

PROJECT 3: SMART WATCH TO BETTER SLEEP TRACKING



BACKGROUND AND USER RESEARCH

- A constant feeling of sleepiness throughout the day.
- Irregular sleep schedules, often caused by late-night activities such as studying, socializing, or excessive screen time.
- Poor quality of sleep, leading to difficulty concentrating and reduced energy levels during the day.
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OBSERVATION

During the research phase of this project, I observed four individuals to understand sleep-related challenges among students. These observations emphasized the widespread nature of sleep-related challenges among students, confirming the need for an accessible and effective solution tailored to their specific needs.

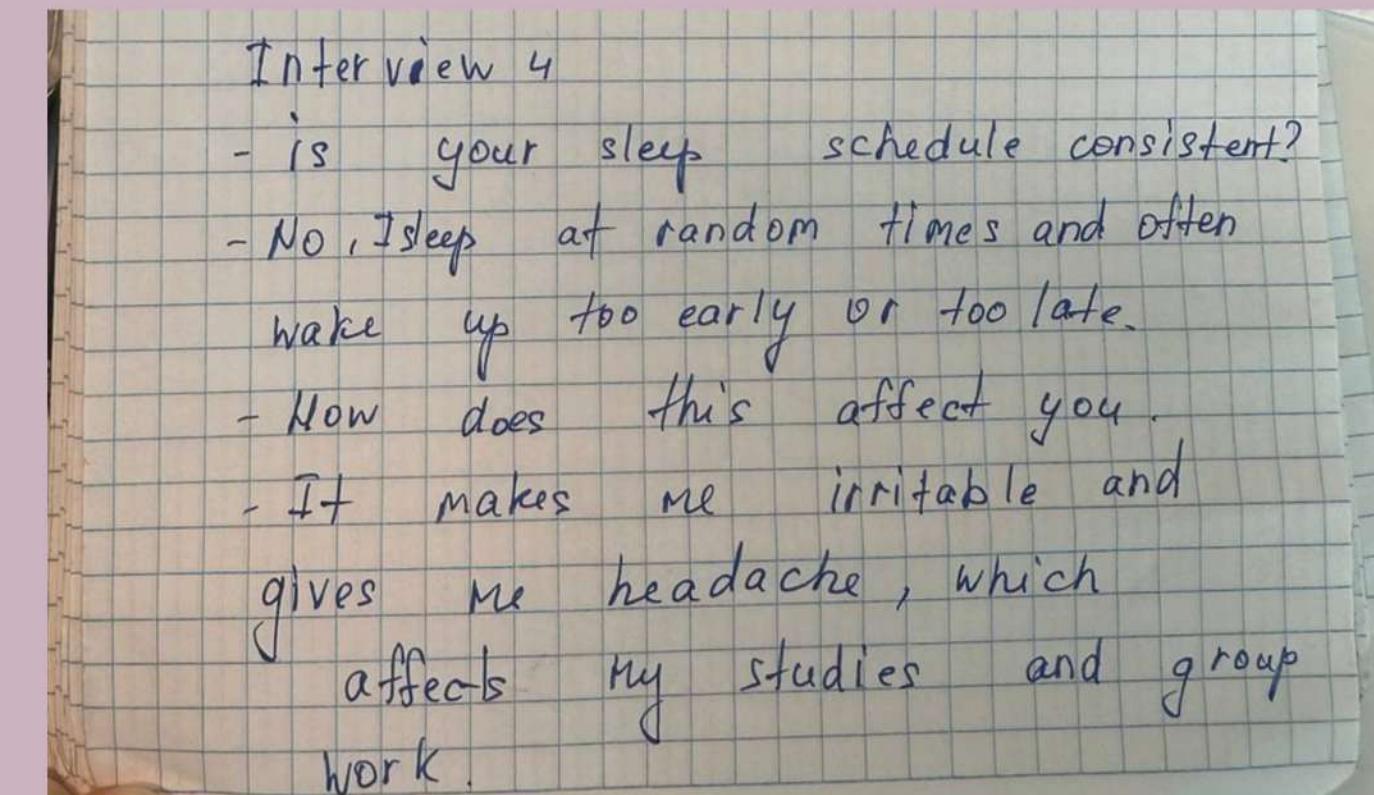
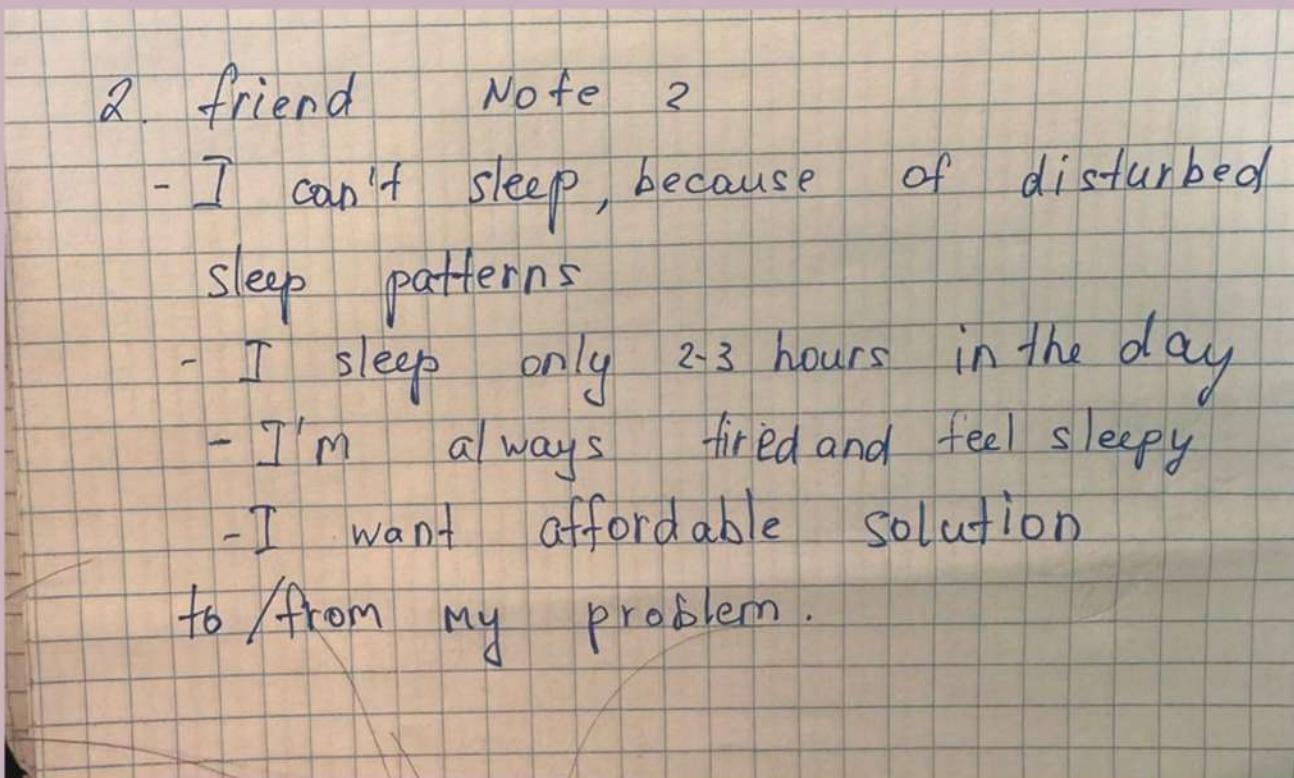
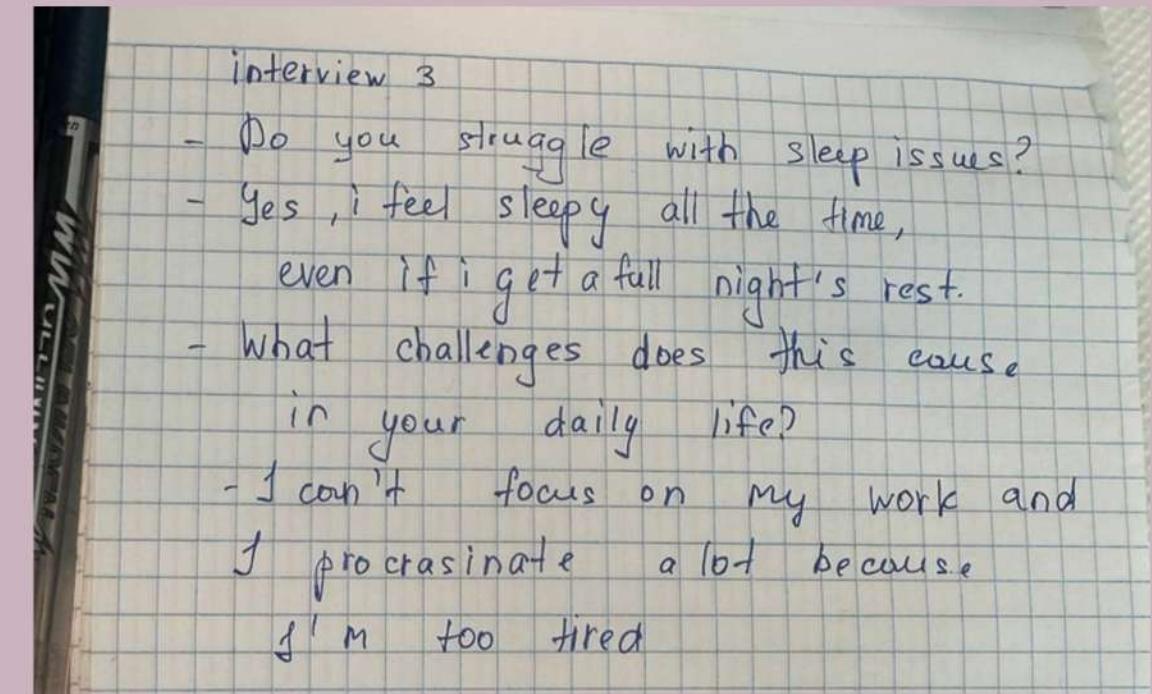
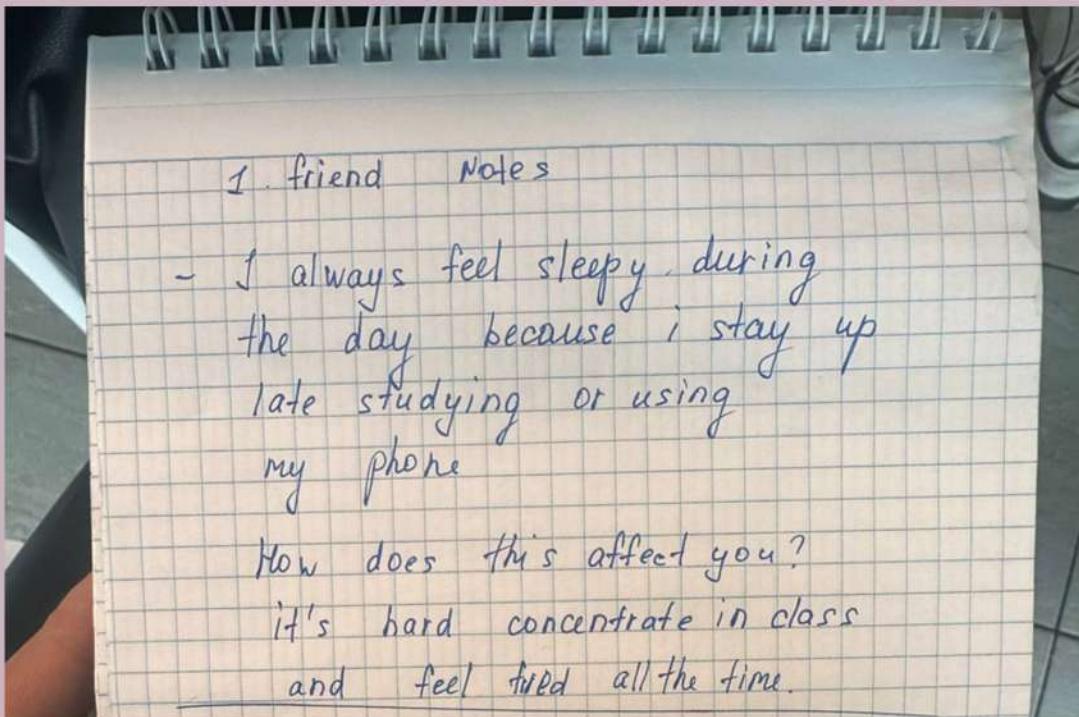
QUESTIONS AND ANSWERS

Main Questions:
Do you face any issues with sleep?
How does sleep issues affect you during the day?

Answers:
I always feel sleepy during the day because I stay up late studying or using my phone.

Answers:I can't focus on my work, and I procrastinate a lot because i can not sleep at night that leads to being tired .

INTERVIEW AND NOTES



KEY FINDINGS FROM INTERVIEW

- Common Challenges:
 - Difficulty maintaining a consistent sleep schedule.
 - Lack of understanding about the importance of sleep quality on academic and physical performance.
- Interest in Solutions:
 - Many students expressed interest in affordable, easy-to-use tools for tracking and improving sleep.
 - The idea of wearable technology, like smartwatches, was particularly appealing due to its convenience and multifunctionality.

SOLUTION

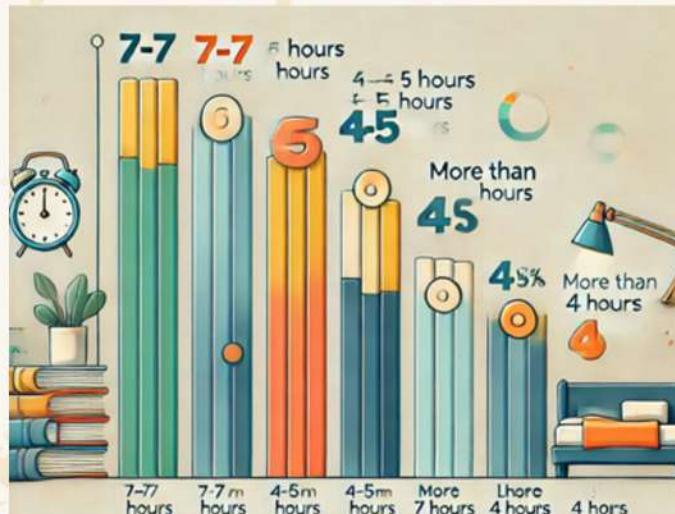
The HONOR Choice Watch can be a valuable tool for students seeking to improve their sleep hygiene and overall well-being.



PROPER ANALYSIS OF DATA

The data collected highlights the sleep-related challenges faced by students. It offers insights into their **habits**, **obstacles**, and **possible solutions** to improve sleep quality and overall well-being.

KEY INSIGHTS INTO SLEEP CHALLENGES AND SOLUTIONS:



sleep hours



sleep obstacles



smart watch usage



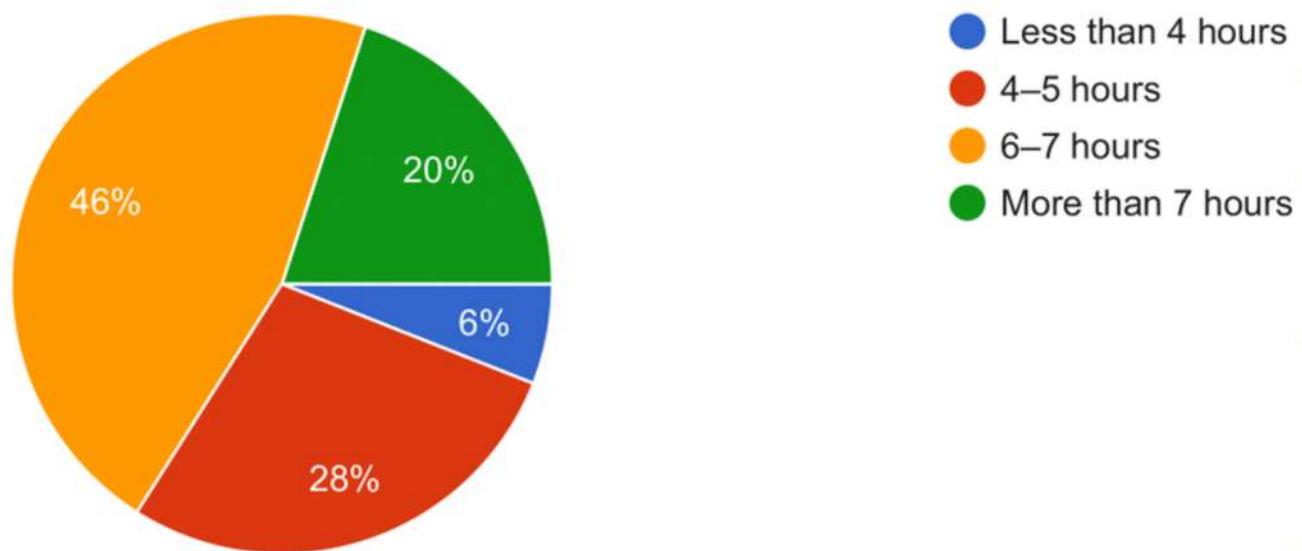
functions



SLEEP DURATION ON WORKDAYS

How many hours of sleep do you usually get on work days?

50 responses



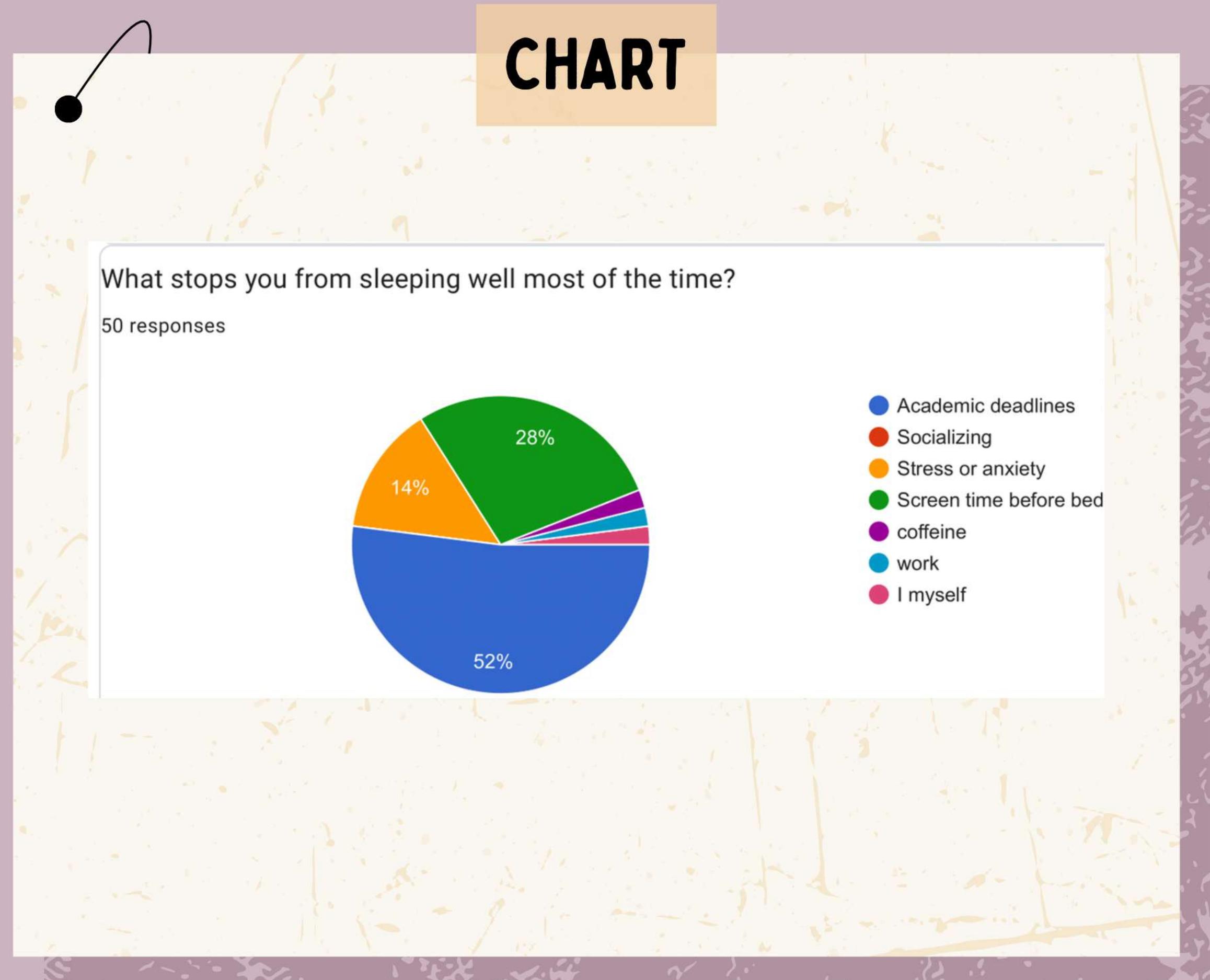
SLEEP HOURS

Most students sleep 6–7 hours (46%) or 4–5 hours (28%) on workdays. Only 10 students manage more than 7 hours, indicating a widespread issue of insufficient sleep.

SLEEP OBSTACLES

Key obstacles include academic deadlines (52%), screen time (28%), and stress (14%). These factors disrupt students' ability to maintain a consistent and restful sleep schedule.

CHART

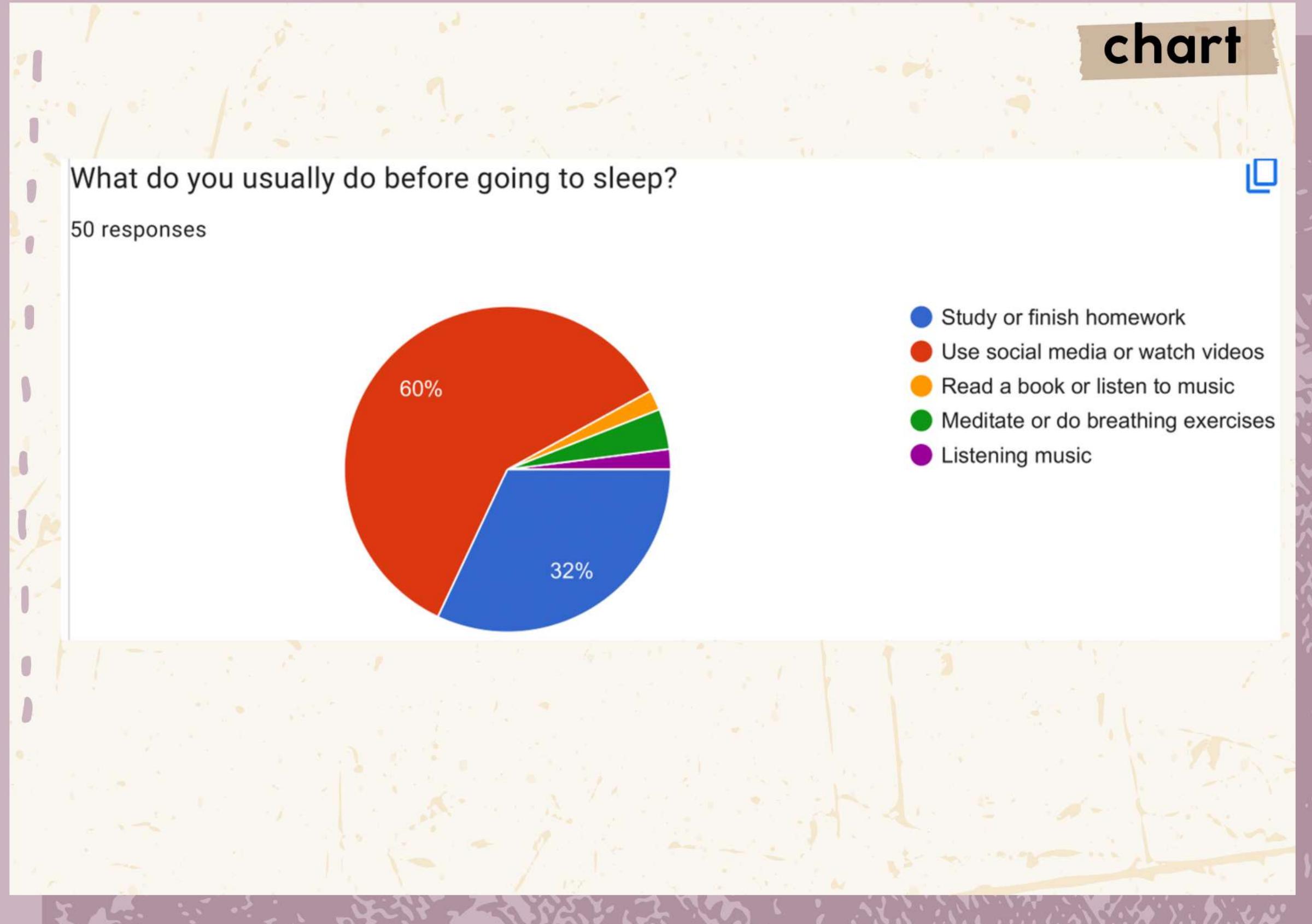


PRE-SLEEP ACTIVITIES

A majority of students use social media or watch videos (60%) before bed, while others study (32%).

Only a small fraction engages in relaxing activities like meditation or reading.

chart



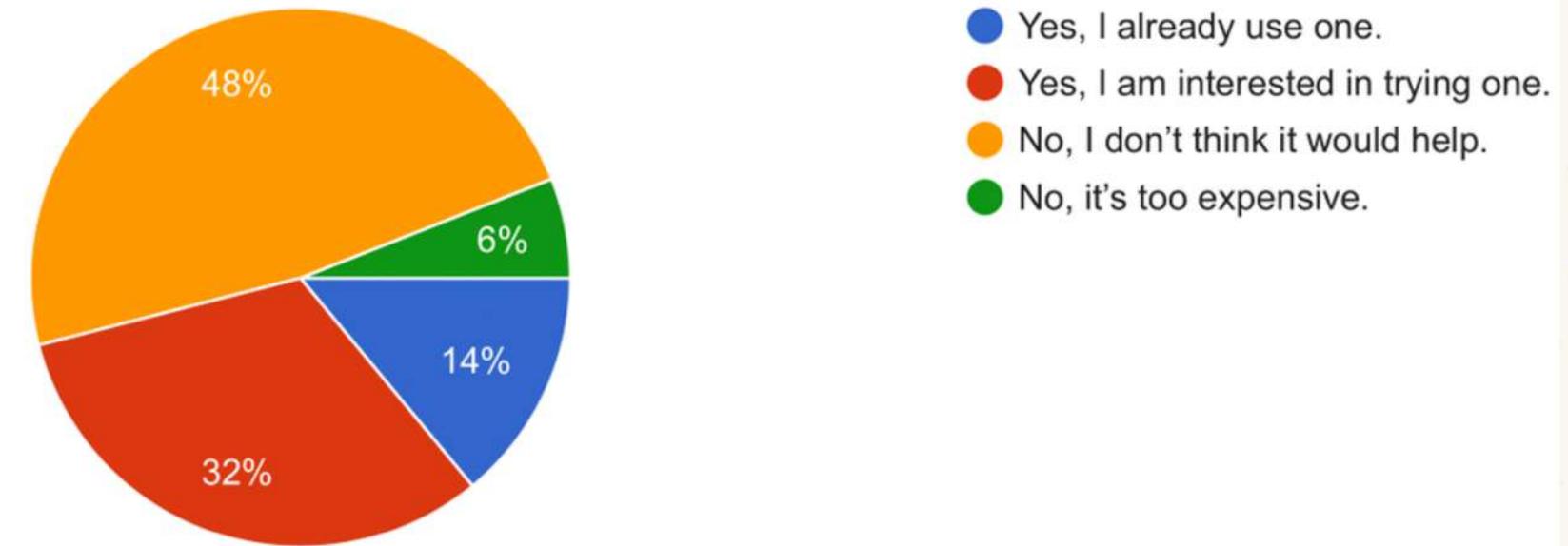
INTEREST IN SLEEP-TRACKING DEVICES

About 48% of students are open to trying or already use smartwatches for sleep improvement. However, cost remains a barrier for some (6%).

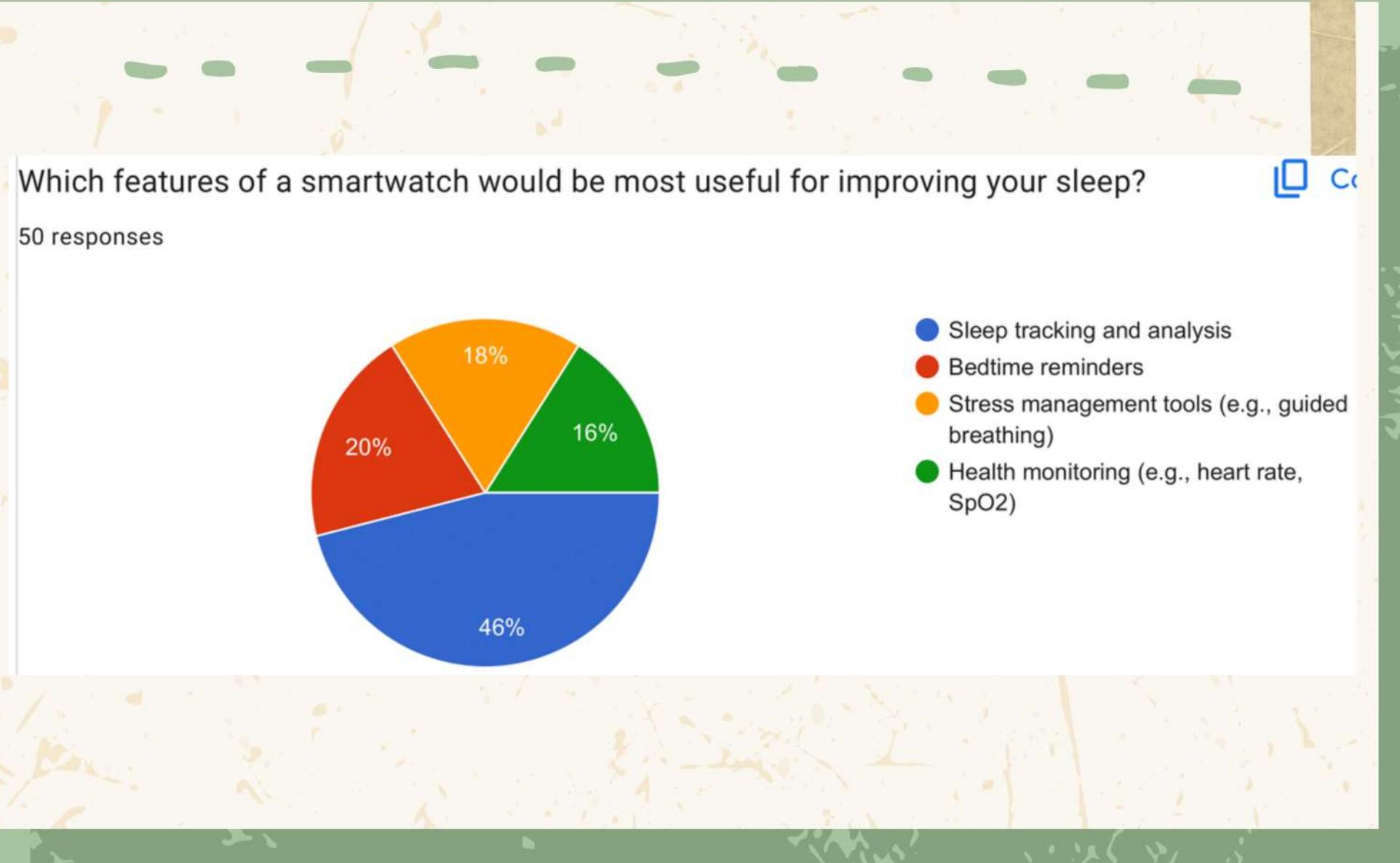
CHART

Would you consider using a device (e.g., smartwatch) to track and improve your sleep?

50 responses



SMARTWATCH FEATURES FOR BETTER SLEEP



Students consider sleep tracking (46%) as the most essential feature, followed by bedtime reminders (20%), stress management tools (18%), and health monitoring (16%).

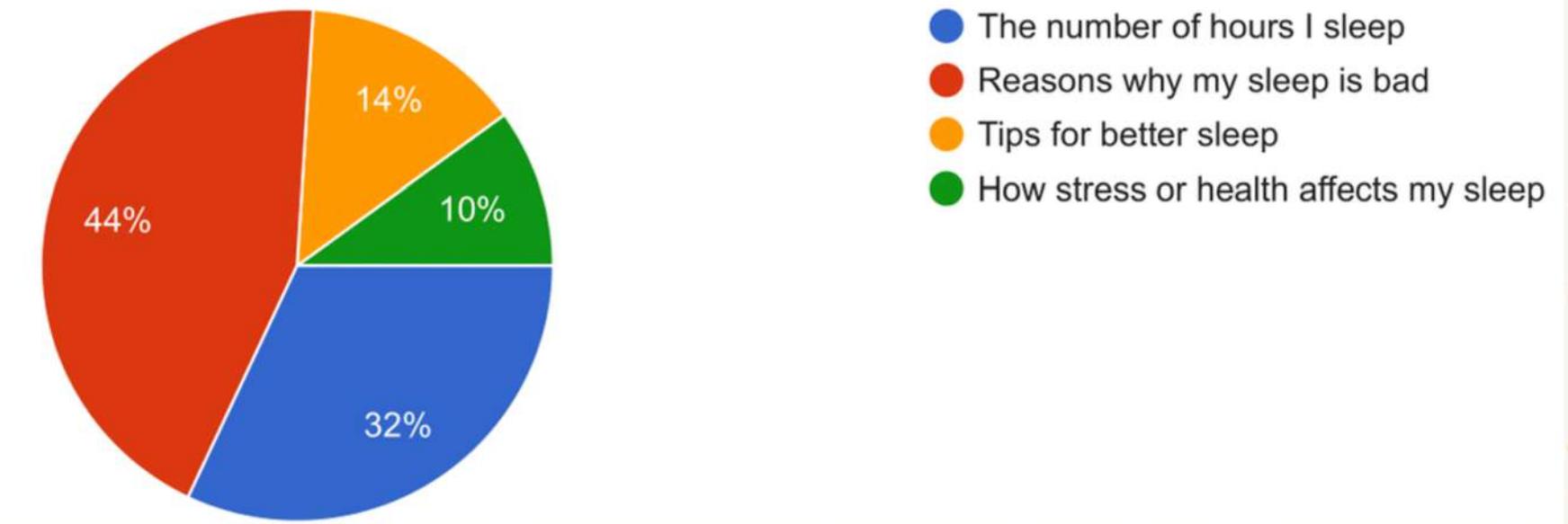
DESIRED SLEEP INFORMATION

Key preferences include understanding reasons for poor sleep (43%), seeing the number of sleep hours (30%), receiving tips for better sleep (20%), and analyzing the impact of stress or health on sleep (7%).

If you had a smartwatch, what information about your sleep would you like to see?

50 responses

 Copy chart





POSSIBLE SOLUTIONS FOR BETTER SLEEP

Key Features to Include:

- Sleep tracking and analysis for understanding sleep patterns.
- Bedtime reminders to support better routines.

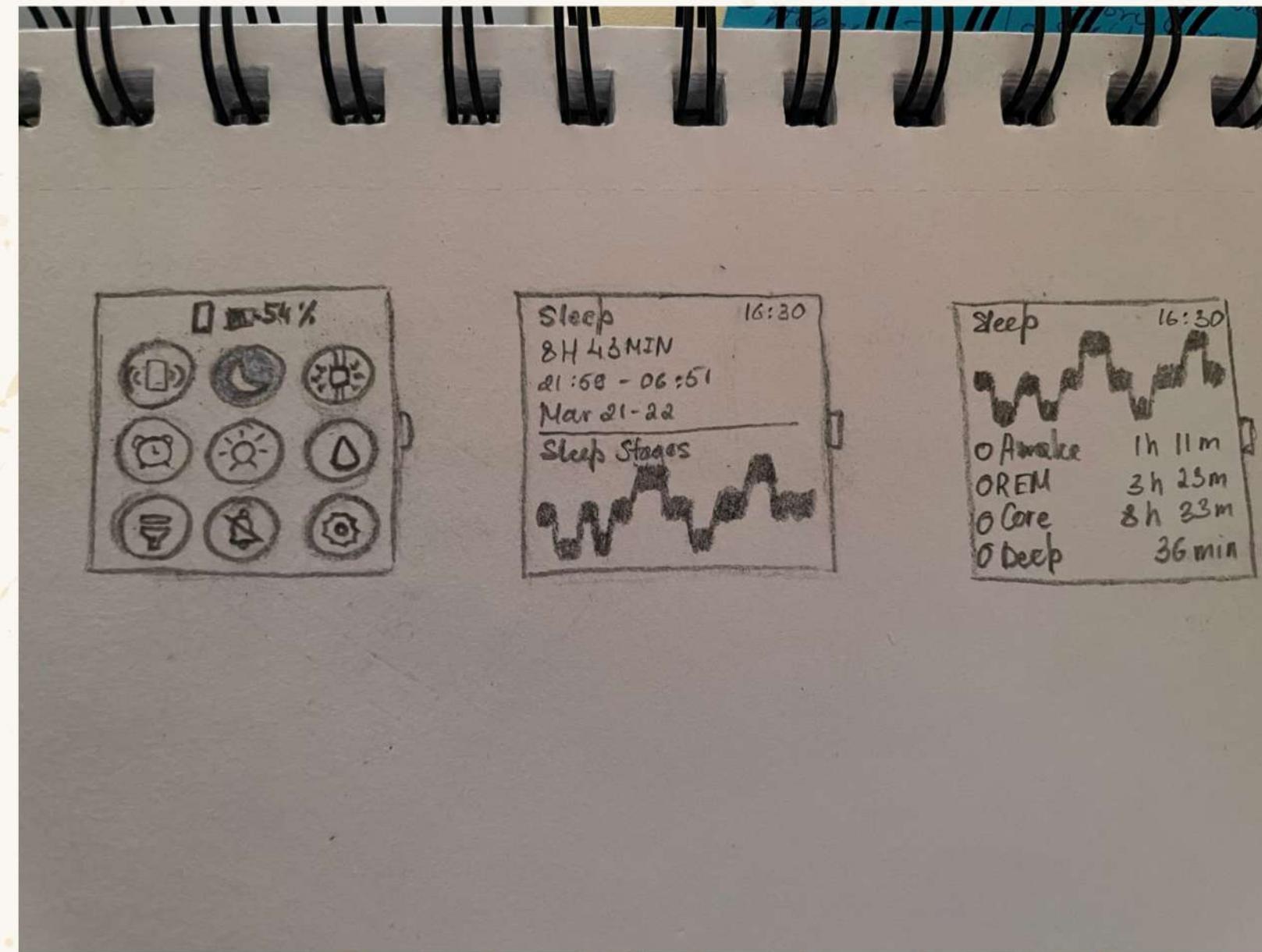
Affordability:

Budget-friendly solutions like the HONOR Choice Watch can provide essential features without being cost-prohibitive for students.

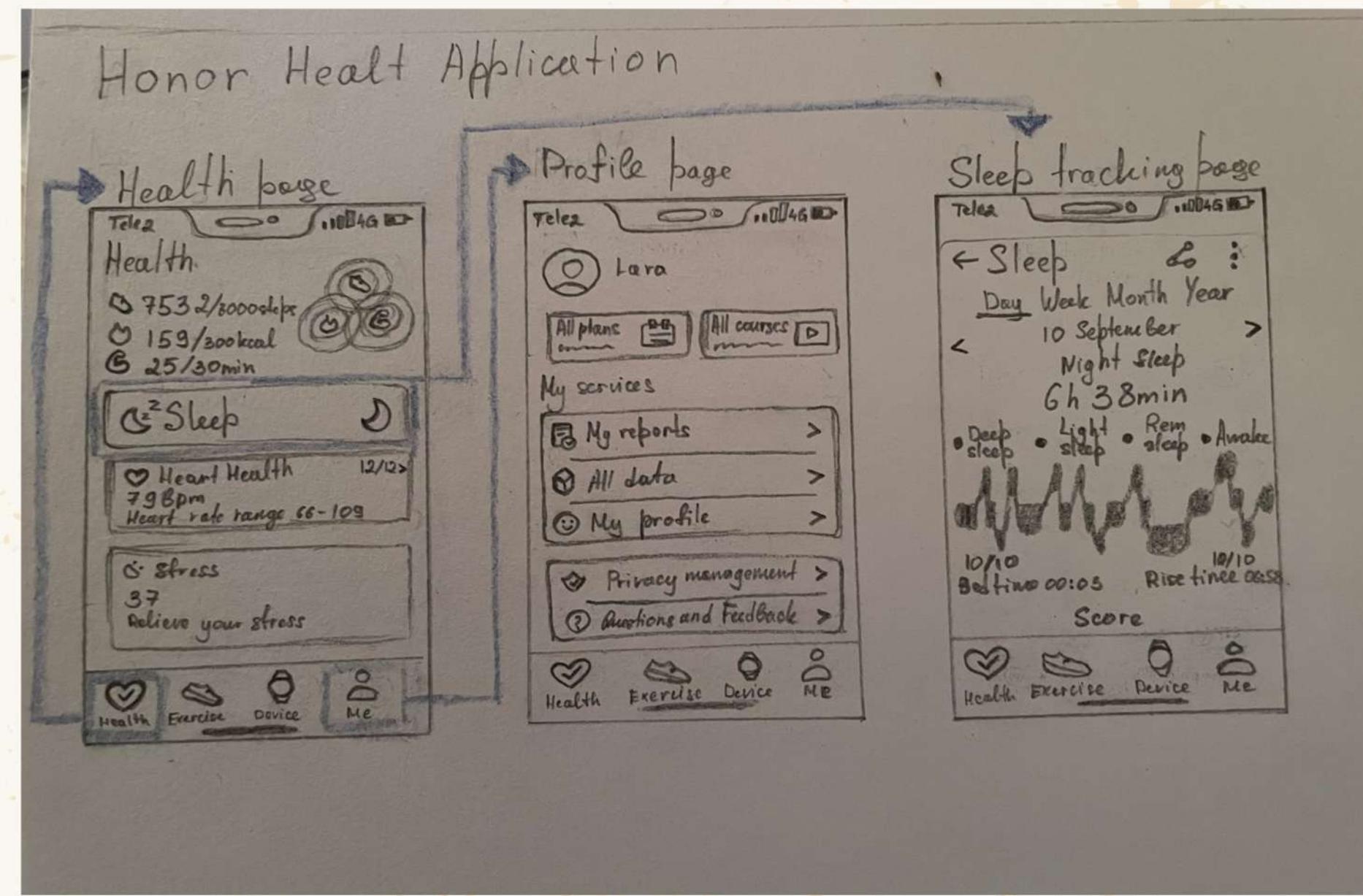
Education:

Increase awareness about sleep hygiene and its benefits through tips and strategies, paired with sleep-tracking devices to encourage long-term behavior changes.

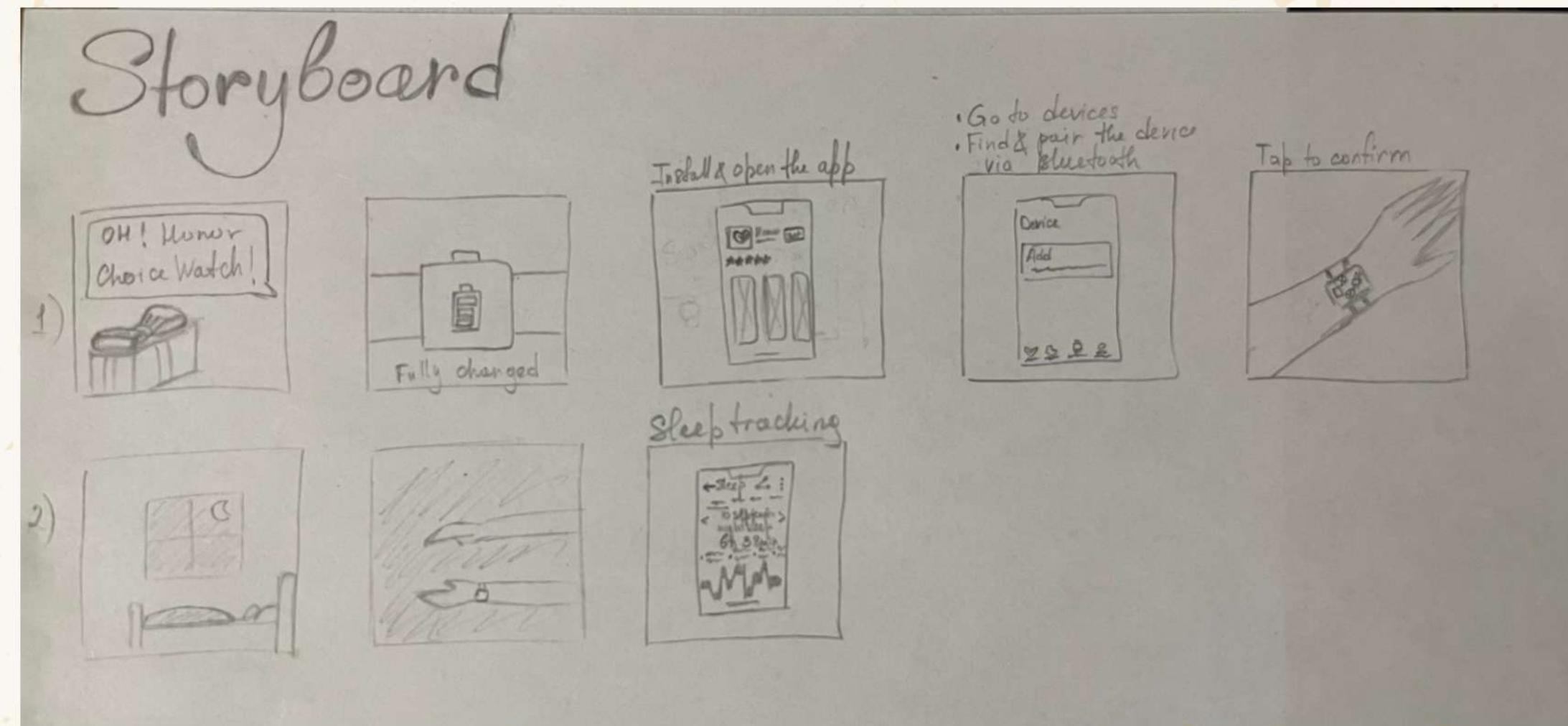
SKETCHES



PROTOTYPES



STORYBOARD

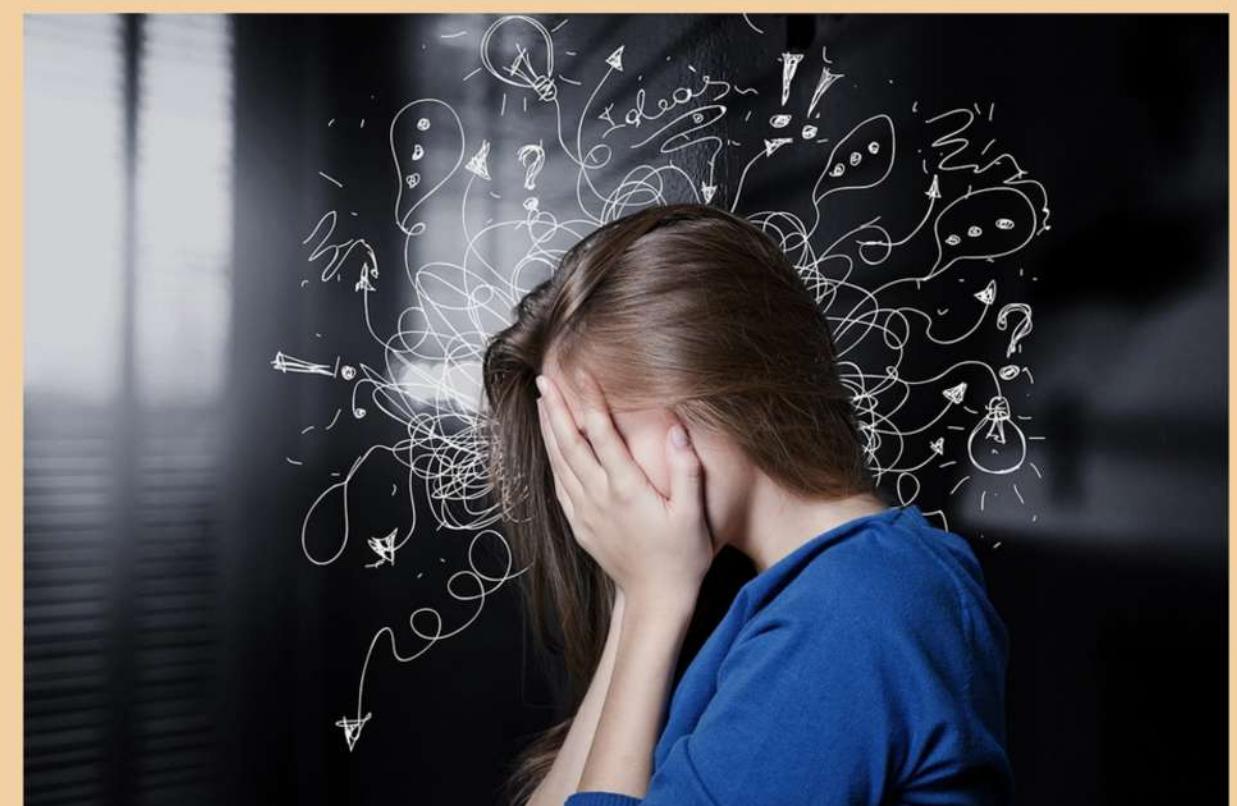


A/B testing method

Version A:

The HONOR Choice Watch without the "Relaxation Before Sleep" feature.

- **Functionality:**
 - o The watch provides only a standard sleep notification in the form of vibration or screen flashing.
 - o The notification is activated 30 minutes before the planned sleep time.
- **Problems:**
 - o Users tend to ignore the standard reminder as they lack tools for relaxation.
 - o High levels of stress and anxiety remain unaddressed, making it harder to fall asleep.



A/B testing method

Version B:

The HONOR Choice Watch with the "Relaxation Before Sleep" feature.

- **Functionality:**

- 30 minutes before bedtime, the watch activates a relaxation program that includes:
 - Breathing exercises with step-by-step instructions displayed on the screen (e.g., "inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds").
 - Relaxing nature sounds (e.g., rain, birdsong, or white noise) played through the watch's speaker.
 - Tips displayed on the screen with suggestions like "Turn off gadgets," "Dim the lights," "Avoid caffeine."
- **Advantages:**
 - The watch helps reduce stress levels and prepares users for sleep.
 - An interactive approach engages users in the relaxation process.



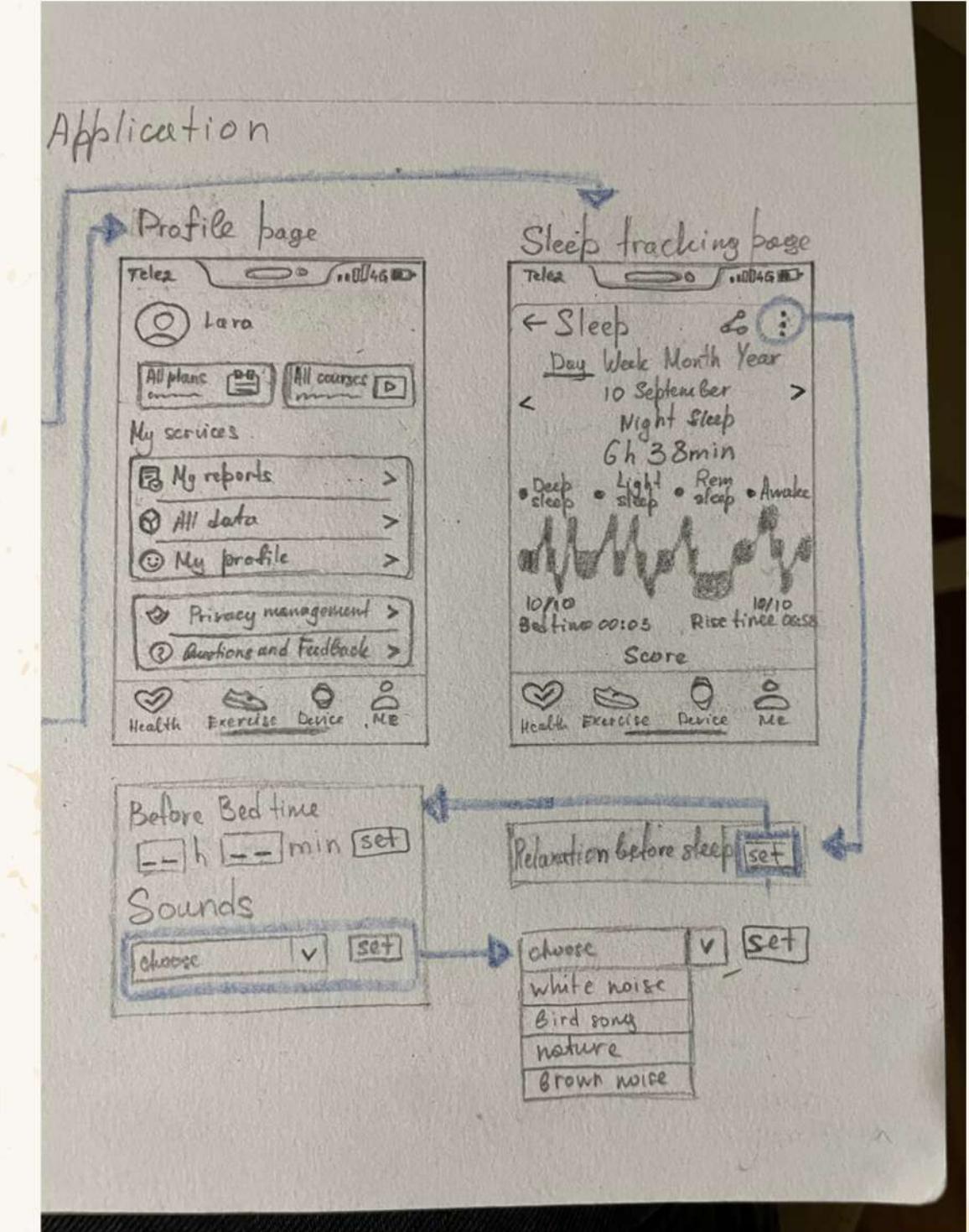
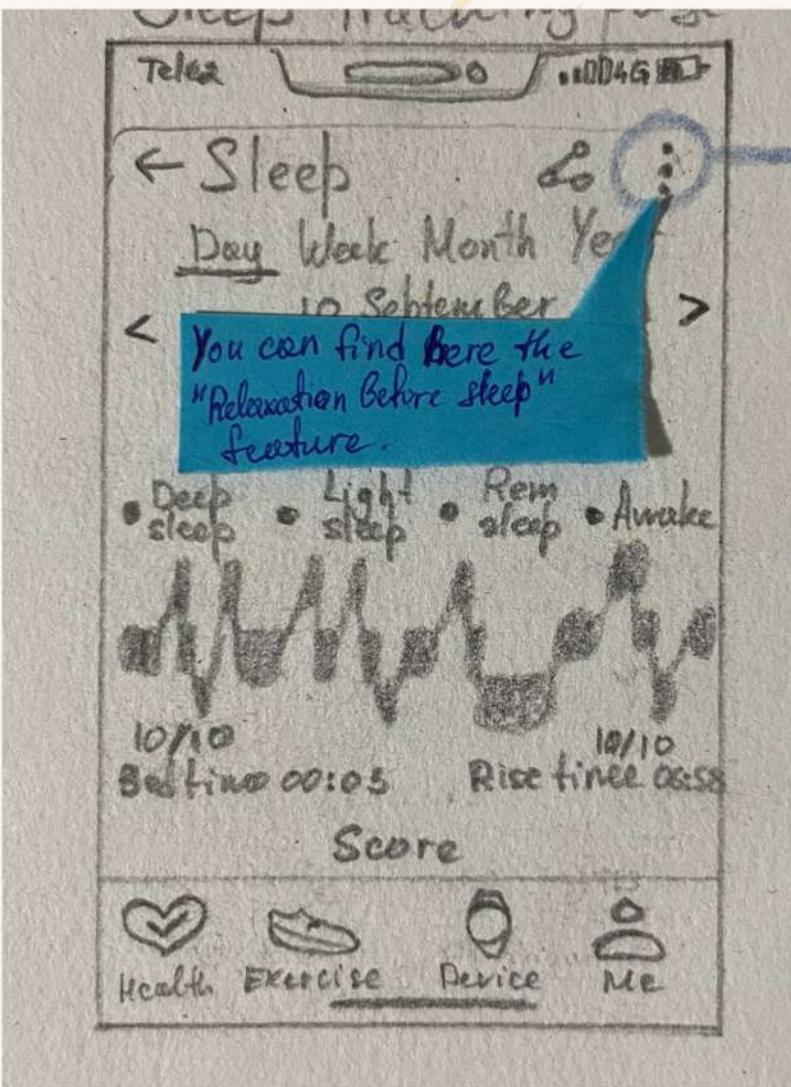
A/B Testing Results:

- **Time to fall asleep:** Users of Version B fall asleep faster due to the relaxation program, which helps reduce stress and prepare them for rest.
- **Stress reduction:** Version B significantly reduces stress before sleep, as breathing exercises and nature sounds promote relaxation.
- **Sleep quality:** Users of Version B reported better and more restful sleep, thanks to the tools provided for pre-sleep preparation.

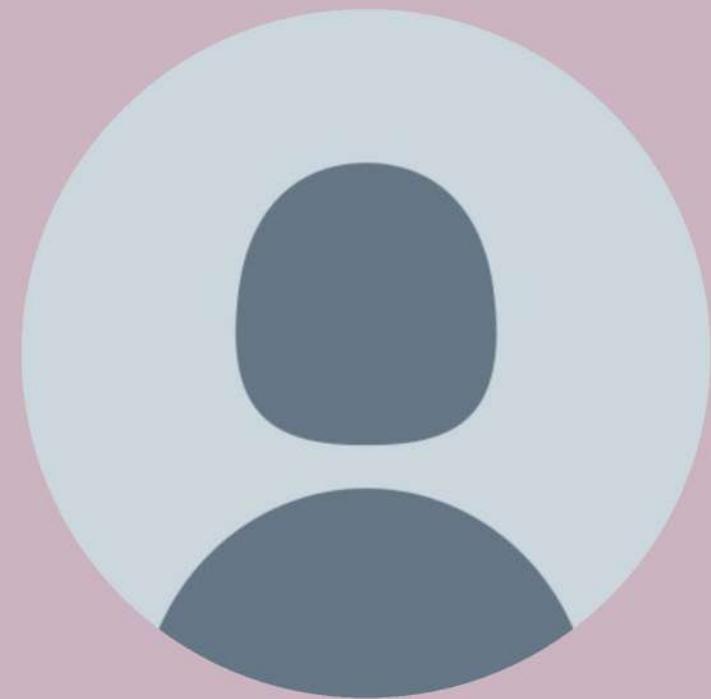
Conclusion: Version B with the "Relaxation Before Sleep" feature proved to be more effective, enhancing the user experience and helping students fall asleep faster and wake up feeling more refreshed.



FINAL DESIGN

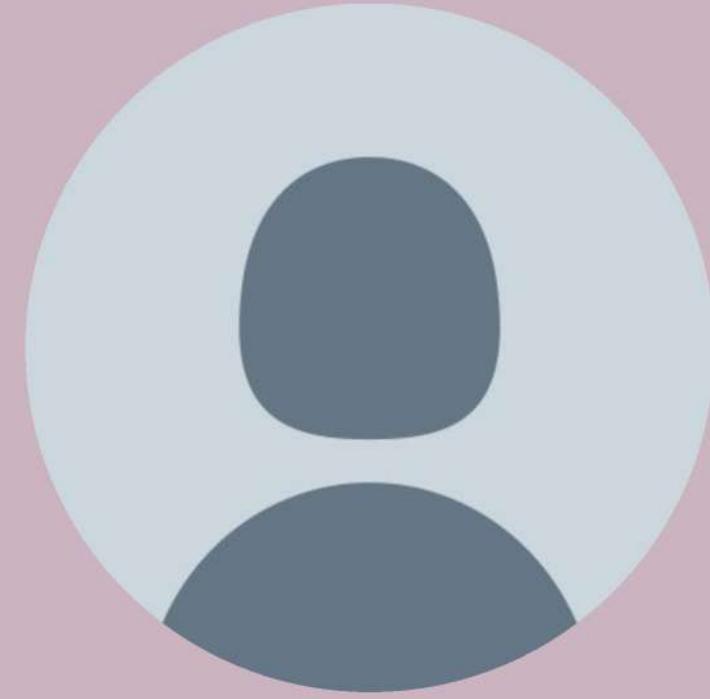


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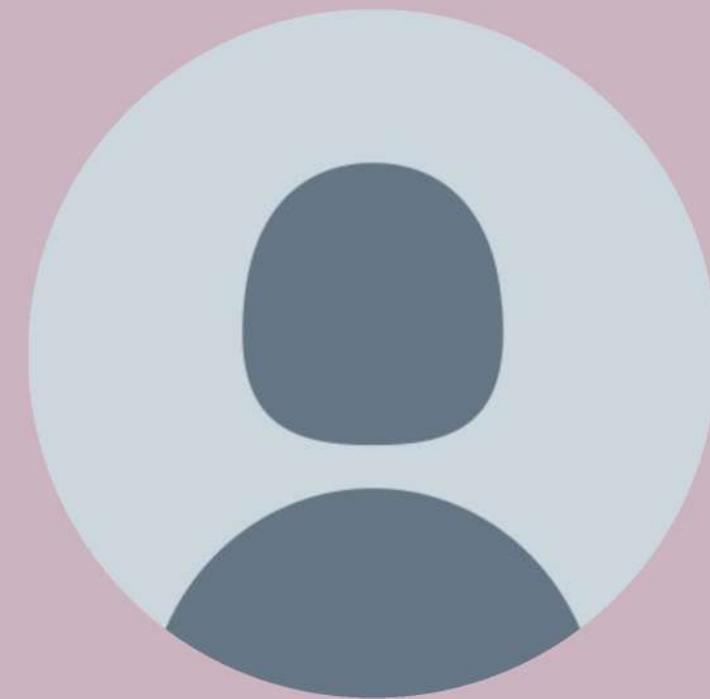
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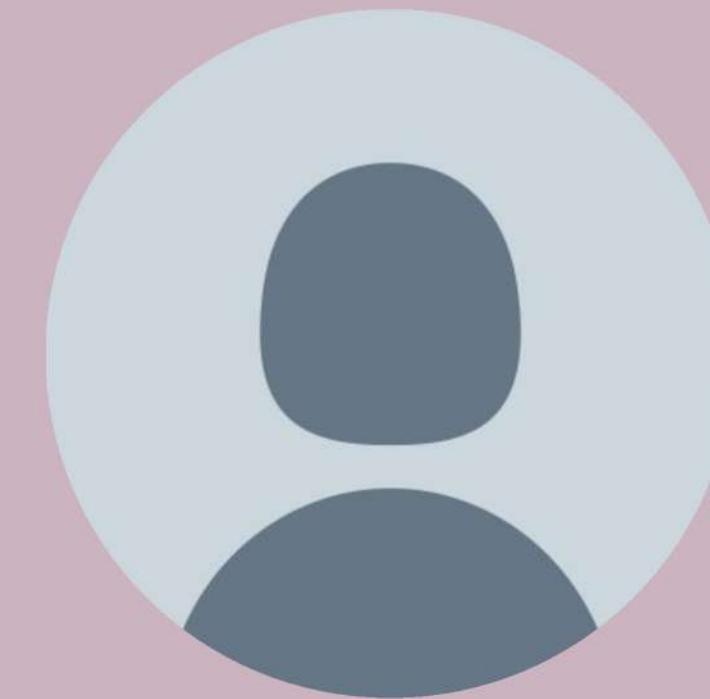
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THANK YOU FOR YOUR ATTENTION

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Background Research: The HONOR Choice Watch for Students

The **HONOR Choice Watch** is a highly affordable and feature-rich smartwatch that offers a variety of health and fitness tracking features designed to help students improve their well-being. Among its key features, the watch's **sleep tracking capabilities** stand out, making it especially relevant for students who often face challenges related to sleep. In addition, the HONOR Choice Watch includes voice control for ease of use and is priced to be more accessible compared to other smartwatches, making it an ideal choice for student budgets.

Sleep Tracking and Monitoring

Students often struggle with sleep-related issues, and the **HONOR Choice Watch** offers a comprehensive sleep tracking system that monitors multiple stages of sleep, including **light sleep, deep sleep, and REM (Rapid Eye Movement)** sleep. By analyzing these stages, the watch provides insights into the quality of sleep, which can help students identify if they are getting enough rest or suffering from disrupted sleep patterns.

Many students face problems such as insomnia, poor sleep quality, and irregular sleep schedules. The stress of studying, late-night screen time, and social pressures often result in disrupted sleep cycles, leading to fatigue, difficulty concentrating, and irritability during the day. By using the HONOR Choice Watch, students can gain a better understanding of their sleep habits and receive personalized recommendations to improve their sleep quality. The watch's ability to track sleep patterns over time can help students recognize harmful habits like late-night studying or excessive caffeine consumption, allowing them to take proactive steps toward healthier sleep routines.

Voice Control Feature

The **voice control** feature of the HONOR Choice Watch adds an additional layer of convenience. Students often lead busy lives and may not have the time or energy to manually interact with their devices. With voice control, students can easily interact with their smartwatch to set reminders, check the weather, play music, or receive notifications without needing to touch the screen. This hands-free interaction is especially helpful while studying, commuting, or during exercise sessions, sleeping making the HONOR Choice Watch a versatile companion.

Smartwatches **HONOR CHOICE Watch** are equipped with a microphone and speaker, allowing users to make and receive calls via Bluetooth. However, the voice assistant feature is not available in this model.

In other models of HONOR smartwatches, such as the **HONOR MagicWatch 2**, voice control is implemented, including the use of a voice assistant to manage device functions and retrieve information.

Price Comparison with Other Smartwatches

The **HONOR Choice Watch** is priced competitively, making it an attractive option for students who need a smartwatch that balances both functionality and affordability. The typical price range for the HONOR Choice Watch is around **\$50 to \$100**, which is significantly lower than other popular smartwatches like the **Apple Watch Series 8** or the **Samsung Galaxy Watch**, which can cost upwards of **\$200 to \$300**.

For students on a budget, the HONOR Choice Watch offers many of the essential features of more expensive models at a fraction of the cost. It includes basic fitness tracking, sleep monitoring, notifications, and a long-lasting battery, providing excellent value for money.

Observation and Interview Details

Observation and Notes

During the research phase of this project, I observed four individuals to understand sleep-related challenges among students. The participants included two of my close friends and two of my groupmates. All four of them shared similar experiences and struggles with sleep issues.

Key problems identified from the observation included:

- A constant feeling of sleepiness throughout the day.
- Irregular sleep schedules, often caused by late-night activities such as studying, socializing, or excessive screen time.
- Poor quality of sleep, leading to difficulty concentrating and reduced energy levels during the day.

The observations highlighted a significant gap in awareness and tools among students for managing their sleep and health effectively within their limited budgets. These observations emphasized the widespread nature of sleep-related challenges among students, confirming the need for an accessible and effective solution tailored to their specific needs.

Addressing Sleep Issues Among Students

1. **Inconsistent Sleep Schedules:** Many students struggle with managing their time effectively, leading to late-night studying or socializing, which disrupts their circadian rhythms and results in inconsistent sleep patterns.
2. **Stress and Anxiety:** Academic pressure, exams, and social factors can lead to stress and anxiety, making it difficult to relax and fall asleep.
3. **Poor Sleep Quality:** Even if students manage to get enough hours of sleep, it's often of poor quality. This can be caused by frequent wake-ups, restlessness, or insufficient deep sleep.

4. Impact on Mental and Physical Health: Sleep deprivation leads to a host of problems such as increased stress, anxiety, irritability, weakened immune systems, and difficulty focusing. In the long run, it can negatively affect academic performance and general well-being.

Interview

Participant 1 (Friend)

- **Challenges:** Struggles with irregular sleep patterns, often staying up late due to academic deadlines and social media.
- **Effects:** Feels constantly tired during the day and finds it hard to concentrate in classes.
- **Comments:** "Even when I try to sleep early, I find it difficult because I'm used to staying up late."

Participant 2 (Friend)

- **Challenges:** Experiences disrupted sleep due to stress from academic pressure.
- **Effects:** Wakes up feeling exhausted and unmotivated, leading to lower productivity throughout the day.
- **Comments:** "Sometimes, I wake up several times during the night and can't go back to sleep. It's really affecting my energy levels."

Participant 3 (Groupmate)

- **Challenges:** Reports feeling sleepy all the time, regardless of how many hours they sleep.
- **Effects:** Has trouble managing time effectively, often procrastinating on assignments due to low energy.
- **Comments:** "I feel like my body is always in sleep mode, even after a long night's rest."

Participant 4 (Groupmate)

- **Challenges:** Suffers from inconsistent sleep schedules, frequently alternating between sleeping too late and waking up too early for classes.
- **Effects:** Experiences headaches and irritability, which impact interactions with peers and group work.
- **Comments:** "My sleep schedule is all over the place, and it's definitely affecting my health and mood."

To gain deeper insights into these issues, a short interview was conducted with a sample group of students. Key findings included:

- **Common Challenges:**
 - o Difficulty maintaining a consistent sleep schedule.

- o Lack of understanding about the importance of sleep quality on academic and physical performance.

- **Interest in Solutions:**

- o Many students expressed interest in affordable, easy-to-use tools for tracking and improving sleep.

- o The idea of wearable technology, like smartwatches, was particularly appealing due to its convenience and multifunctionality.

How the HONOR Choice Watch Can Help Students

The HONOR Choice Watch can be a valuable tool for students seeking to improve their sleep hygiene and overall well-being. Here's how:

- **Track Sleep Patterns:** The watch monitors students' sleep stages to provide insights into their sleep quality. By reviewing these patterns, students can identify the causes of poor sleep and adjust their habits accordingly, such as avoiding caffeine before bed or reducing screen time.

- **Smart Notifications for Sleep Reminders:** The watch can provide gentle reminders to students to wind down for bed at a certain time, helping them establish a consistent sleep routine. Consistent sleep schedules are vital for maintaining healthy circadian rhythms, which can lead to better sleep quality and improved focus during the day.

- **Health Insights:** With continuous heart rate monitoring, SpO2 readings, and stress tracking, the HONOR Choice Watch can provide holistic health data that enables students to assess how stress and physical health might be affecting their sleep. By understanding these factors, students can take targeted action to improve both their physical and mental health.

- **Guided Breathing Exercises:** Many models of the HONOR Choice Watch include relaxation techniques such as guided breathing exercises. These can help students de-stress, calm their minds, and prepare for a good night's sleep.

- **Affordable and Accessible:** As many students are on tight budgets, the HONOR Choice Watch offers an affordable solution to managing sleep and health. By providing essential features at a student-friendly price, the watch gives students an accessible way to prioritize their well-being.

Conclusion

The HONOR Choice Watch is a great choice for students who want a practical, affordable, and effective way to manage their sleep and overall health. Its sleep tracking features, voice control, and budget-friendly price make it an appealing option for students who often struggle with sleep issues, stress, and poor health. By leveraging the HONOR Choice Watch's insights and reminders, students can establish healthier sleep habits, reduce stress, and improve their overall quality of life —leading to better academic performance and a healthier lifestyle.

Interview questions

How many hours of sleep do you usually get on work days?

What stops you from sleeping well most of the time?

What do you usually do before going to sleep?

Would you consider using a device (e.g., smartwatch) to track and improve your sleep?

Which features of a smartwatch would be most useful for improving your sleep?

If you had a smartwatch, what information about your sleep would you like to see?

Proper Analysis of Data

The data collected through observations, interviews, and surveys highlights significant sleep-related challenges faced by students, offering valuable insights into their sleep habits, obstacles, and potential solutions. This analysis synthesizes the findings to identify key patterns and actionable recommendations for addressing these issues effectively.

Key Findings from Observation and Interviews

1. Common Challenges:

- **Irregular Sleep Schedules:** Many students struggle to maintain consistent sleep patterns due to late-night studying, social media use, or other distractions. Participants often reported staying up late, leading to disrupted circadian rhythms and inconsistent sleep cycles.
- **Stress and Anxiety:** Academic pressure and social stressors frequently interfere with students' ability to relax and fall asleep. This results in fragmented sleep or difficulty initiating sleep.
- **Poor Sleep Quality:** Even when achieving sufficient sleep duration, students reported frequent wake-ups, restlessness, and a lack of restorative sleep. This led to daytime fatigue, difficulty concentrating, and reduced productivity.

2. Impact of Sleep Issues:

- **Mental and Physical Health:** Chronic sleep deprivation caused stress, irritability, weakened immunity, and poor academic performance. Some participants experienced persistent fatigue and a lack of motivation throughout the day.
- **Social and Academic Interference:** Disrupted sleep schedules negatively affected students' interactions with peers and group work efficiency. Additionally, frequent sleep disturbances made it challenging to meet academic deadlines.

3. Insights from Interviews:

Each participant's account highlighted unique but overlapping experiences with sleep-related problems:

- Participant 1 struggled with social media use and academic deadlines, leading to daytime drowsiness and reduced focus.
- Participant 2 experienced frequent awakenings due to stress, causing feelings of exhaustion and low energy levels.
- Participant 3 reported constant sleepiness and procrastination due to a lack of high-quality sleep.

- Participant 4's inconsistent sleep schedules caused irritability, headaches, and challenges in maintaining productivity and health.

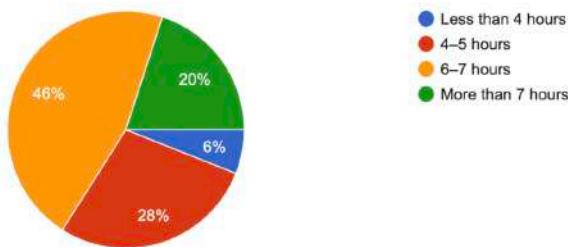
Analysis of Survey Data

The Google Forms survey collected quantitative insights from students, reinforcing the patterns observed during qualitative research.

1. Sleep Duration on Workdays:

How many hours of sleep do you usually get on work days?

50 responses

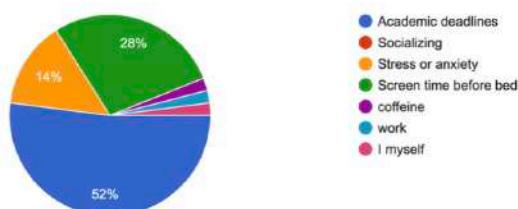


- A majority (23 out of 50) of respondents reported sleeping 6–7 hours on workdays, indicating that students typically fall short of the recommended 8 hours of sleep.
- A significant portion (14 out of 50) reported getting less than 6 hours, highlighting widespread sleep deprivation.

2. Barriers to Sleep:

What stops you from sleeping well most of the time?

50 responses

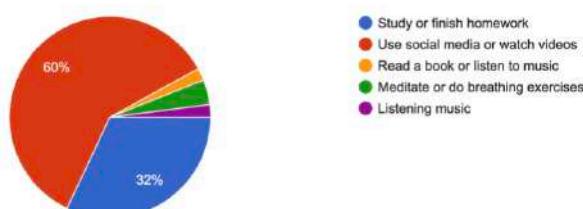


- Academic deadlines were the most frequently cited barrier (26 out of 50), followed by screen time before bed (14 out of 50), and stress or anxiety (7 out of 50).
- Other minor factors included caffeine consumption and self-reported poor habits.

3. Pre-Sleep Activities:

What do you usually do before going to sleep?

50 responses

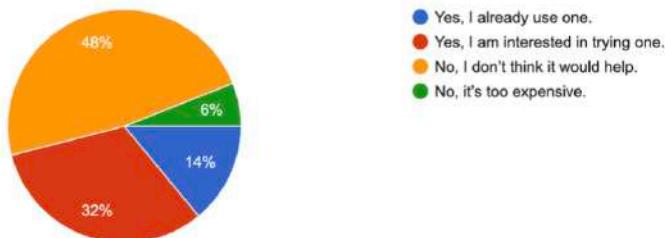


- The majority of respondents (30 out of 50) engaged in screen-based activities, such as social media or watching videos, before bed. This was followed by studying or homework (16 out of 50), which are known to stimulate the brain and delay sleep onset.

4. Interest in Sleep-Tracking Devices:

Would you consider using a device (e.g., smartwatch) to track and improve your sleep?

50 responses

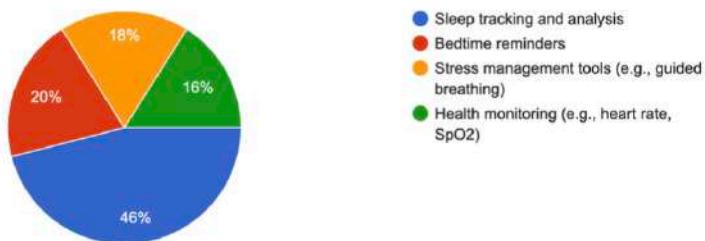


- While a notable portion (16 out of 50) expressed interest in trying a smartwatch to improve their sleep, a similar group (24 out of 50) was skeptical of its usefulness.
- Affordability was a barrier for 3 respondents, indicating that cost-effective solutions could improve adoption rates.

5. Desired Smartwatch Features:

Which features of a smartwatch would be most useful for improving your sleep?

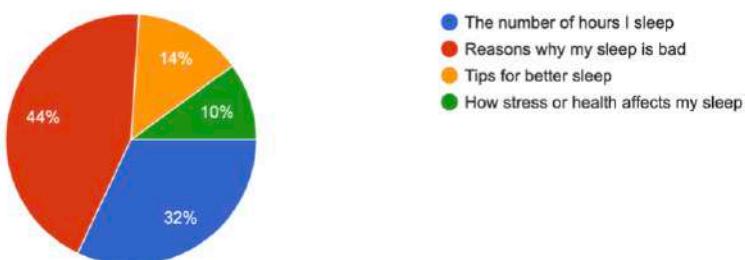
50 responses



- The most requested feature was sleep tracking and analysis (23 out of 50), followed by bedtime reminders and stress management tools (9 each), and health monitoring capabilities (8 out of 50).
- Respondents expressed a desire for actionable insights, such as identifying reasons for poor sleep and receiving tips for improvement.

If you had a smartwatch, what information about your sleep would you like to see?

50 responses



- Students primarily wanted to understand why their sleep was poor (22 out of 50) and track the total hours of sleep (16 out of 50). Other desired information included tips for better sleep (7 out of 50) and the relationship between stress and sleep quality (5 out of 50).

Implications for Solutions

The findings underline the importance of creating tools that address the root causes of sleep disturbances while offering actionable insights to help students improve their sleep hygiene.

1. Features to Prioritize in Solutions:

- Sleep Tracking and Analysis: Providing detailed insights into sleep stages and disturbances.
- Bedtime Reminders: Encouraging consistent sleep schedules through personalized notifications.
- Stress Management Tools: Guided breathing exercises and stress monitoring can help students relax before bed.
- Health Data Integration: Heart rate and SpO2 monitoring can provide a comprehensive view of physical factors affecting sleep.

2. Accessibility and Affordability:

- Students' interest in solutions is contingent upon affordability. Products like the HONOR Choice Watch, which combine essential features at a reasonable price, can address this gap effectively.

3. Educational Initiatives:

- Raising awareness about the importance of sleep hygiene and its impact on academic performance and health is critical. Providing tips and strategies alongside sleep-tracking devices can reinforce behavioral changes.

Conclusion

The analysis reveals that sleep-related challenges among students are multifaceted, driven by irregular schedules, stress, and poor sleep quality. By leveraging technology

such as affordable smartwatches and integrating educational resources, it is possible to address these issues and promote better sleep hygiene. Solutions tailored to students' specific needs can have a profound impact on their mental, physical, and academic well-being.

Scenario

First-Time User Scenario: Using the HONOR Choice Watch for Sleep Tracking

A student is looking to improve their sleep quality, as stress from studies often keeps them awake at night.

Scenario:

The student has just received their new HONOR Choice Watch and is excited to see if it can help with their sleep issues. After a long day of classes and assignments, their goal is to sleep well tonight — but the stress from the day lingers. They've heard that the HONOR Choice Watch features a program called "Relaxation Before Sleep" that might be beneficial.

Step 1: Setting Up the Watch

After unboxing the HONOR Choice Watch, the student starts by charging it fully. Once charged, they open the HONOR Health app on their phone and begin syncing the watch. The app asks for some basic details like age, weight, and sleep preferences. The student enters their information, and in just a few moments, the watch is paired with the app.

As part of the setup, the app offers a brief tutorial. The student learns that the watch not only tracks sleep but also helps with relaxation before bed. Excited, they proceed to set the watch for their first night's sleep.

Step 2: Customizing Sleep Settings

In the HONOR Health app, the student navigates to the "Sleep" section. They set a goal of 8 hours of sleep each night, which is becoming harder to achieve due to late-night study sessions. The student then sets a bedtime reminder for 10:30 PM, which is 30 minutes before their ideal sleep time, to help them wind down.

Next, they activate the "Relaxation Before Sleep" feature. Having heard positive feedback about breathing exercises and calming sounds, the student is eager to try it out. The watch will guide them through a breathing exercise and play relaxing nature sounds starting 30 minutes before bedtime.

Step 3: Using the Watch Before Bed

Later that evening, while at their desk finishing some last-minute reading, the watch vibrates at 10:30 PM, signaling that it's time for the relaxation program. The screen displays a simple message: "Time to relax before sleep."

The student taps the screen, and the watch prompts them to start the relaxation program. The first step is a breathing exercise: "Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds." The student follows the instructions, feeling increasingly relaxed with each breath. After the exercise, soothing rain sounds begin to play through the watch's small speaker.

The watch also displays helpful tips like "Dim the lights" and "Turn off gadgets," which the student finds quite useful. They follow the advice and turn off their phone, feeling more prepared for sleep.

Step 4: Sleep Tracking

After completing the relaxation program, the student feels calm and ready for bed. They lie down and quickly fall asleep, with the HONOR Choice Watch silently tracking their sleep stages throughout the night.

Step 5: Reviewing Sleep Data

The next morning, the student is curious to see how well they slept. They open the HONOR Health app and check the sleep data, which provides a detailed summary:

Sleep Duration: 7 hours and 45 minutes

Sleep Quality: 85% (indicating a solid night's sleep with a few periods of light sleep)

Sleep Stages: The app displays a breakdown of their light, deep, and REM sleep.

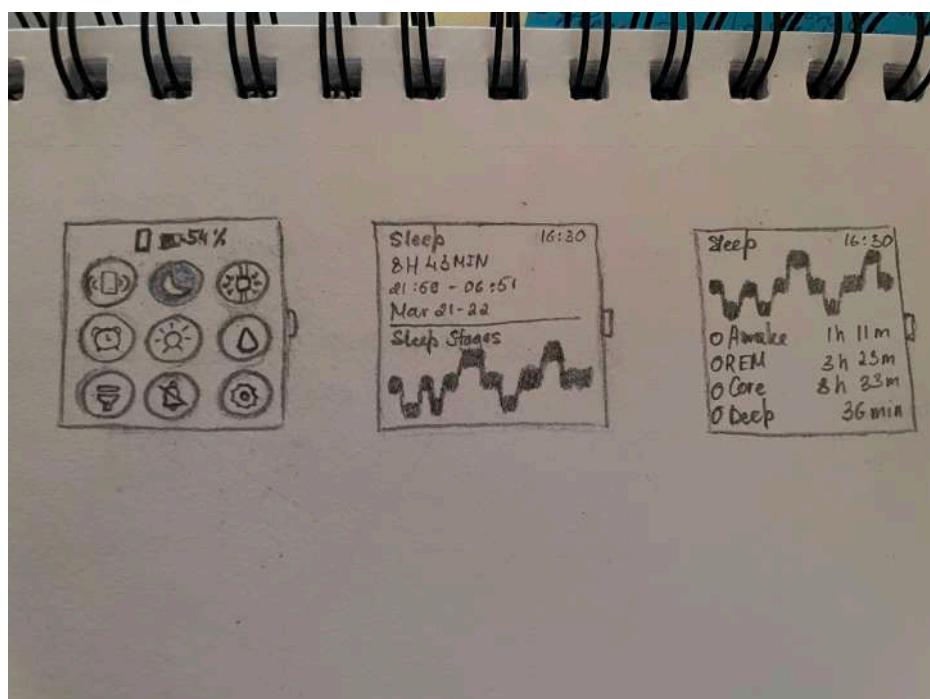
The student is pleased to see these positive results and appreciates how simple it was to track their sleep. The app offers personalized tips for further improvement, such as “Try going to bed 15 minutes earlier to increase deep sleep.”

Step 6: Using the Watch for Consistent Sleep Improvement

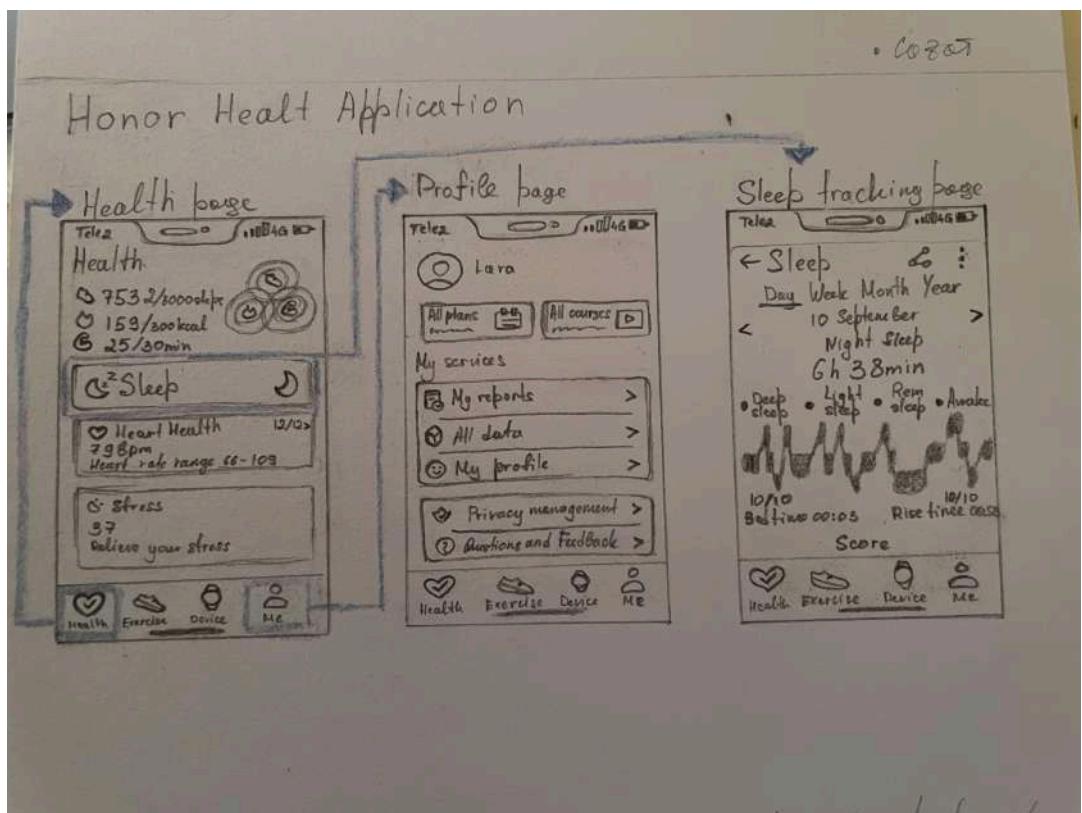
Encouraged by the first night's results, the student decides to make the relaxation program a part of their nightly routine. They set up the watch to remind them to relax before bed every evening and start following the app's tips to optimize their sleep.

As days pass, the student finds they are falling asleep faster, feeling less stressed before bedtime, and waking up more refreshed. The combination of relaxation exercises and sleep tracking provided by the watch is helping the student establish a healthier sleep routine, ultimately improving their focus and mood during the day.

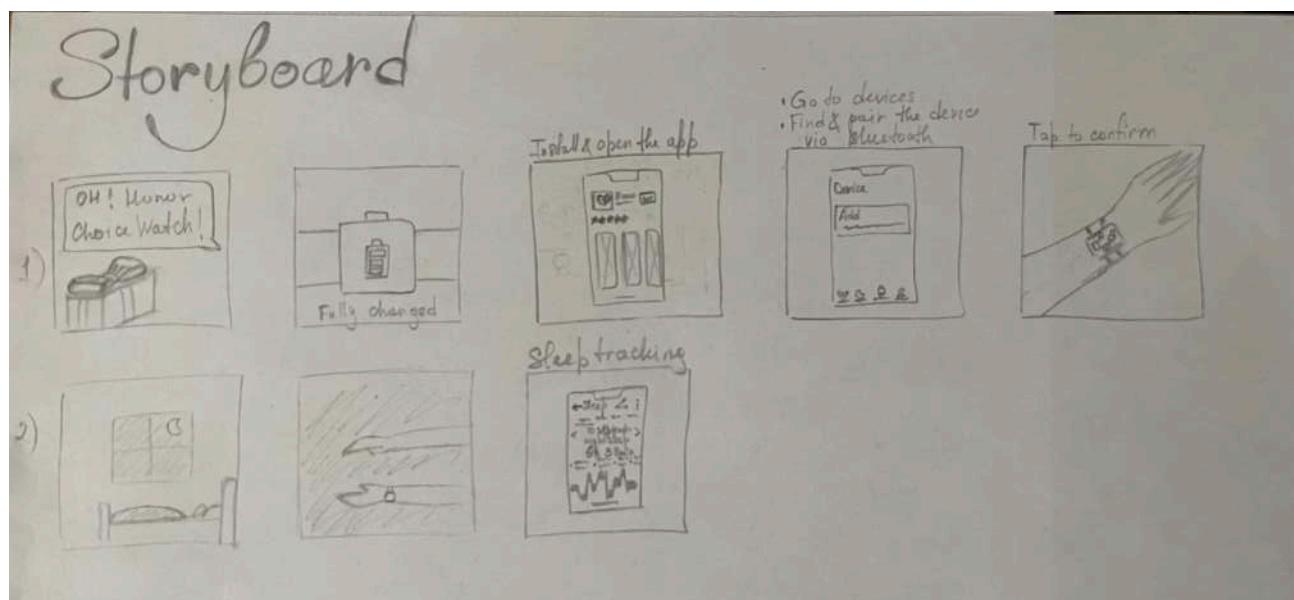
Sketches



Prototypes (wireframes)



Storyboard



Evaluation

A/B TESTING METHOD

Version A:

The **HONOR Choice Watch** without the "Relaxation Before Sleep" feature.

- **Functionality:**

- o The watch provides only a standard sleep notification in the form of vibration or screen flashing.

- o The notification is activated 30 minutes before the planned sleep time.

- **Problems:**

- o Users tend to ignore the standard reminder as they lack tools for relaxation.

- o High levels of stress and anxiety remain unaddressed, making it harder to fall asleep.

Version B:

The **HONOR Choice Watch** with the "Relaxation Before Sleep" feature.

- **Functionality:**

- o 30 minutes before bedtime, the watch activates a relaxation program that includes:

- **Breathing exercises** with step-by-step instructions displayed on the screen (e.g., "inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds").

- **Relaxing nature sounds** (e.g., rain, birdsong, or white noise) played through the watch's speaker.

- **Tips displayed on the screen** with suggestions like "Turn off gadgets," "Dim the lights," "Avoid caffeine."

- **Advantages:**

- o The watch helps reduce stress levels and prepares users for sleep.

- o An interactive approach engages users in the relaxation process.

A/B Testing Results:

- **Time to fall asleep:** Users of Version B fall asleep faster due to the relaxation program, which helps reduce stress and prepare them for rest.

- **Stress reduction:** Version B significantly reduces stress before sleep, as breathing exercises and nature sounds promote relaxation.

- **Sleep quality:** Users of Version B reported better and more restful sleep, thanks to the tools provided for pre-sleep preparation.

Conclusion: Version B with the "Relaxation Before Sleep" feature proved to be more effective, enhancing the user experience and helping students fall asleep faster and wake up feeling more refreshed.

Usability Testing Plan with AIB testing: Interactive Tips for First-Time Users on HONOR Choice Watch

Objective:

To evaluate the effectiveness of interactive tips for first-time users of the HONOR Choice Watch, specifically in helping them navigate key features like sleep tracking and relaxation tools.

Participants

1. Participant 1:

Age: 19

Profile: unfamiliar with the HONOR Choice Watch.

2. Participant 2:

Age: 22

Profile: First-time smartwatch user, new to HONOR devices.

Test Conditions

Test Location: Remote (via video call)

Device: sketch of HONOR Health app and we said them to download the app.

Duration: 10-15 minutes per participant.

Test Task

Task: Just to explore application with and without interactive tips

Goal: Assess if the interface is clear with or without the assistance of tips.

Evaluation Metrics

Usability Issues:

First-time users will need more time to learn how to use the device without guidance

User Satisfaction without interactive tips:

First participant 4

Second participant 3.5

User Satisfaction with interactive tips:

First participant 4.5

Second participant 5

Overall Experience:

For our participants it was easy to follow the interactive tips during several processes.

Effectiveness of Tips:

- Did the interactive tips help you understand how to use key features (e.g., sleep tracking, relaxation program)?

Answer 1:

Yes, the interactive tips were very helpful in guiding me through a lot of process.

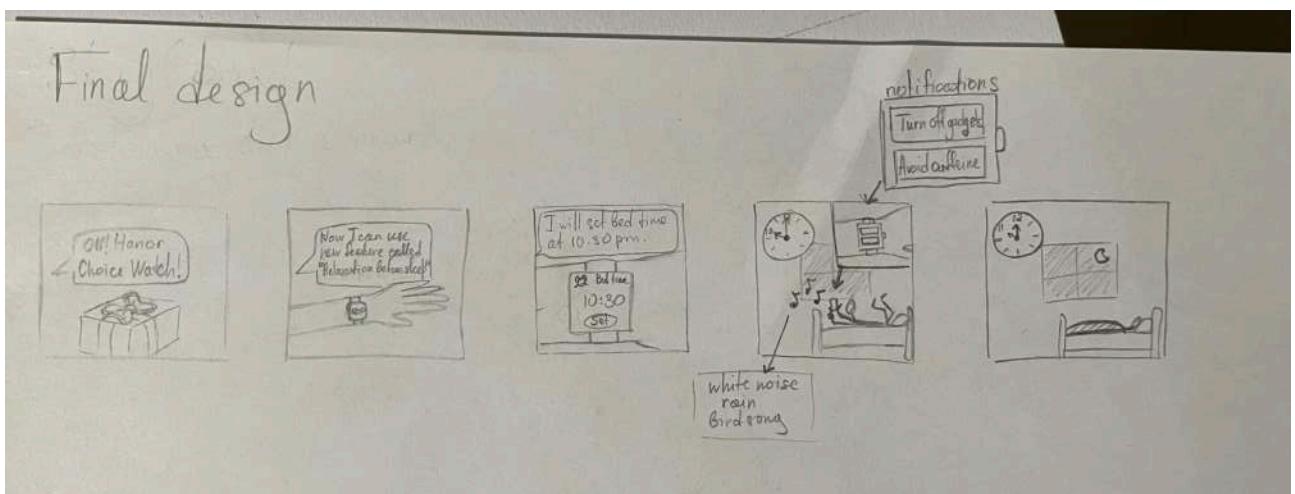
Answer 2:

The tips were somewhat helpful, but I felt like they could have been a bit more detailed.

Conclusion:

Based on the analysis of usability issues, user satisfaction, and feedback, we understand that interactive tips are useful feature.

Final design and changes after evaluation



Application

