Scenario:

You have been having trouble sleeping for the past 3 days. You find this online app that helps you manage your sleep schedule and helps you get at least 8 hours of sleep a day.

Task 1:

Set the app to the projected time where you wake up everyday

Task 2:

Throughout the day, check the app to make sure it does not change your times.

Task 3:

Go to sleep and see the difference between you waking up with/without it.

Notes:

What I would change:

- Make it to where the app calculates the amount of sleep you'd be getting each night.
- The layout of the welcome screen.

What I would not change:

- Water reminder
- Ability to change times whenever