

# Settings

## Notifications

- Meal Reminders  ON
- Sleep Aid Reminders  OFF
- Abnormal Sleep Events  ON
- Bedtime Reminders  ON

## Sleep Tracking

- Sleep Tracking
- Manual @ Sound-based
- Check for phone usage?  ON

# Log Sleep

Start Tracking

End Tracking

Add Interruption

## Manual Logging

- Start
- End
- Interruptions
- Rating

## Sleep Assists

White Noise

ON

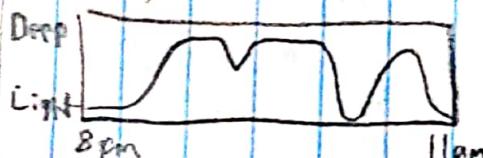
ASMR

OFF

## Sleep History

Last Night Last Week Last Month

Monday



Tuesday



Wednesday

Not Logged

Thursday

Not Logged

Friday

Not Logged

## Sleep Tips

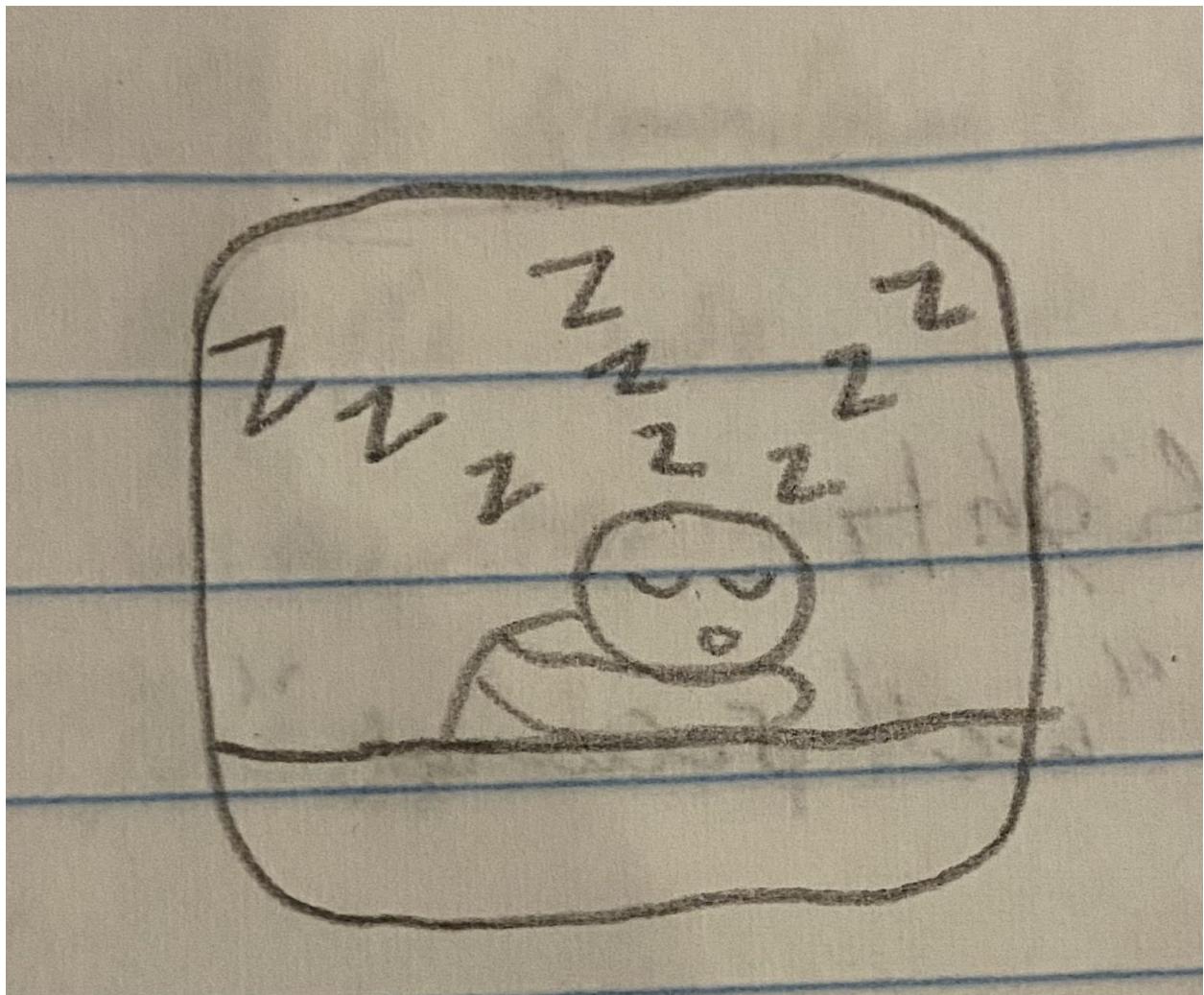
### Medical

- ① Abnormal Snoring Patterns
- ① Gaps in Breath

### Sleep Improvement

- ① Eat Early
  - ① Take Melatonin
  - ① Use White Noise
  - ① Drink more Water
- Gaining Energy

- ② Eat More Fruits
- ② Avoid Oversleeping



# Welcome to The Sleep App!

Sleep  
info

Sleep  
tech-  
niques

My  
Sleep  
Aids

Log  
Sleep

Social

## Sleep Info

Do you know  
your facts?

[ Search]

Top Results

What is REM Sleep?

www.merriam-webster.org

www.merriam-webster.org

Consequences of

no sleep

www.merriam-webster.org

www.merriam-webster.org

## Sleep Techniques

ASMR

Meditation

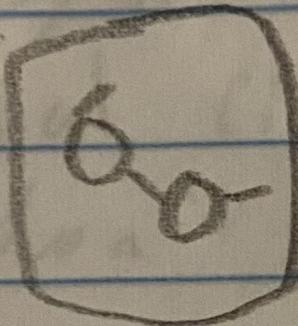
Sound  
Scenes

Breathing  
Exercises

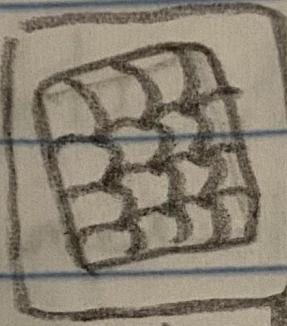
Other  
methods

Buy Sleep  
Aids

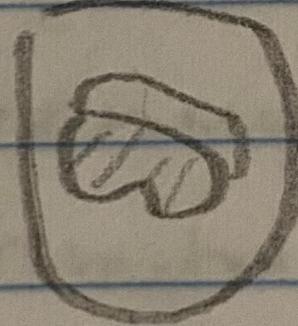
Recommended:



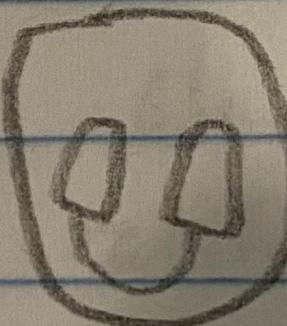
Blue light  
glasses



Weighted  
blanket



Sleep  
mask



Ear  
plugs

Log Sleep

what time did  
you fall asleep?

:  AM  PM

what time did  
you wake up

:  AM  PM

Post

Social



Maria got  
6 hrs last  
night



Joe got  
2 hrs this  
afternoon



You got  
8 hrs last  
night.

10:57

Welcome to the  
Insufficient Sleep  
App!

Z Z z

10:57

What time are  
you going to bed?

<input type="text"/>	:	<input type="text"/>	<input type="text"/>
7		2	9
8		3	0
9		4	1
10		5	2

Submit

10:57

A healthy amount  
of sleep for the  
human body is at  
least 8 hours.

---

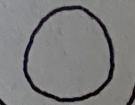
You have selected  
11:00 pm  
for your bedtime  
tonight!

---

Tap the "Check-In"  
button once you've  
woken up.

Goodnight!

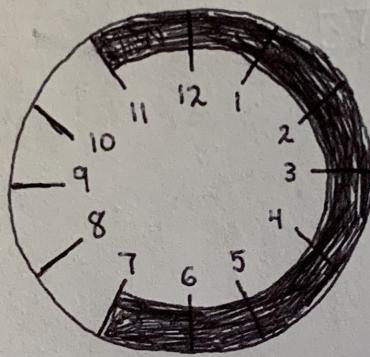
Check-In



7:05

# Good Morning!

Here is how you  
slept:



Wonderful!

You slept for 8  
hours last  
night!

Continue >

7:05

Sleep  
Log

The amount of  
time you slept  
for last night  
has been added  
to your sleep log!

See you  
next time!



# Pylan Johnson

## Sleep Toolbox

English

Medication Alerts

Headed 2 Bed

Device Lockdown

Share my Records

White Noise

Sleep Schedule Alerts

View My Records

Guided Meditation

How tired are you  
to say?

- Energized
- Not Tired
- Somewhat Tired
- Very Tired
- Exhausted



O

English

## Alerts

### Sleep Schedule

Day Mon, Tue, Thu  
To Bed Warn At 10 pm  
Left 30 min

Wed, Fri 20 min

Add  Remove  Edit

To Bed Warn At 11 pm  
6 am  
8 am

### Medication Alerts

Name	Times	Warn At	Days
Sleep Med	8 am / Breakfast 7 pm / Dinner	10 min	Mon-Fri
Sleep Med 2	4 pm	20 min	Sat-Sun

Add  Remove  Edit

Back

Change Sound Settings

Change Notification Settings

## Share My Records

Name email When  
Dr. Robinson rob36@hotmail.com on course

Billy willwerryo@gmail.com Weekly

Add Remove Edit

## guided Meditation

Type

Breath Focused	<input type="checkbox"/>
Visualization	<input checked="" type="checkbox"/>
Progress	<input checked="" type="checkbox"/>
Presentness	<input checked="" type="checkbox"/>

Or

Title / Address  
purpose

Start

Beginner	<input checked="" type="checkbox"/>
Intermediate	<input type="checkbox"/>
Advanced	<input type="checkbox"/>
Expert	<input type="checkbox"/>

## Records

Date	Hours	Quality Record	Rating
10/11	6	Uninterrupted book	Tired
10/12	7	Interruptions - bed	Exhausted
10/13	8	Uninterruped - fine	Not bad
10/14	9	Very Interruped - Five	Energy

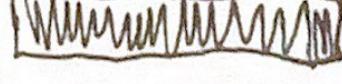


Clear

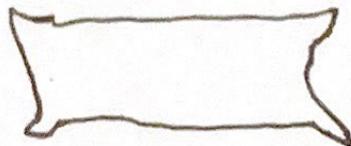
Jackson Gmn



# Sleep Log

Last Night:		2 breaks 5 hours slept more than last week's average
10/25		1 break 4:25 slept ↓ worse night
10/24		0 breaks 😊 7:12 slept Best night in 2 weeks!
10/23		3 breaks 3:50 slept ↓ Bad night, but you can improve
Weekly Average	Average Night 	About 2.2 breaks per night Average 4:45 slept ↑ 30 minute increase from last week.

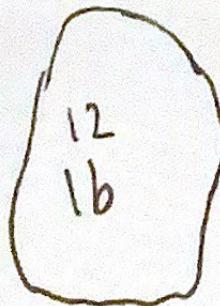
## Products



Magic Pillow : \$21.99 on Amazon



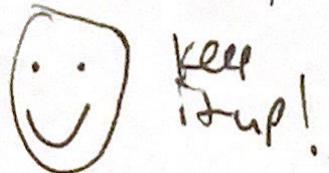
White Noise Machine. \$11.50 on Walmart



Weighted Blanket : \$44.00 on Belk

## Activity Log

Exercise: 2 hrs a day



keep it up!

Screen: 5 hrs a day

Time: (:( ) would be better...

Time between: 30 min

Eating and  
Sleeping . (:( ) Try to  
go for  
at least  
an hour

## Suggestions

- Try to stay more focused on your work so you're not leaving free time!
- Keep staying active, and try new ways of exercising!
- Try setting a time to start going to sleep at the same time every day.