SLEEPKER
your sleeping companion

#364B5B **#55737D** **#629D9E** **#9FC3C4** **#EAF2F2** **#F2F5F4**

01
Open the Sleepker mobile application
Splash screen: includes the logo and quote appear

logo process

● + 🛏 + S → ⟋
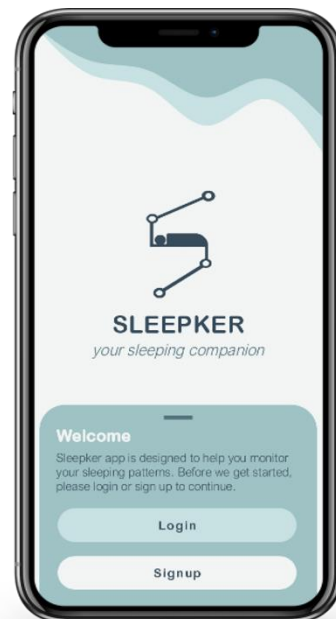
app name & quote

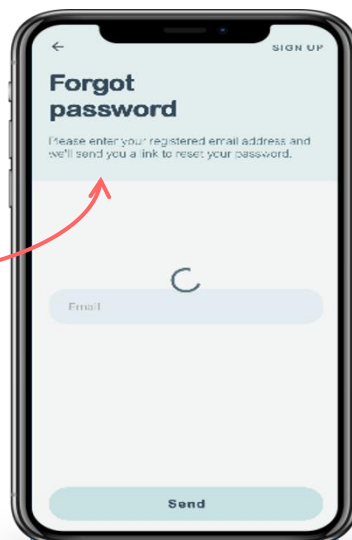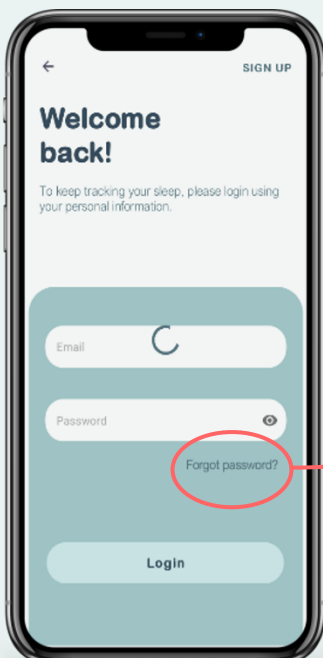**SLEEPKER**
your sleeping companion

02
Set up a user's account.
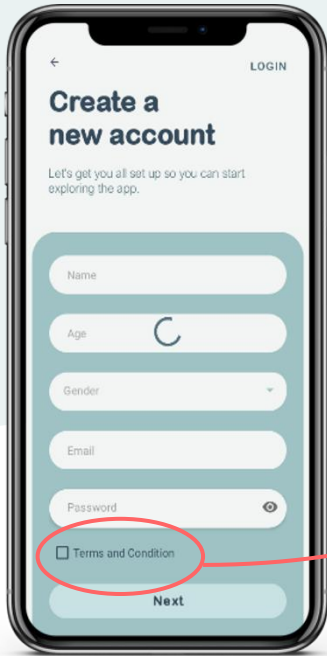**Access screen:** allow the user to choose "Login" or "Signup"

2.1
Login screen: enter existing email, and password.

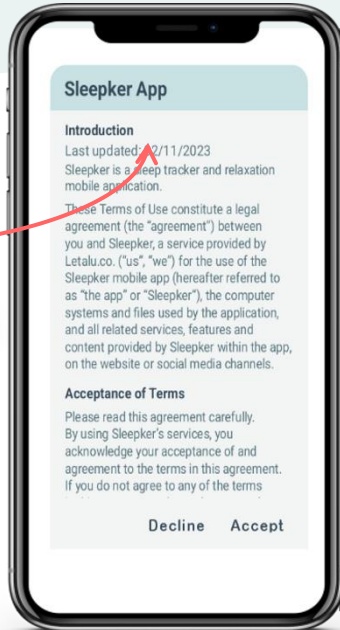👁 There is an eye icon to toggle the visibility of the passwords.

When user **forgot the password:** enter the registered email address to receive password link.

2.2

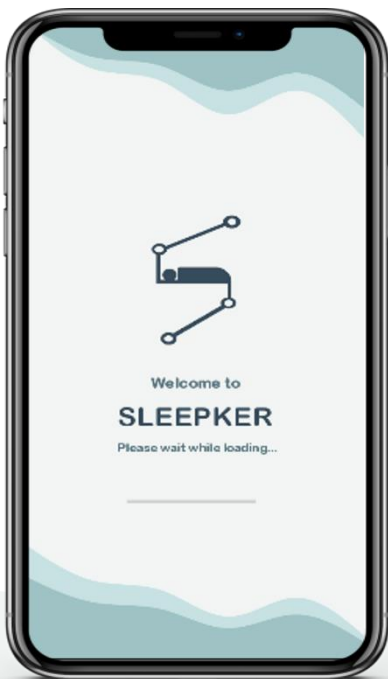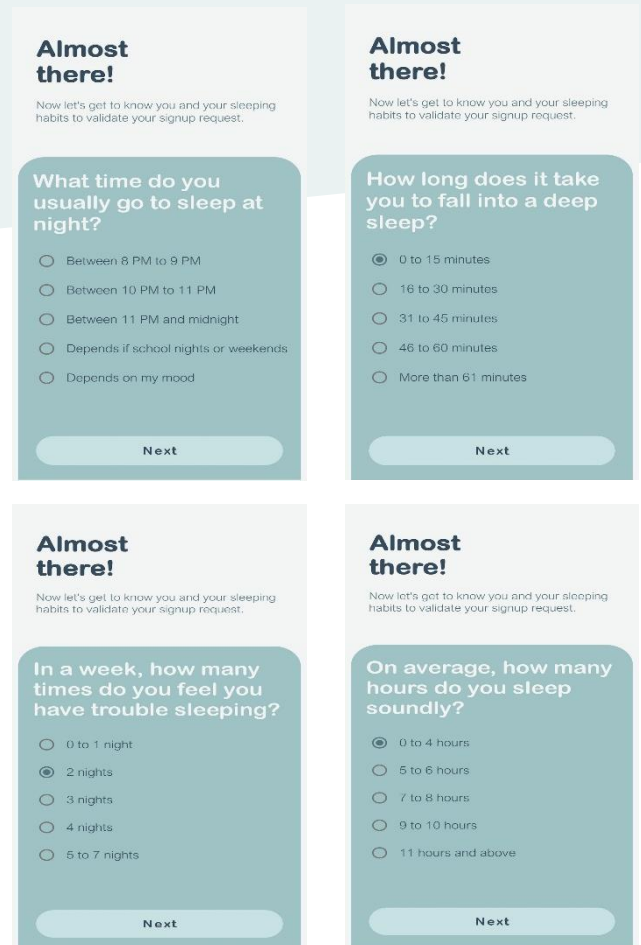**Signup screen:** to register or create new account

- Fill out completely the needed information and then click Next

Create a new account

Let's get you all set up so you can start exploring the app.

- Name
- Age
- Gender
- Email
- Password
- ☐ Terms and Condition

Next

LOGIN

Sleepker App

Introduction

Last updated: 2/11/2023

Sleepker is a sleep tracker and relaxation mobile application.

These Terms of Use constitute a legal agreement (the "agreement") between you and Sleepker, a service provided by Letalu.co. ("us", "we") for the use of the Sleepker mobile app (hereafter referred to as "the app" or "Sleepker"), the computer systems and files used by the application, and all related services, features and content provided by Sleepker within the app, on the website or social media channels.

Acceptance of Terms

Please read this agreement carefully. By using Sleepker's services, you acknowledge your acceptance of and agreement to the terms in this agreement. If you do not agree to any of the terms

Decline   Accept

Terms and Conditions that the user need to agreed on before using the app.

2.3 **Assessment:** Answer the Questionnaires to assess user's sleeping patterns
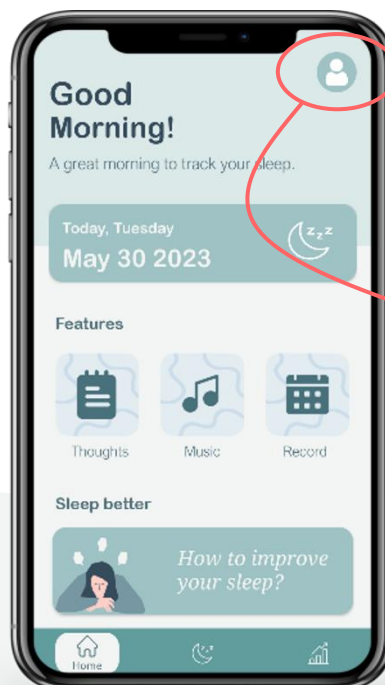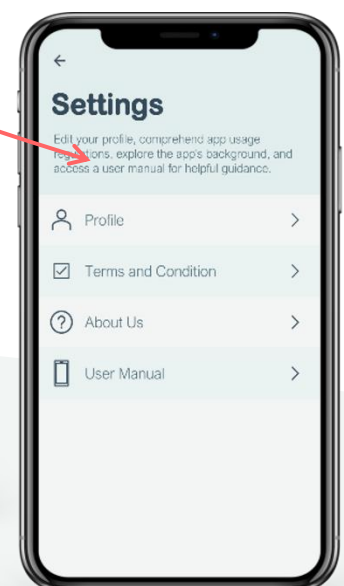
Almost there!

Now let's get to know you and your sleeping habits to validate your signup request.

What time do you usually go to sleep at night?

- ○ Between 8 PM to 9 PM
- ○ Between 10 PM to 11 PM
- ○ Between 11 PM and midnight
- ○ Depends if school nights or weekends
- ○ Depends on my mood

Next

Almost there!

Now let's get to know you and your sleeping habits to validate your signup request.

How long does it take you to fall into a deep sleep?

- ◉ 0 to 15 minutes
- ○ 16 to 30 minutes
- ○ 31 to 45 minutes
- ○ 46 to 60 minutes
- ○ More than 61 minutes

Next

Almost there!

Now let's get to know you and your sleeping habits to validate your signup request.

In a week, how many times do you feel you have trouble sleeping?

- ○ 0 to 1 night
- ◉ 2 nights
- ○ 3 nights
- ○ 4 nights
- ○ 5 to 7 nights

Next

Almost there!

Now let's get to know you and your sleeping habits to validate your signup request.

On average, how many hours do you sleep soundly?

- ◉ 0 to 4 hours
- ○ 5 to 6 hours
- ○ 7 to 8 hours
- ○ 9 to 10 hours
- ○ 11 hours and above

Next

Welcome to SLEEPKER

Please wait while loading...

03

Main Screen: consists of three (3) bottom navigations

Good Morning!

A great morning to track your sleep.

Today, Tuesday
May 30 2023

Features

Thoughts   Music   Record

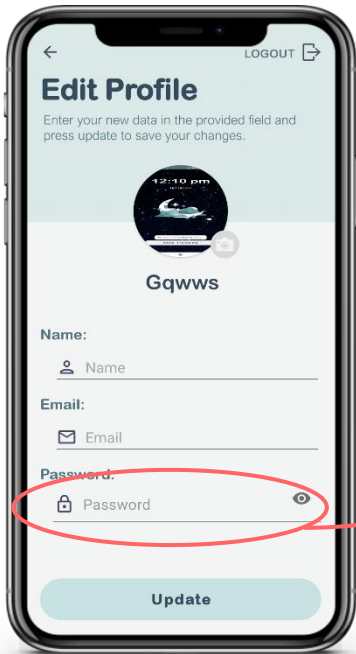**Sleep better**

How to improve your sleep?

Home

3.1

Home Screen: shows the current time and date, a welcome greetings, features, and profile icon

Settings: consists of profile, terms & conditions, about us, and user manual

Settings

Edit your profile, comprehend app usage regulations, explore the app's background, and access a user manual for helpful guidance.

- 👤 Profile >
- ☑ Terms and Condition >
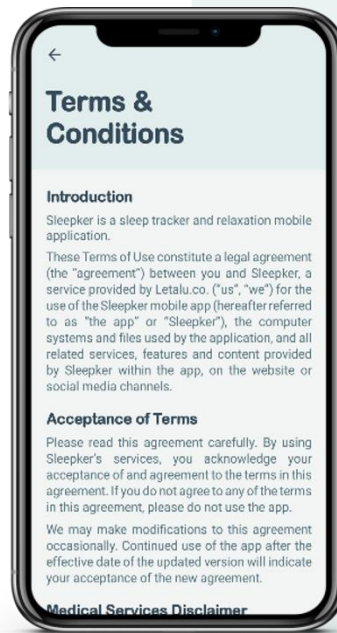- ⑦ About Us >
- 📱 User Manual >

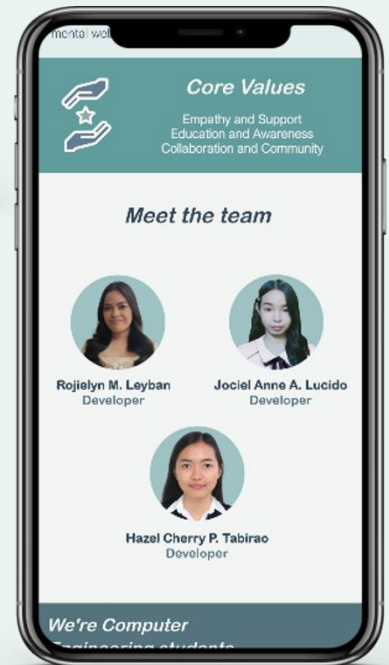**Profile icon:** click to edit, update, and log out user's account

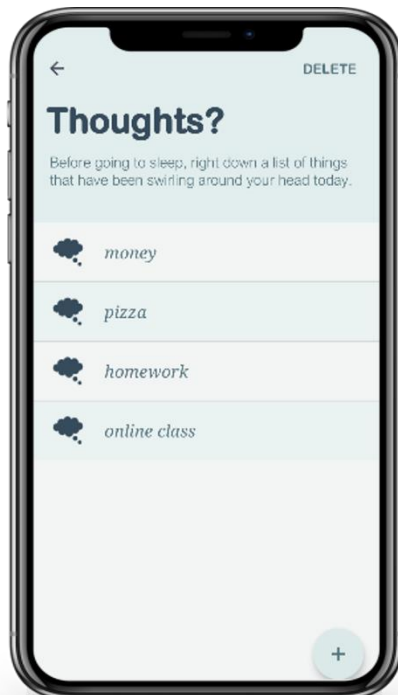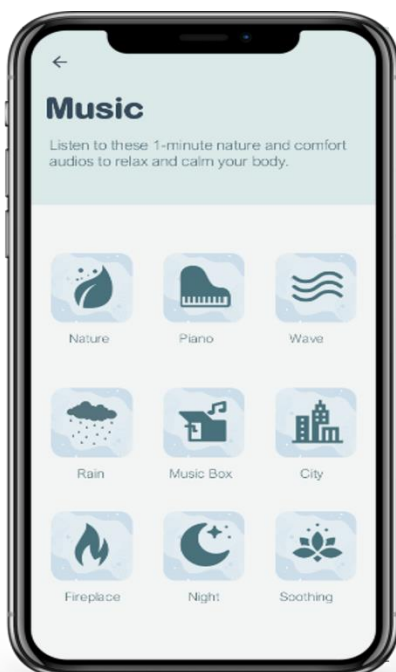**Change password:** change the current password with a strong one

Terms & Condition: Sleepker's rules and restrictions for anyone who uses the mobile app

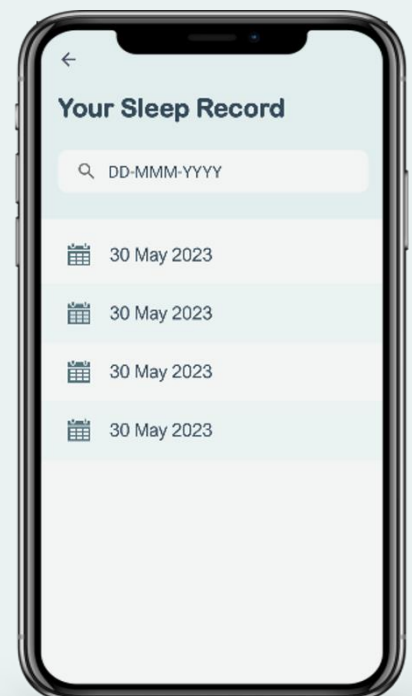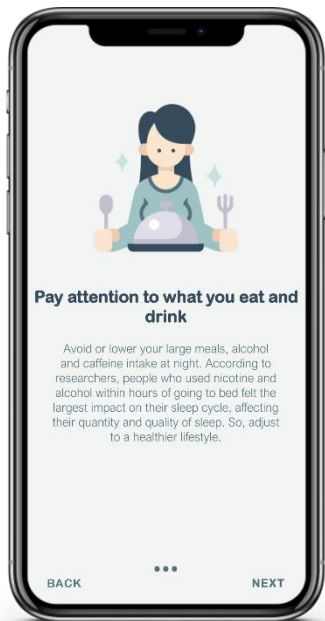**About us:** contains developers journey, mission, vision, and values.

Music: user can listen to 1-minute sounds to relax and calm body.

Thoughts: allow the user to express and record their thoughts before going to sleep.

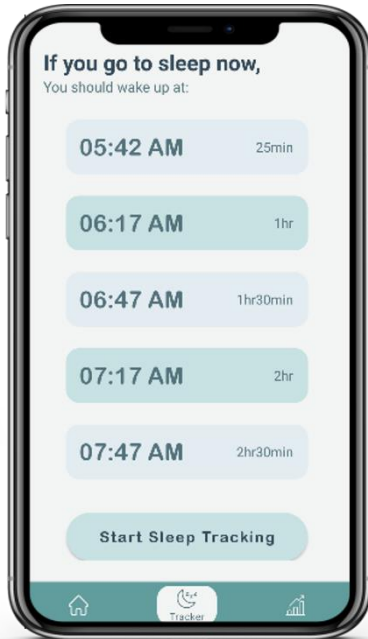**Sleep record:** displays all the sleep record of the user

Pay attention to what you eat and drink

Avoid or lower your large meals, alcohol and caffeine intake at night. According to researchers, people who used nicotine and alcohol within hours of going to bed felt the largest impact on their sleep cycle, affecting their quantity and quality of sleep. So, adjust to a healthier lifestyle.

BACK   ...   NEXT

For the user to read **recommendations** on how to improve sleeping quality.

3.2 **Tracker screen:** displays sleeping cycles if the user wants to sleep now and a Start sleep tracking button

If you go to sleep now,
You should wake up at:

05:42 AM	25min
06:17 AM	1hr
06:47 AM	1hr30min
07:17 AM	2hr
07:47 AM	2hr30min

Start Sleep Tracking

Tracker

05:44 pm
00:00:18

Stop Tracking

Click **Start Sleep Tracking button** to records how long the user sleeps.
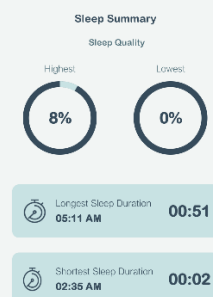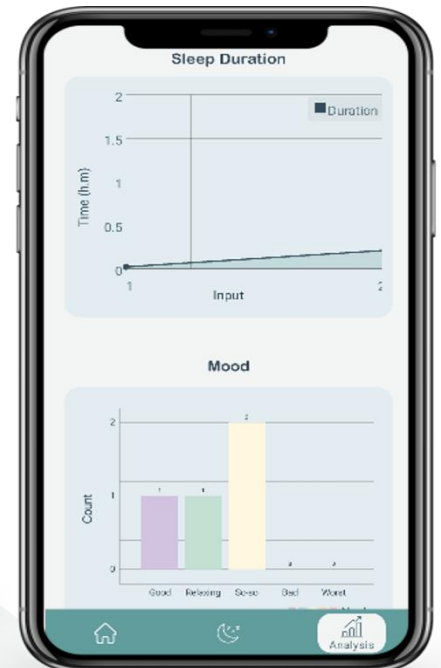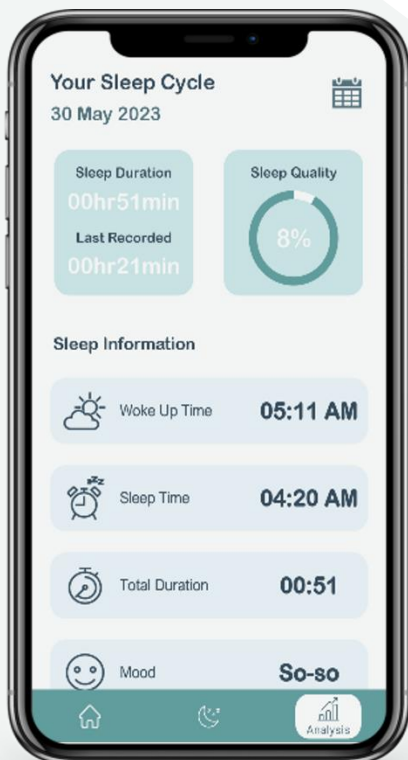Click **Stop tracking button** to stop recording.

Once the stop tracking button is clicked, **Wake up mode** input will display

How's your sleep?

Now let's get to know you and your sleeping habits to validate your sign up request.

- ⚪ Good
- ⚪ Relaxing
- ⚪ So-so
- ⚪ Bad
- ⚪ Worst

3.3

Analysis screen: displays the sleep cycle, and sleep information of the user

Your Sleep Cycle
30 May 2023

Sleep Duration
00hr51min
Last Recorded
00hr21min

Sleep Quality
8%

Sleep Information

☀️ Woke Up Time	05:11 AM
⏰ Sleep Time	04:20 AM
⏱️ Total Duration	00:51
😐 Mood	So-so

Analysis

Your Progress Report

WEEKLY   MONTHLY

Average Sleep Duration
0:22

Average Sleep Quality
3.2%

Sleep Quality

Analysis

Sleep Duration

Mood

Good Relaxing So-so Bad Worst

Analysis

Sleep Summary
Sleep Quality

Highest   Lowest
8%   **0%**

⏱️ Longest Sleep Duration
05:11 AM   **00:51**

⏱️ Shortest Sleep Duration
02:35 AM   **00:02**

Statistics: displays a summary of user night's sleep quality which includes the woke up time, sleep time, sleep total duration, wake up mood, and graph of total sleep length.