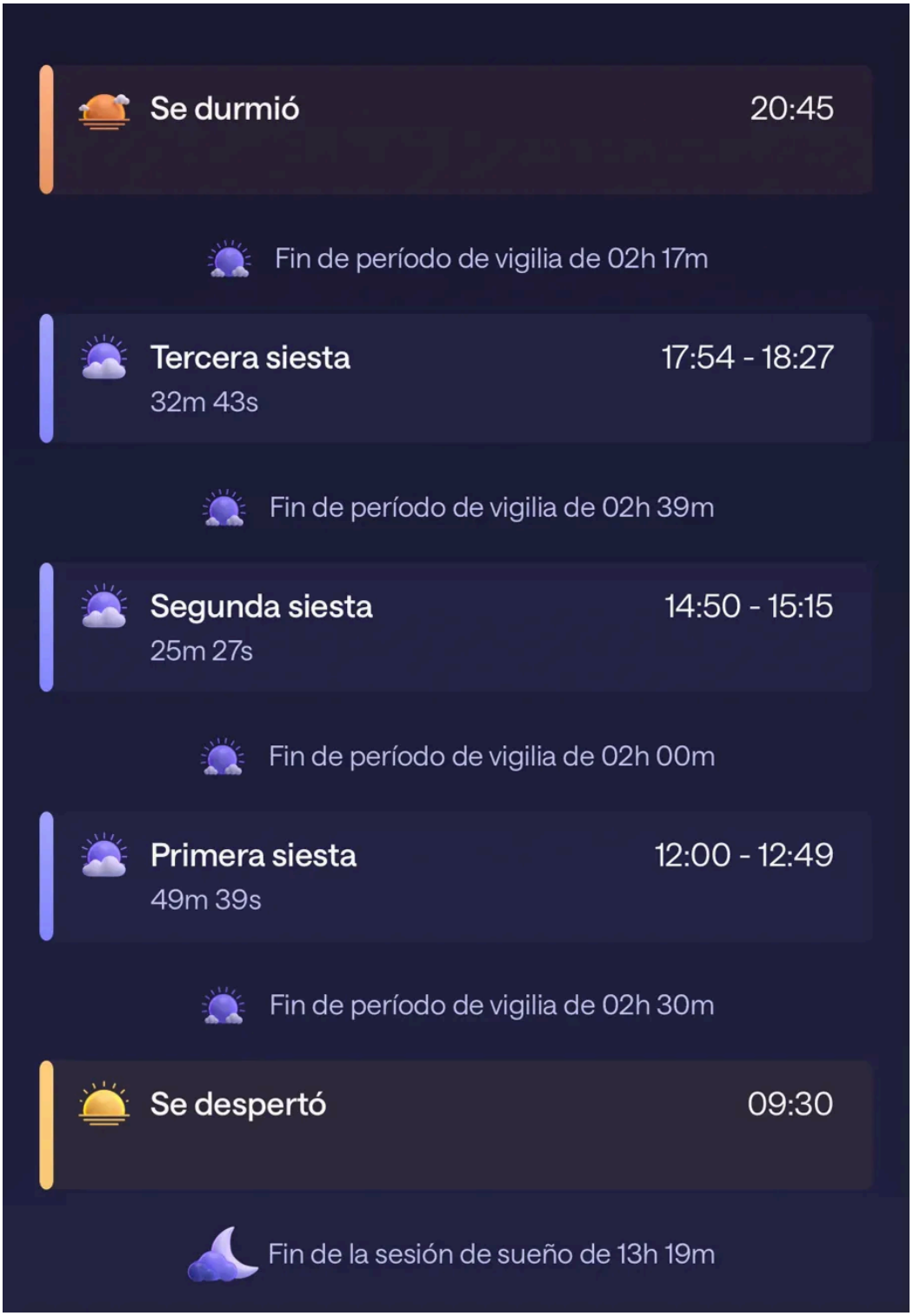
Sleep Log Design Specification for Claude Code

Overall Layout Structure

Remove the card-based design entirely. Instead, create a **vertical timeline** with entries flowing top to bottom, separated by contextual information blocks.

Each entry type gets different visual treatment, but all follow a consistent left-aligned structure with a **color-coded vertical bar** acting as the timeline spine.

Here is a screenshot:



Entry Types & Visual Specifications

1. Bedtime Entry ("Se durmió")

Visual structure:

Specifications:

- **Left bar**: 4-5px wide, orange/coral color `#ff7e5f`
- **Icon**: Bed emoji (🛏️) or sunset icon, 32px diameter circle background with 15% opacity orange fill
- **Label**: "Bedtime" or localized "Se durmió" in 16-18px, medium weight
- **Time**: Right-aligned, 18-20px, lighter weight
- **Spacing**: 16px vertical padding inside the entry
- **Background**: Slightly darker card `--bg-card` with rounded corners
- **No duration shown** when viewing the bedtime entry itself

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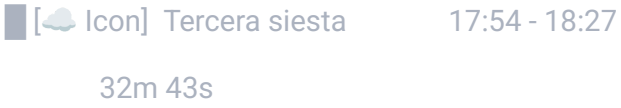
2. Nap Entry ("Tercera siesta")

Visual structure:



Specifications:

- **Left bar**: 4-5px wide, purple/lavender color (Napper uses purple for naps, not teal)
- **Icon**: Cloud with rays (☁️☀️) emoji, 32px diameter circle with 15% opacity purple fill
- **Label**: "Tercera siesta" (Third nap) - shows nap order
- **Time range**: Right-aligned, 18-20px, showing start and end
- **Duration**: Below the label, 14-16px, lighter weight, slightly muted color
- **Spacing**: 16px vertical padding
- **Background**: Same dark card background

Key insight: Napper **numbers the naps** ("Primera siesta", "Segunda siesta", "Tercera siesta") to help parents track sequence. This is brilliant UX—implement this by counting naps chronologically for the day.

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3. Wake Window Separator ("Fin de período de vigilia")

Visual structure:

Specifications:

- **No left bar** - this is informational, not an action
- **Icon**: Purple moon icon with rays, smaller size (24px)
- **Label**: "End of wake window of 2h 17m" - calculated duration since last wake-up
- **Color**: Muted purple/gray, lower visual weight
- **Background**: No card, sits inline between entries
- **Purpose**: Shows the calculated wake window duration between sleep periods

Critical feature: This is **auto-calculated**—not user-entered. It's derived from:

- Time between wake-up and first nap
- Time between naps
- Time between last nap and bedtime

Implementation: Calculate time difference between:

```
wakePeriodDuration = napStartTime - previousSleepEndTime
```

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4. Wake Up Entry ("Se despertó")

Visual structure:

```
[☀️ Icon]  Se despertó                09:30
```

Specifications:

- **Left bar**: 4-5px wide, gold/yellow color `--wake-color`
- **Icon**: Sunrise icon (sun with horizon line), 32px diameter with 15% opacity gold fill
- **Label**: "Wake up" or "Se despertó"
- **Time**: Right-aligned
- **No duration**
- **Background**: Dark card
- **Visual weight**: Slightly heavier than naps (this marks the day's start)

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5. Night Sleep Duration Summary ("Fin de la sesión de sueño")

Visual structure:

```
[🌙 Icon]  Fin de la sesión de sueño de 13h 19m
```

Specifications:

- **No left bar**
- **Icon**: Sleeping moon (🌙) or crescent moon, 24px
- **Label**: "End of sleep session of 13h 19m"

- **Color**: Muted blue/purple
- **Background**: No card, inline text
- **Purpose**: Shows total night sleep duration from bedtime to wake-up

Calculation:

```
nightSleepDuration = wakeUpTime - bedtimeStartTime
```

This appears **below the wake-up entry** to close out the previous night's sleep cycle.

Temporal Ordering & Grouping

Top to bottom flow (most recent first):

1. **Bedtime** (if ongoing or most recent event)
2. **Wake window separator** (calculated)
3. **Nap #3** (most recent nap)
4. **Wake window separator**
5. **Nap #2**
6. **Wake window separator**
7. **Nap #1**
8. **Wake window separator**
9. **Wake up** (start of biological day)
10. **Night sleep summary** (total duration from previous bedtime)

Color System

Element	Color	CSS Variable
Bedtime bar	Orange `#ff7e5f`	(hardcoded or new variable)
Nap bar	Purple `#7c85c4`	`--night-color` (repurpose)
Wake-up bar	Gold `#f0c674`	`--wake-color`
Wake window text	Muted purple/gray	`--text-muted`

Night sleep summary	Muted blue	`--text-secondary`

Key change: Stop using teal for naps. Napper uses **purple/lavender** to align naps with the nighttime sleep color family, distinguishing them from the gold "active/awake" color.

Spacing & Typography

Entry cards:

- Vertical padding: 16px
- Horizontal padding: 16px
- Gap between entries: 8px
- Rounded corners: 12px

Timeline bar:

- Width: 4-5px
- Positioned absolutely on the left edge of each card
- Height: 100% of card

Typography:

- Entry labels: 16-18px, medium weight (500-600)
- Times: 18-20px, normal weight (400)
- Durations: 14-16px, lighter weight (400), muted color
- Separators: 14px, normal weight, muted color

Icons:

- Main entries: 32px circle background
- Separators: 24px, no background circle

Automatic Wake Window Calculation

Implementation logic:

typescript

```
function calculateWakeWindows(entries: SleepEntry[]) {
  const wakeWindows = [];
```

```
  for (let i = 0; i < entries.length - 1; i++) {
    const currentEntry = entries[i];
    const nextEntry = entries[i + 1];

    // If current is a sleep end and next is a sleep start
    if (currentEntry.endTime && nextEntry.startTime) {
      const wakeDuration = calculateDuration(
        currentEntry.endTime,
        nextEntry.startTime
      );

      wakeWindows.push({
        position: i, // Insert after current entry
        duration: wakeDuration,
        type: 'wake-window'
      });
    }
  }

  return wakeWindows;
}
```

Display format: "Fin de período de vigilia de 2h 17m" (End of wake window of 2h 17m)

Night Sleep Summary Calculation

Implementation:

typescript

```
function calculateNightSleep(wakeUpEntry: SleepEntry, allEntries: SleepEntry[]) {
  // Find the bedtime that ended with this wake-up
  const bedtime = findBedtimeForWakeUp(wakeUpEntry, allEntries);

  if (bedtime) {
    const nightDuration = calculateDuration(
      bedtime.startTime,
      wakeUpEntry.endTime // Wake-up time is the END of bedtime
    );

    return {
      duration: nightDuration,
      type: 'night-sleep-summary'
    };
  }
}
```

Display: "Fin de la sesión de sueño de 13h 19m" (End of sleep session of 13h 19m)

Nap Numbering

Automatically label naps in chronological order:

typescript

```
function assignNapLabels(naps: SleepEntry[]) {
  const orderedNaps = naps.sort((a, b) =>
    new Date(a.startTime) - new Date(b.startTime)
  );

  return orderedNaps.map((nap, index) => ({
```

```
    ...nap,
    label: `${getNapOrdinal(index + 1)} siesta` // "Primera", "Segunda", "Tercera"
  }));
}

function getNapOrdinal(num: number): string {
  const ordinals = ['Primera', 'Segunda', 'Tercera', 'Cuarta', 'Quinta'];
  return ordinals[num - 1] || `${num}ª`;
}
```

Interactive States

Ongoing sleep (no end time):

- Bedtime shows "Sleeping..." below the time
- Wake button appears (as in current implementation)
- Possibly add a subtle pulse animation on the left bar

Completed entries:

- No special state
- Edit and delete buttons available
- Click to expand for notes (future enhancement)

Accessibility & Touch Targets

- Minimum touch target: 44x44px for all interactive elements
- Icons should have sufficient padding for one-handed tapping
- Text contrast ratio: minimum 4.5:1 for all labels
- Support both light and dark mode (though app is primarily dark)

Key Differences from Current Implementation

1. **Remove card-based MilestoneCard vs SleepEntryCard distinction** → unified timeline entries
2. **Add automatic wake window separators** → contextual information between sleep periods
3. **Add night sleep summary** → total duration calculation below wake-ups
4. **Number naps chronologically** → "Primera siesta", "Segunda siesta"
5. **Change nap color from teal to purple** → aligns with sleep color family
6. **Remove redundant labels** → icons + numbers communicate entry type
7. **Tighter vertical spacing** → more entries visible per screen
8. **Left-aligned timeline** → cleaner scan pattern than centered cards

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Why This Design Works Better

Cognitive efficiency: The automatic wake window and sleep session summaries provide **interpretive context** that reduces mental math. Parents don't have to calculate "how long was the baby awake between naps"—the app shows it.

Visual hierarchy: Color-coded bars create immediate **pattern recognition**. Purple clusters = naps, orange = bedtime, gold = wake-up.

Temporal clarity: Numbering naps prevents confusion when viewing past days. "Did the 3 PM nap happen?" becomes "Where is the Segunda siesta?"

Information density: By removing card padding and using inline separators, more of the day fits on screen without scrolling.

This is **exactly** the kind of thoughtful, user-centered design that makes Napper successful. Build this.