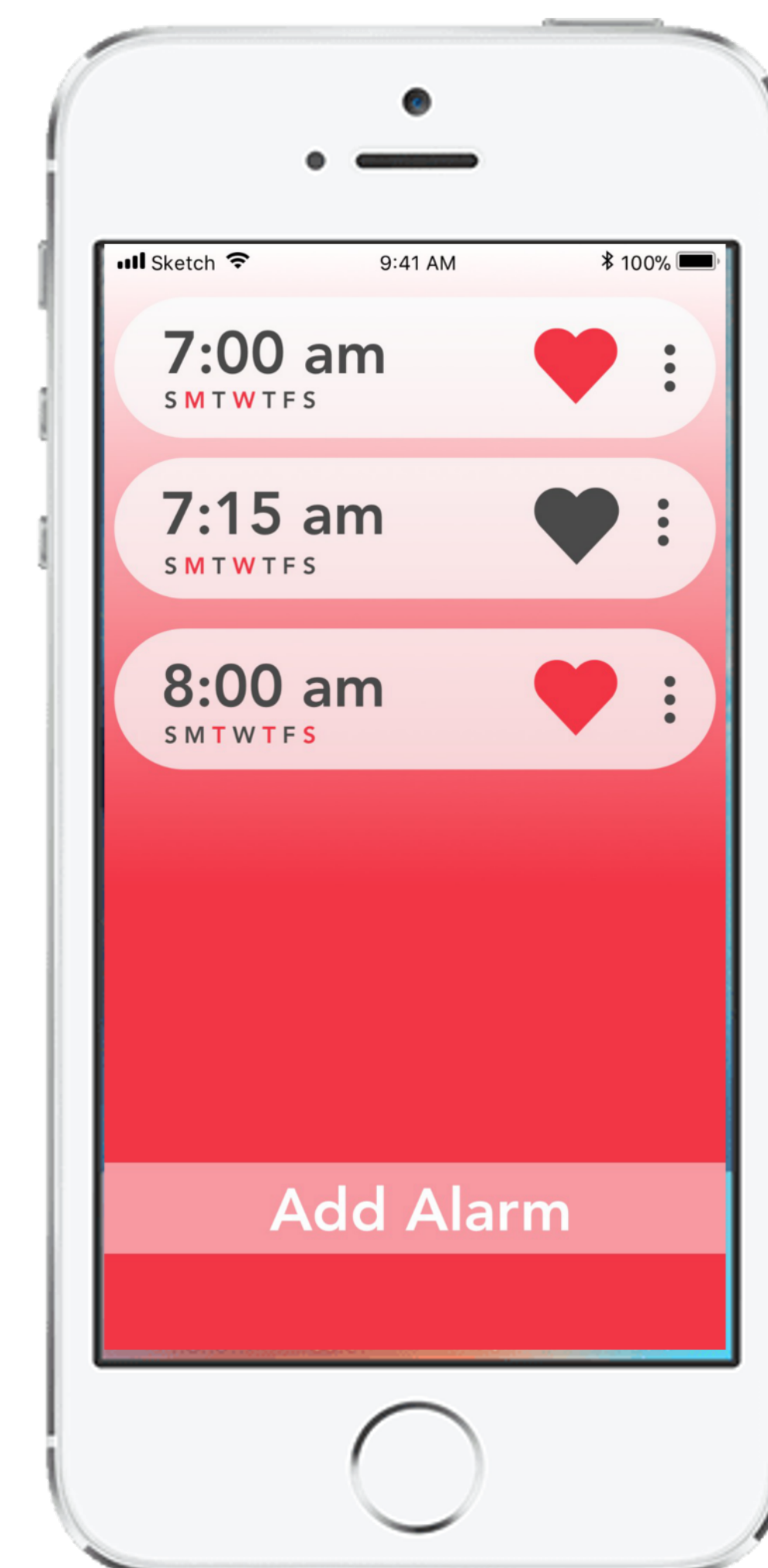
Our solution consists of implementing an iOS application using Xcode and Swift. This application will allow the user to set alarms to a specific time which, once activated by time, will begin to play a tone, chosen at random, and will not shut off until the user is able to get their heartrate up to a set value determined by the user and read in by Apple Watch's integrated heartrate monitor functionality or using the camera as a heart rate monitor. We also used Sketch to help create the user interface for our application.



Functionality

Homepage

The main page of the application has a simple, iOS themed alarm similar to the alarm that comes built into the alarm with the Clock application in iOS. This is where the list of alarms that the user creates will be available for editing and viewing.



Disabling Alarm

Once an alarm is activated the user will have to start a workout on their Apple Watch so that the heart rate functionality kicks in and the connection between phone and watch begins. Heart rate will be the only way that the user will be able to shut off the alarm, either with their Apple Watch or using the camera to check the users heart rate.



Adding Alarm

Adding a new alarm is simple, just like any other alarm application the user may have experience with in the past. The user clicks the main Add Alarm button and that routes the user to a page where they can add a time and the days they would like to repeat the alarm.

