

Sleeper

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Category

Sleeper - wake up with fun

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Field Overview

Sleep is a crucial competent of achieving good health and well-being. People need the proper amount of quality sleep to maintain their daily life and health.

The damage done by sleep problems can be felt in an instant or it can take time to accumulate before you notice. For examples feel depressed or sad, have difficulty paying attention, heart disease and struggle to wake up when you intended.

This project deal with problem to wake up on time and aim to create an interactive solution to help people wake up when they intended. The problem of wake up might affect people's every day life, for instance, if people get up late they can not finish their plan on time or worse they probably missing the important appointment. There are some guides and products to help people to wake up in the right way and improve their sleep quality.

For example, Alarmy apps on Android and IOS.

Scientific discovery and information .

- Wake up to light. A simple outlet timer hooked to a bright light can be a great way to wake up because the light will help tell your body that the day is starting.
- Moderate exercise in the afternoon - less trouble getting to sleep as well as getting a better quality of rest during the night.
- Get rid of your irritating alarm tone and instead opt for your favourite song - music can help reduce blood pressure, anxiety, and heart rate.
- Eat lots of fruits and veggies - having a quality diet precedes quality sleep.

Current Problems•

- Feel drained
- Bad sleep quality
- Struggle to wake up
- Irregular work and rest

Solutions.

Struggle to wake up

- Use different way to wake people up
- Analyse sleep data
- Use sound to help people sleep
- Use light control

People in
movies:



Me:



BACKGROUND RESEARCH

PRODUCT ANALYSIS / UNDERSTANDING
USER - INTERVIEW

Product Analysis - ALARMY

Company

Delightroom

Purpose (What is it for?) ●

Ensure user can wake up on time.

Target User

- People who can wake up to turn off the alarm and immediately fall back asleep (Struggle to get up)

Functions

- Use different mission to wake user up (Shake /Math problems /Take a picture /Barcode/QR-code)
- Set sleep music and alarm sound

Date

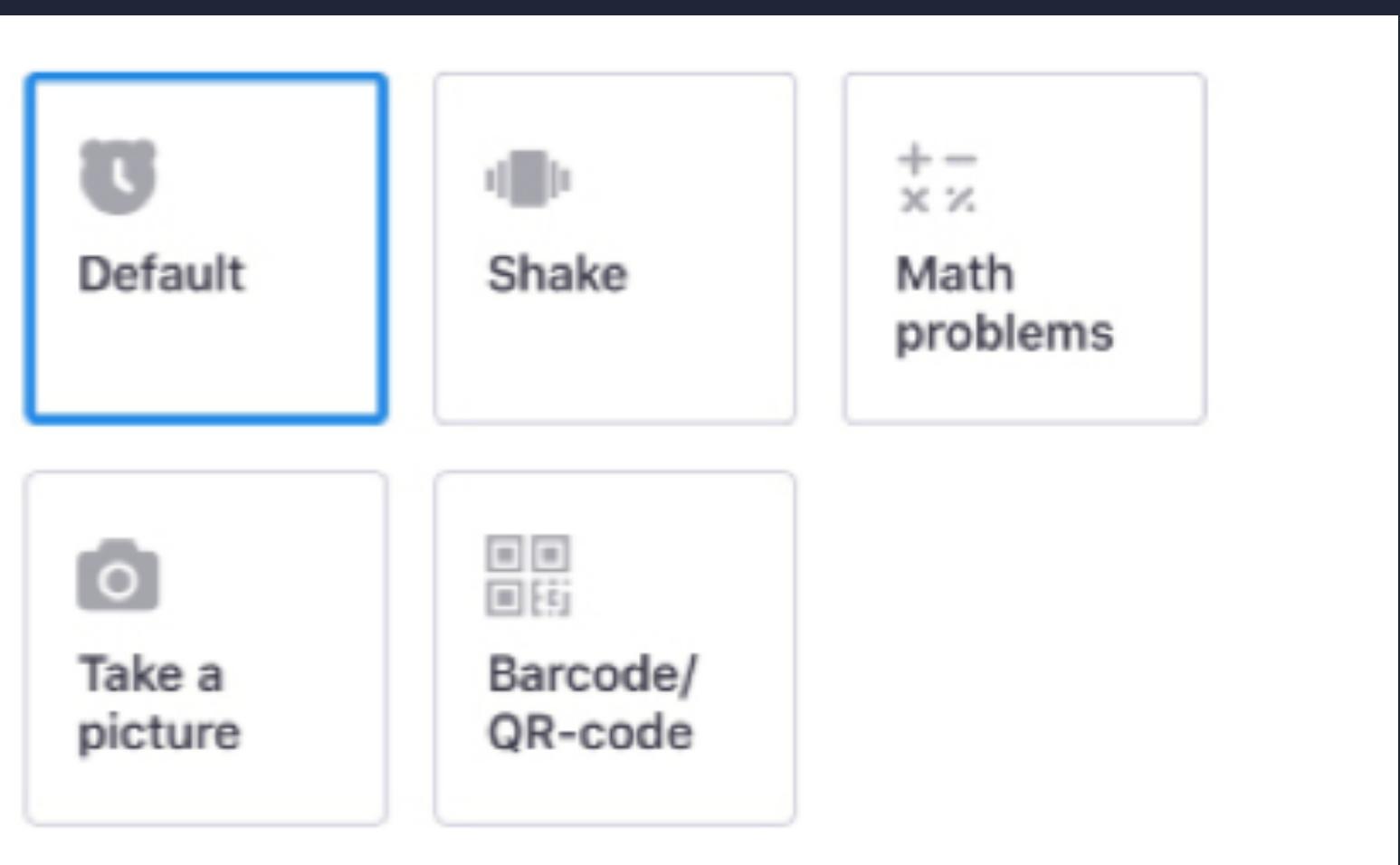
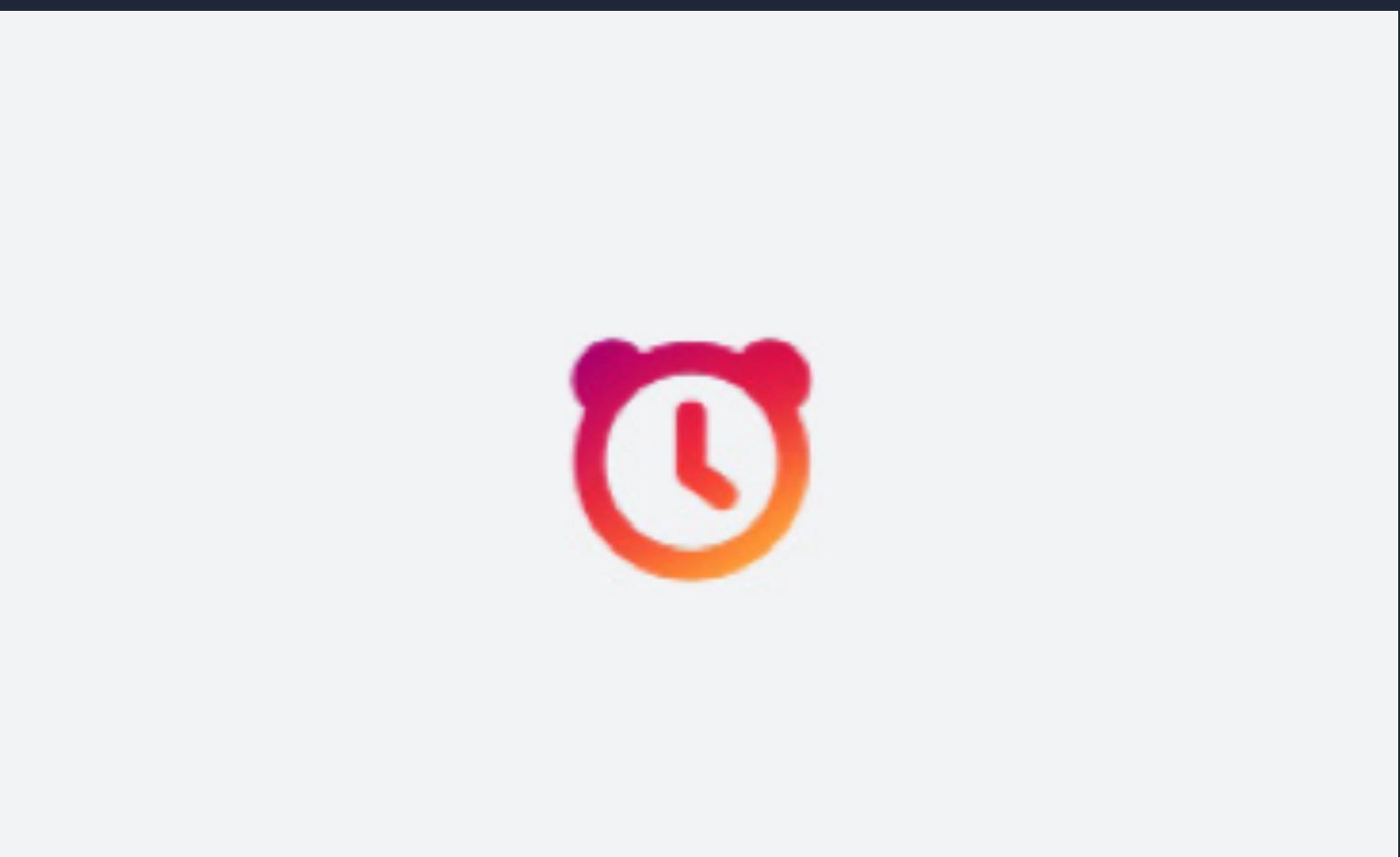
2017

Strength

- Use different way to wake user up
- Avoid user wake up to turn off the alarm and fall back asleep
- Visibility icon
- Clear instruction
- Beautiful UI design
- Customize label

Weakness

- Limited function
- Missing personal account function
- Alarm mission bugs



Product Analysis - ALARMY

What if you design it? •

- Add account function to record personal data
- Add bedtime function to guarantee the quality of sleep
- Add more alarm mission to help user wake up
- Record sleep data to analyse user sleep pattern

Interaction Flow

- Open your **Alarry**
- This app's main page will show the default alarm time and sponsorship (If user want to sponsor this app they need to sign up)
- Click the **alarm button** then user can set the alarm
- In alarm **setting page**, user can set mission, time, repeat day, sound and label
- Click the **mission button**, there have five ways for user to wake up (1.Default 2.Shake 3.Math problem 4.Take a picture 5. Barcode/QR-code)
- If user want to use the **shake** mission in the alarm they need to set the shake times and shake sensitivity
- If user want to use the **math** mission in the alarm they need to set how many problems they want to solve and how hard it would be
- If user choose the **take a picture** mission they should set it up by registering a photo of an area or room in your house. Then once the alarm is set, the only way to make it stop ringing is to get out of bed and go take a photo of the registered area.
- If user choose **BARCODE/QR-CODE** they need to scan the same code when the alarm start.

Understand User - Interview

"I am an international student in Melbourne. As a student, she spend 8 hours or more time in a day for study."



Joy

Occupation: Student

Age: 24

Joy is international student in Melbourne. As a student, she spend 8 hours or more time in a day for study.

Summary of interview

Joy is 24 years old international student in Melbourne. She has been here around one years. As a student, she spend 8 hours or more time in a day for study. She usually go to bed around 12:00AM then use her phone at least half hour. In addition, Joy can not sleep when the environment is light and noise. She need set 3 or 4 alarm clocks to wake her up in the morning and every time when she wake up she can not feel happy.

For user interview, the problem is does not have a good sleep quality(easily disturbed by environment) , do not have enough time for sleep and need set several alarms to wake up.

Also, Joy's interview is support that sleep quality is associate with wake up and people can solve this problem through digital technology.

CONCEPT DEVELOPMENT

PERSONA / STORYBOARD / USER
FLOW / USER STORY MAPPING
PROJECT BRIEF / WIREFRAME

Persona



"When my phone alarming in the morning, I always turn off it then go back to sleep. I need a alarm can wake me up more easier and interesting "

Joy is a 24 years old international student in Monash university. She came to Melbourne around one year. During the time in here, she always live in a busy life. She usually get up at 8:00 AM and go to bed until midnight due to the assignments. She also like play with her phone before sleep. In the morning, when the phone alarming, the most common thing for her is turn off the alarm then go back to sleep. Therefore, she quite often late in class or miss some important appointment in the morning.
She said "This problem really ignoring me, I do really need a alarm which can wake me up more easier and interesting. "

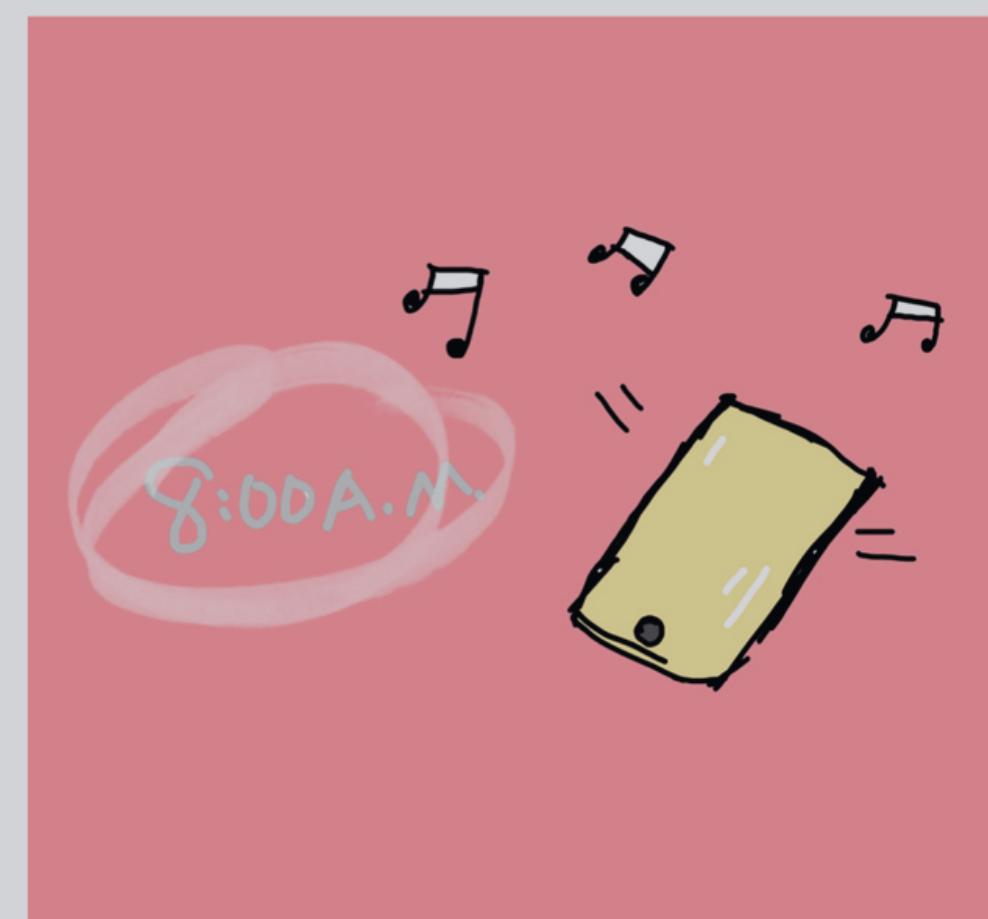
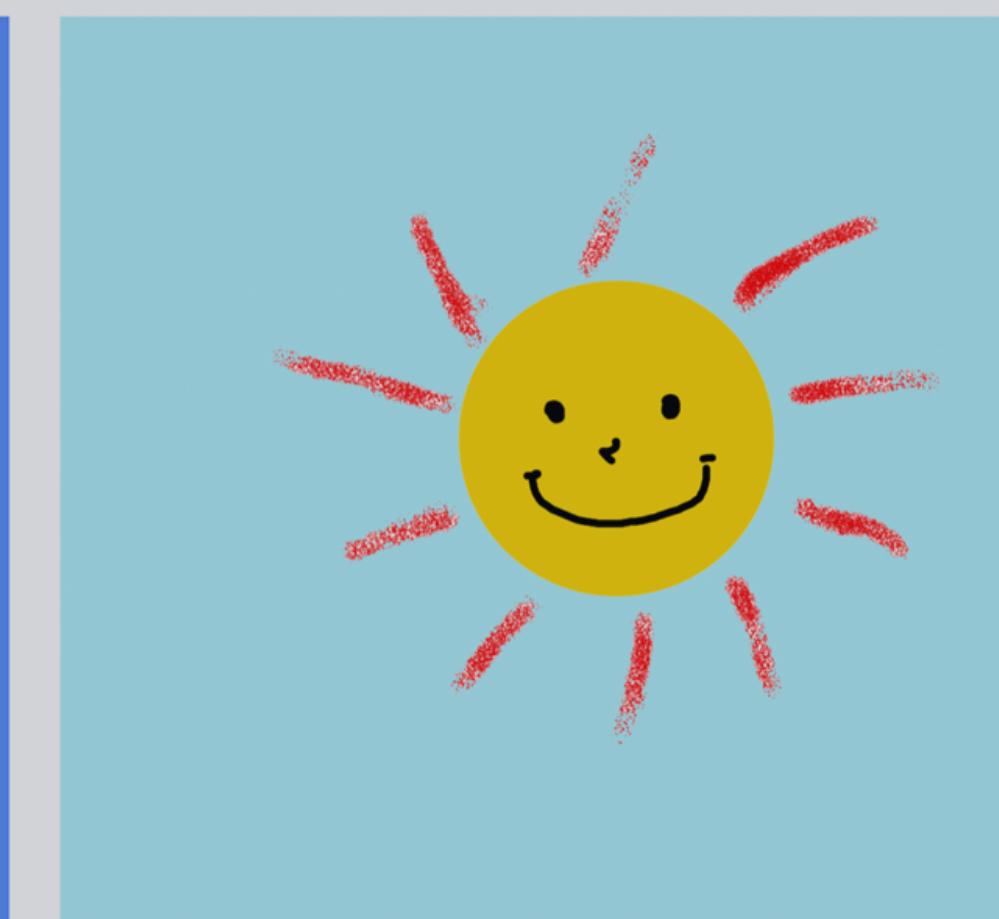
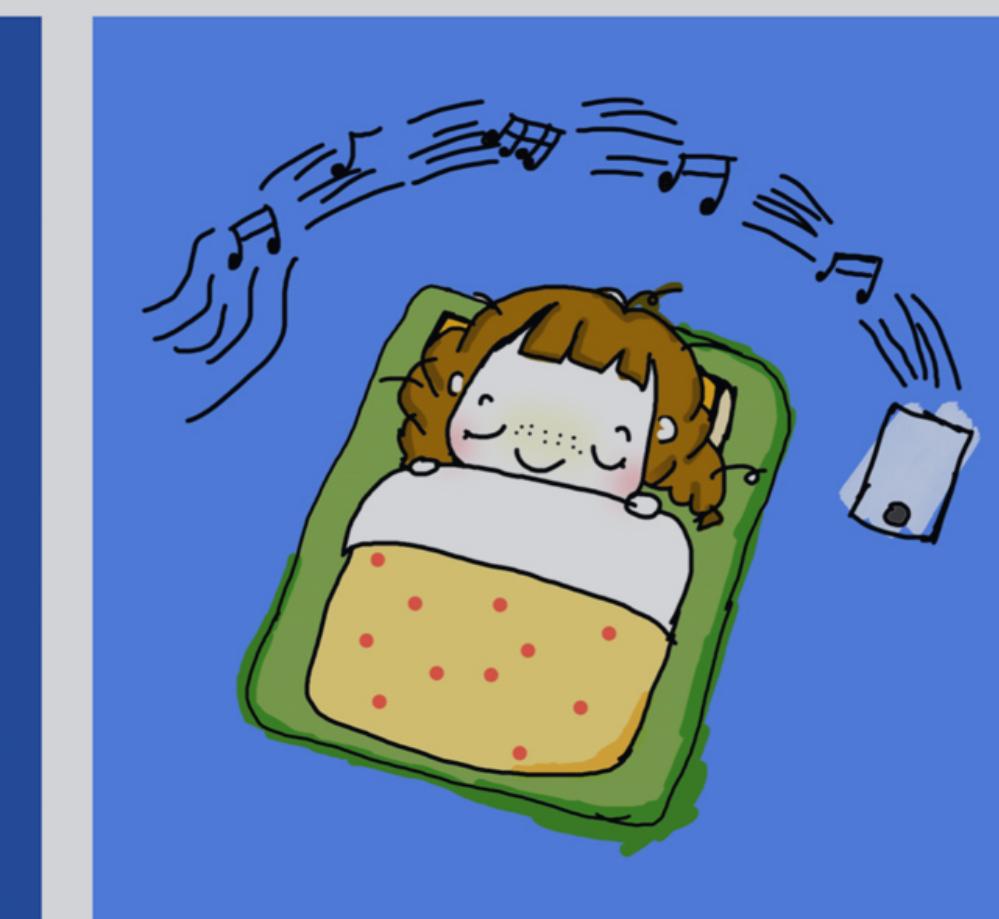
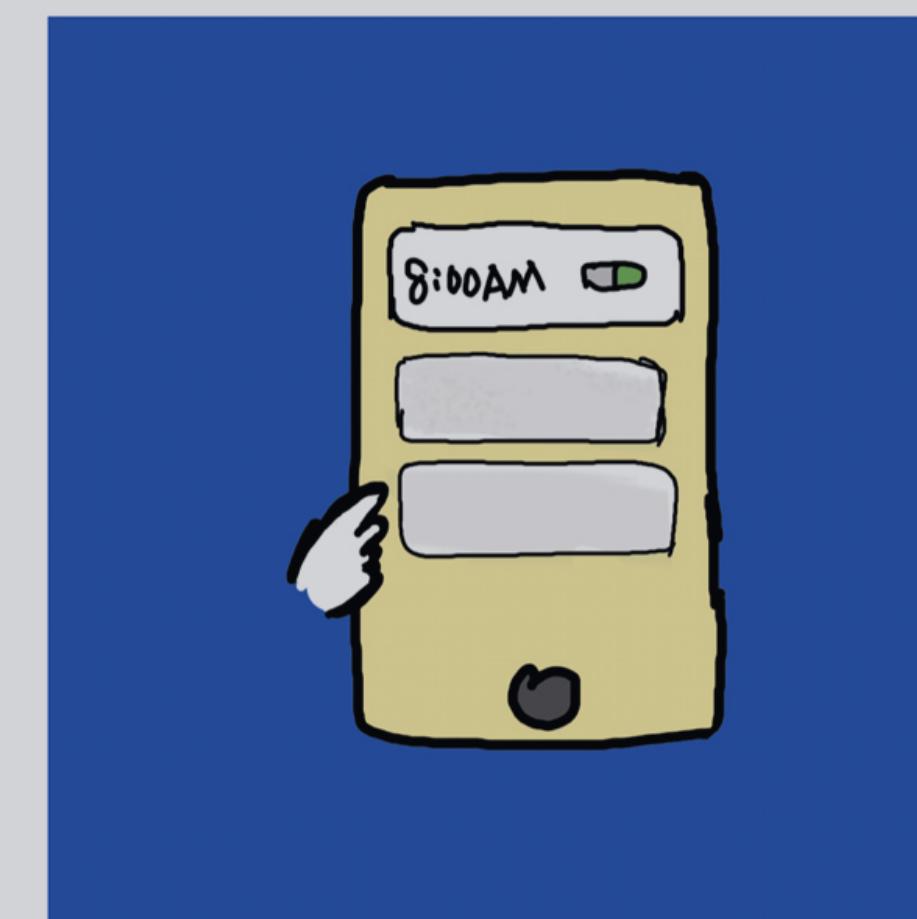
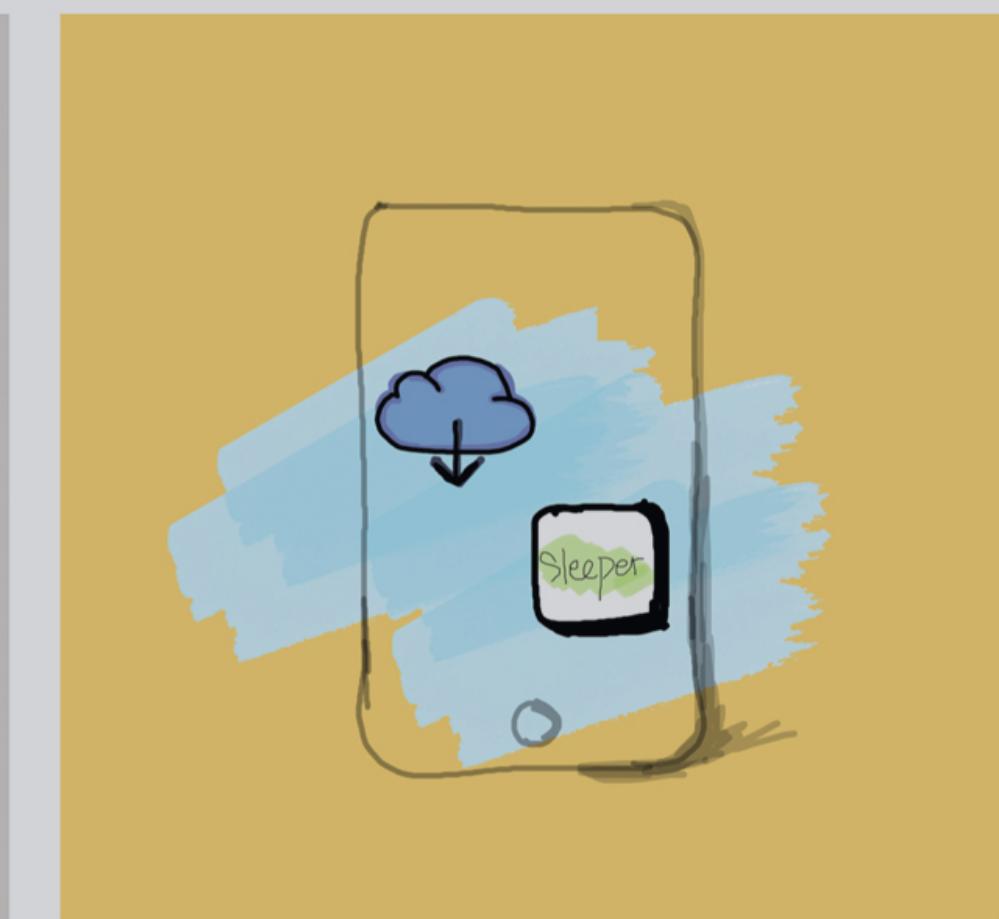
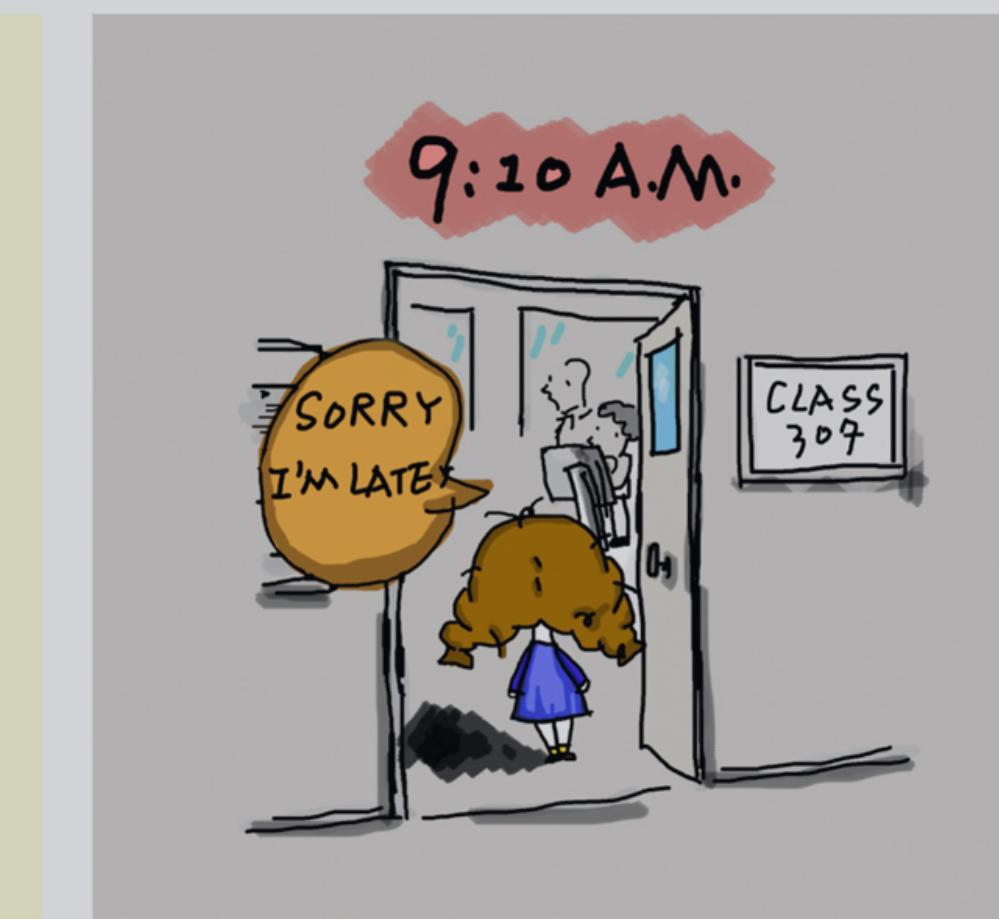
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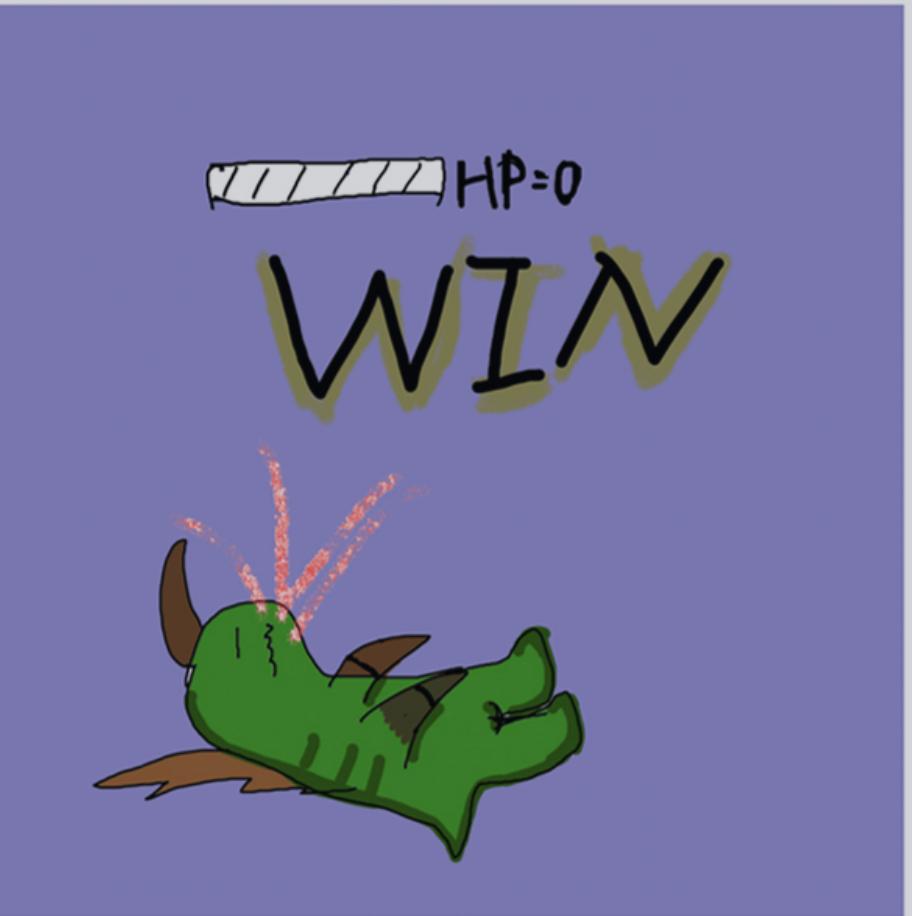
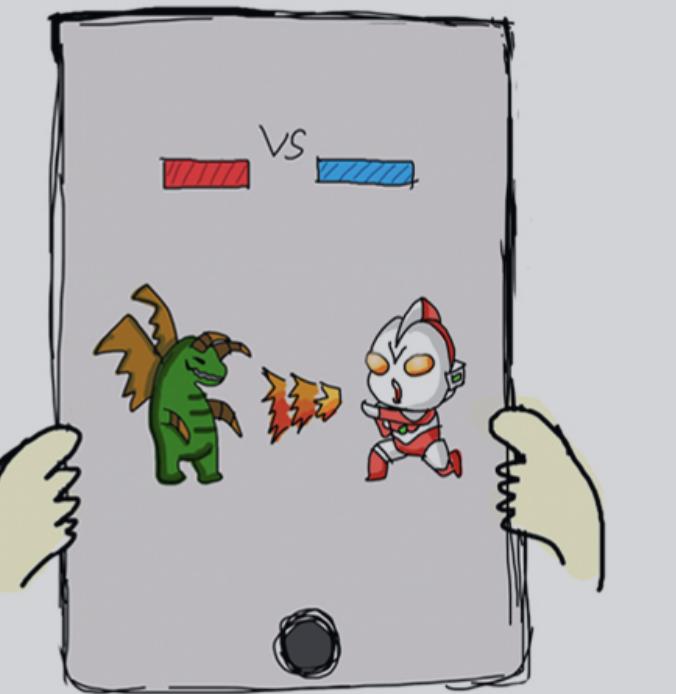
- Get up in time
- Do not late in class
- Do not miss some appointments
- Improve sleep quality

PROBLEM

- Struggle to wake up
- Turn off alarm then go back to sleep
- Less sleep time
- Late in class

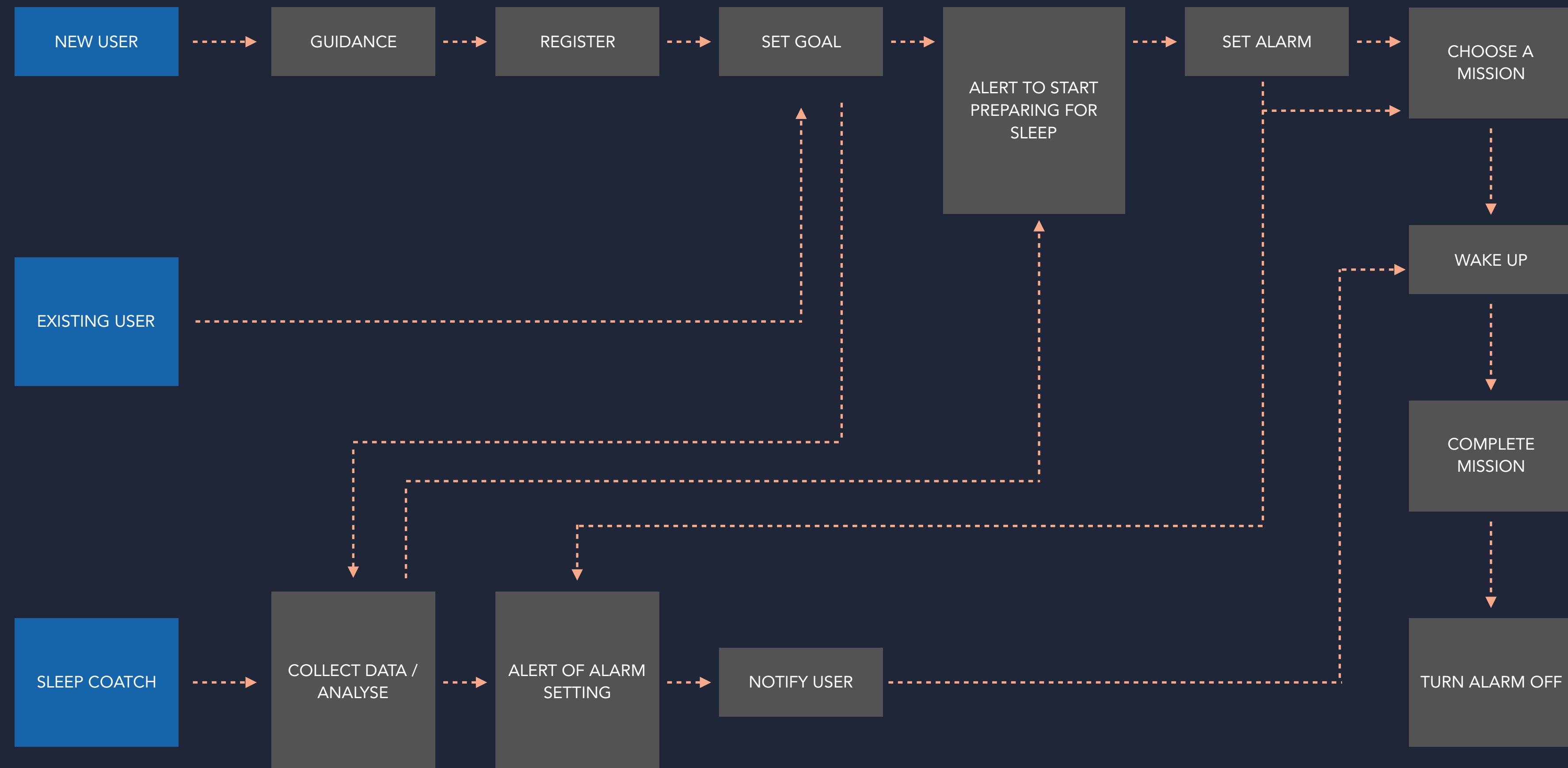
Storyboard





Storyboard

User Flow



User Story Mapping



Project Brief

Topic:

Help people to wake up

Project title:

Sleeper app



Background

Sleep quality is a crucial element in achieving good health. However, the problem of sleep and wake up has been increased in recent years. More and more people are disturbed by sleep disorder, insomnia and struggle to wake up. These problems affect their daily life as well as their health. For example, if people getting up late they probably miss some important appointments. How to use the digital device to solve sleep problems become a topic of interest in the today's world.

Sleeper is an alarm app based on mobile phone. The purpose of this design is to improve user sleep quality and help them get up in the right way.



Problems

People who have some problems with sleep and wake up.

- Always shut off the alarm then go back to sleep
- Late in class/work
- Miss some appointments
- Need series alarms to wake them up
- Wake up in a bad mood
- Struggle to fall asleep or wake up

Project Brief

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Help people to wake up

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Sleeper app



Target Users

Ages:

15-35 years old

Occupation:

Student

User Profile:

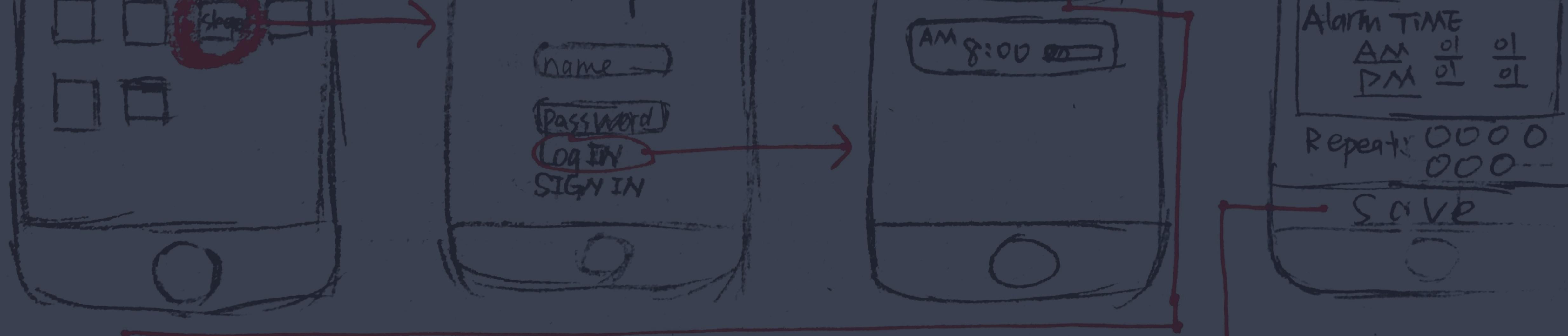
- during the due/exam day
- Sleep time less than 6hrs per day
- Usually late in class
- Miss some important appointments because of late wake up



Project Objectives

This project aims to design an Alarm clock in mobile device to wake up people in the right way. Not only help people wake up more easily but also improve their sleep quality by offering some useful sleep suggestions through personal sleep data analysis.

By using Sleeper app, enable user get rid of sleep problem also avoid them feel struggle to wake up and miss some important appointment.



Wireframe

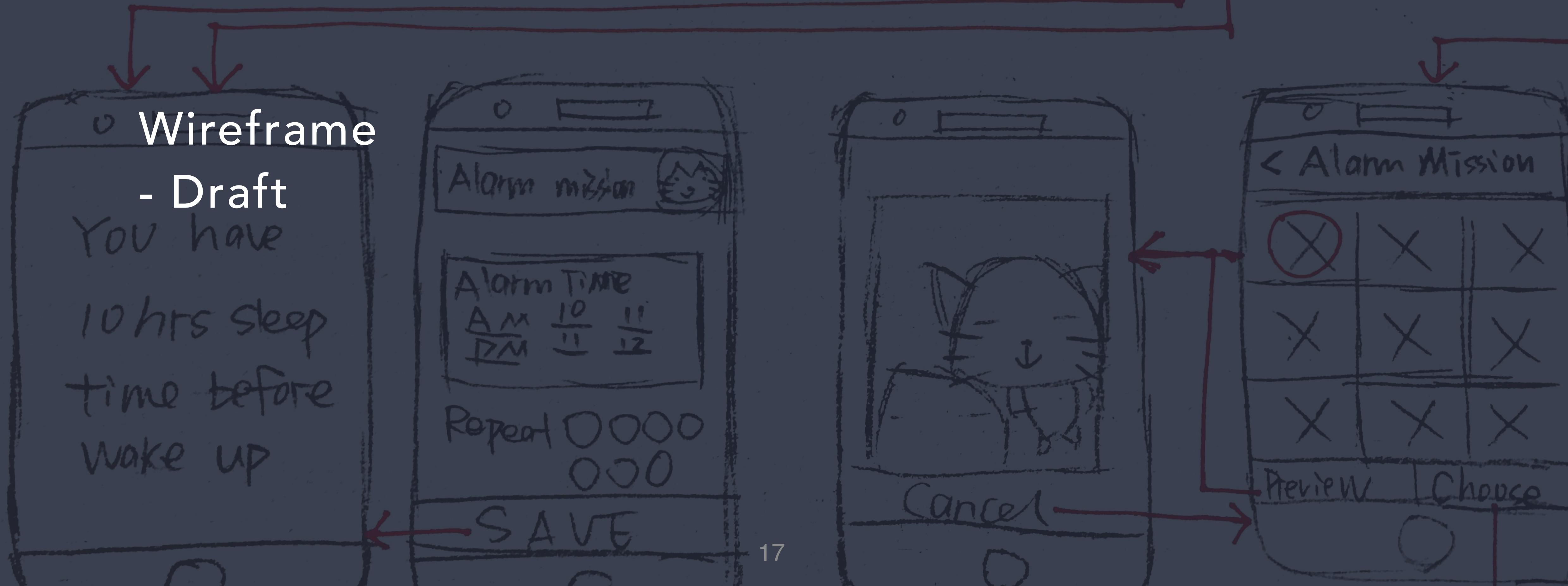
- Draft

You have

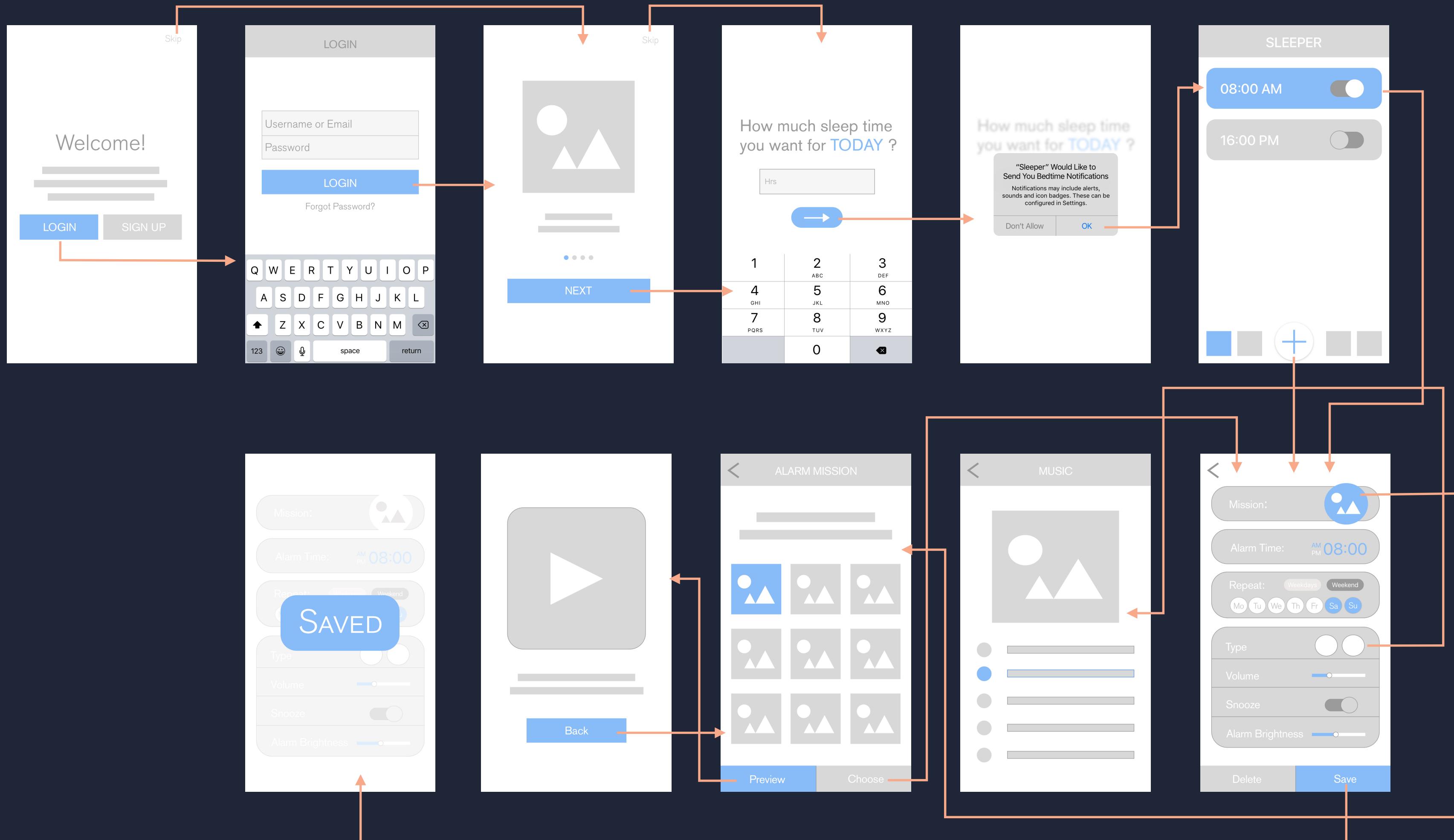
10 hrs sleep

time before

wake up



Wireframe - Final

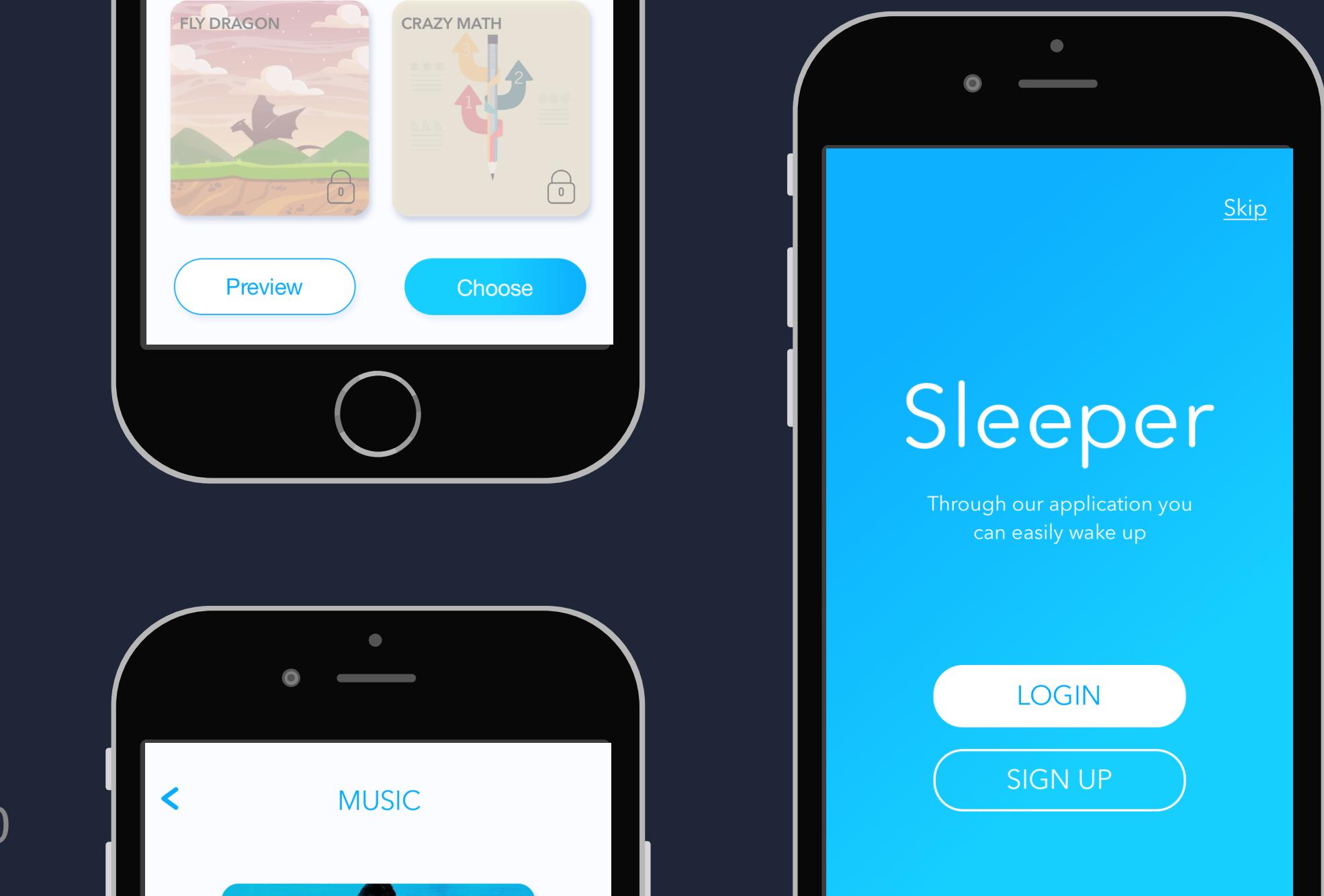
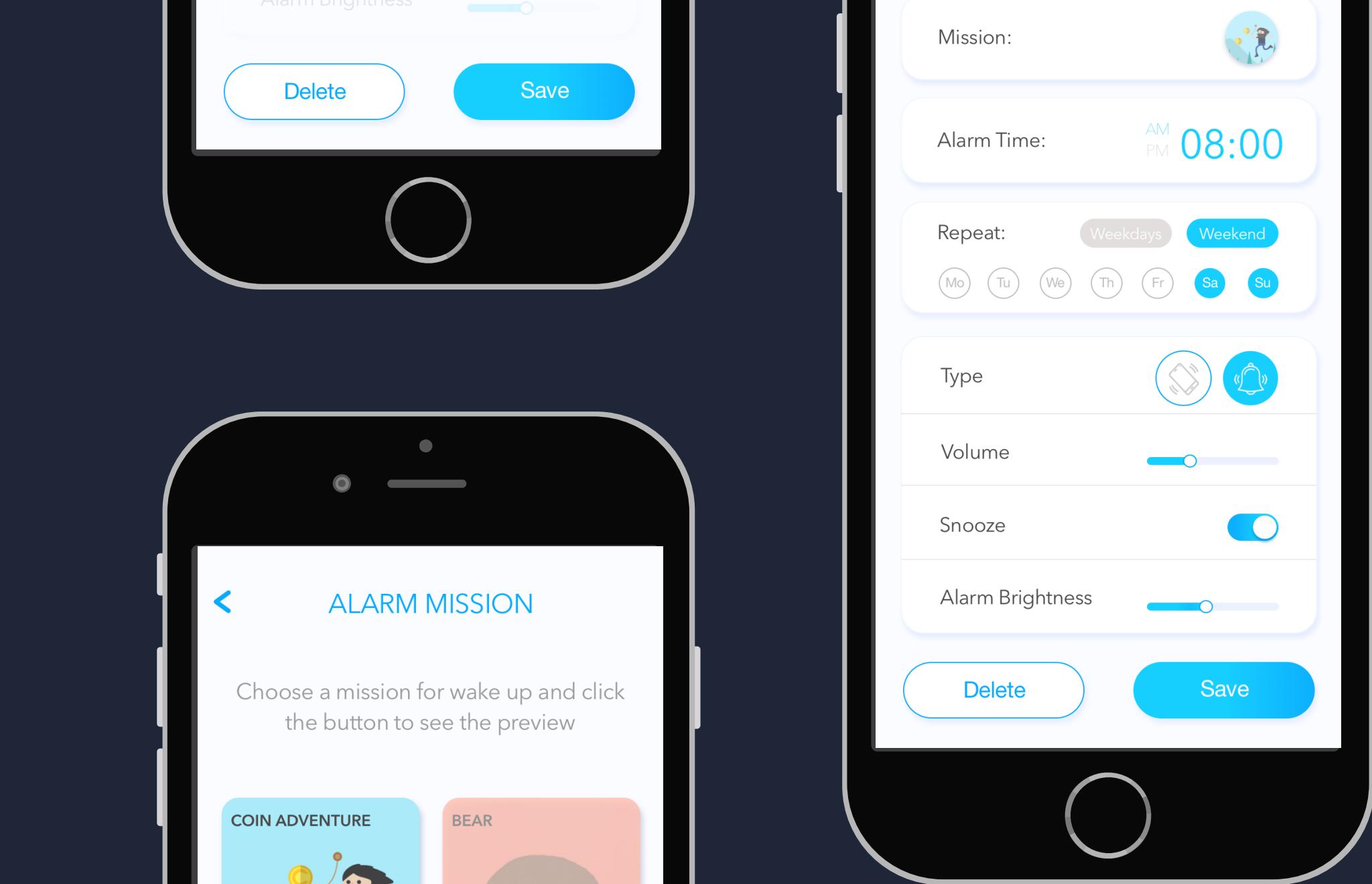


FINAL DESIGN

MAIN PAGE / WAKE UP PAGE / USER
CASE

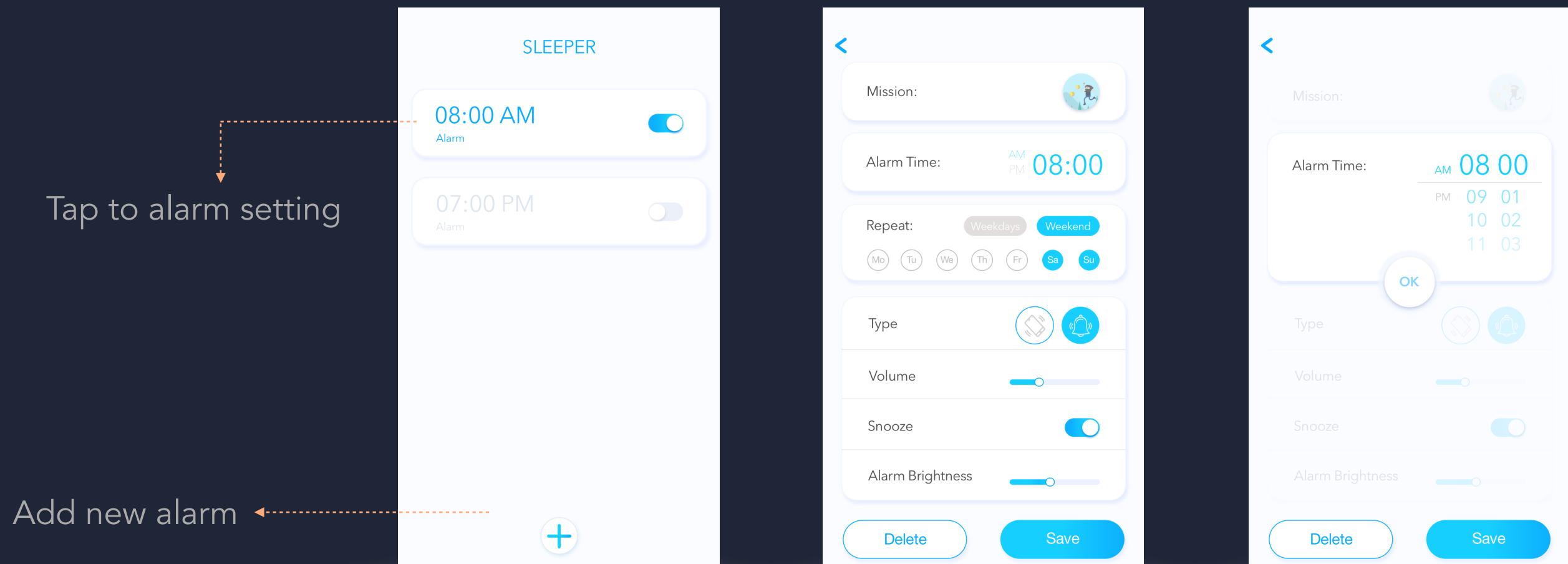
Sleeper

Wake up easier and interesting



Sleeper

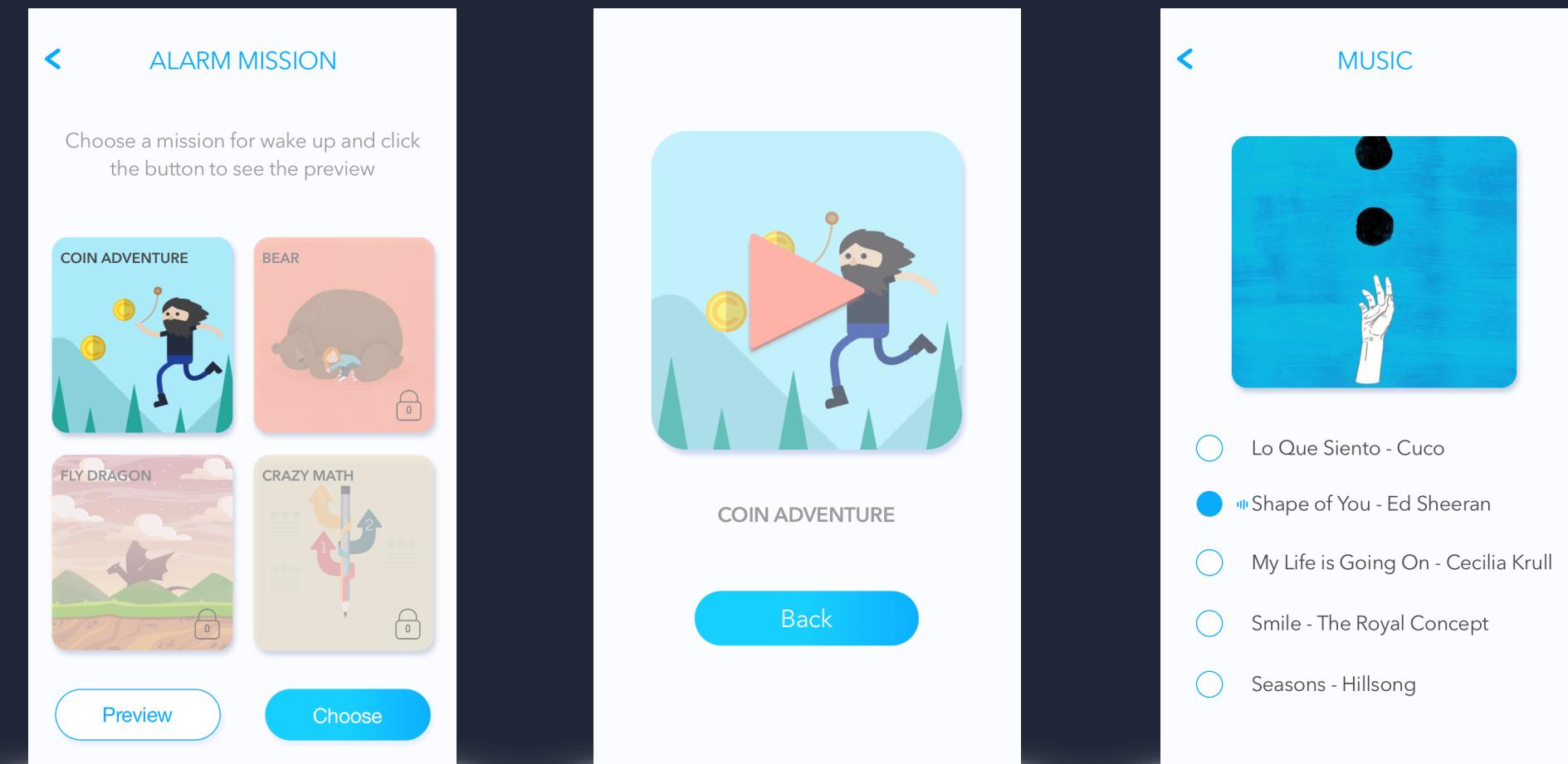
Final design - Main page



Alarm main page

Main setting page

Time setting page



Mission setting page

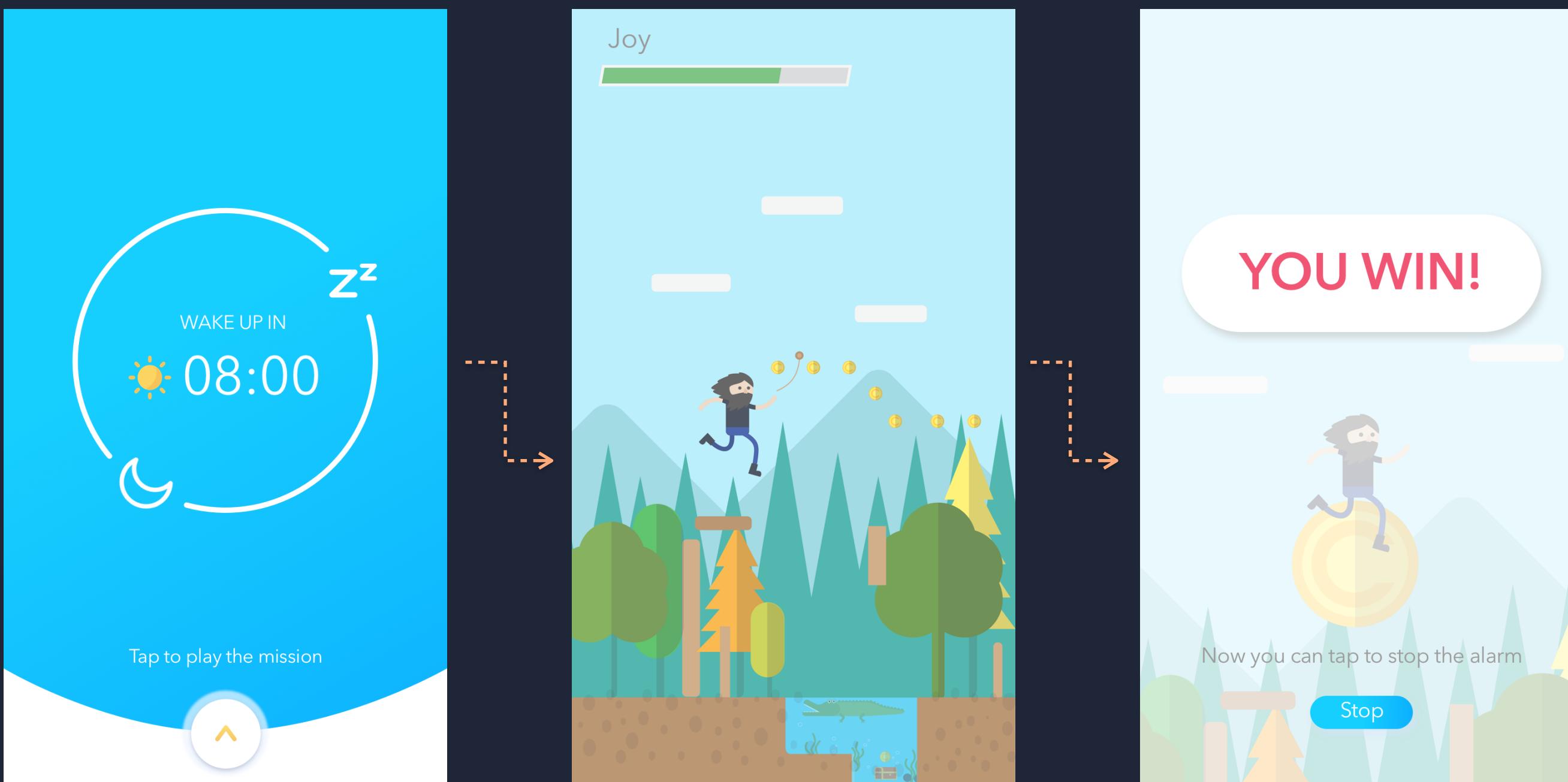
(People can peak mission here)

Mission Preview

Music setting page

Sleeper

Final design - Main page



Wake up

User case

This section illustrates a typical scenario of using Sleeper. Help people to understand how it work in real situation.

