**a**

track past meals

or experiment with future meal timing

meal size    time

report current 'hunger' for better predictio

past or predicted next meal

shows hunger estimat in colour in the dial

planned or past sleep

predicts future hunger

**b**

01:20

Sleep in 27 min

predicts sleep time

tracks digital media consumption

influence the time through phone usage

**c**

releases water when awake

shows past days sleep pressure

tracks sleep

taps out water when asleep