Enhancing the Waking Up Experience

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Research Question

How can the waking-up experience be made less stressful and more efficient through the implementation of a mobile app?
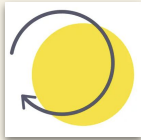
Research Problems

➜ Waking up to alarms and bright lights can be jarring and unpleasant
➜ Getting organized for the new day takes time and can induce stress
➜ Things to check in the morning like alarm, weather, calendar, reminders, are all in different apps
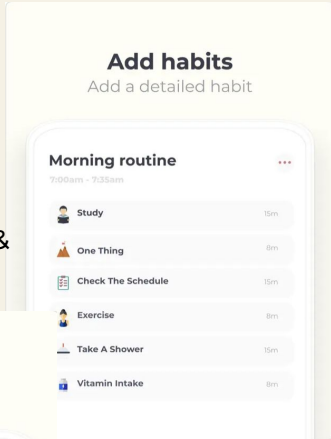
Audience

Anyone who wants to focus on their morning routine, especially those who get <u>distracted</u> in morning by certain apps or have trouble with alarms and bright lights in the morning.
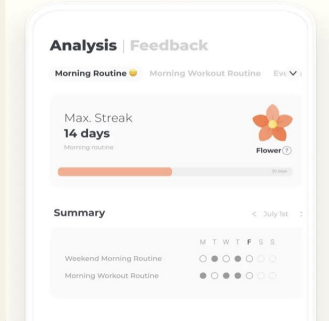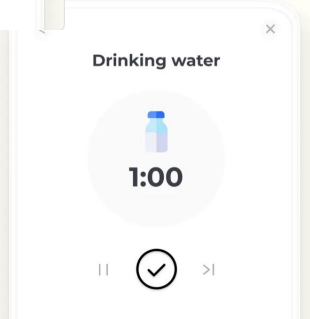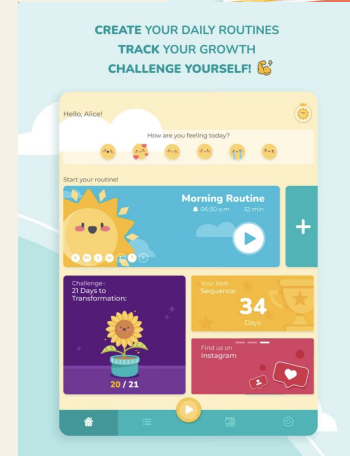
➔ Anxiety
➔ ADHD
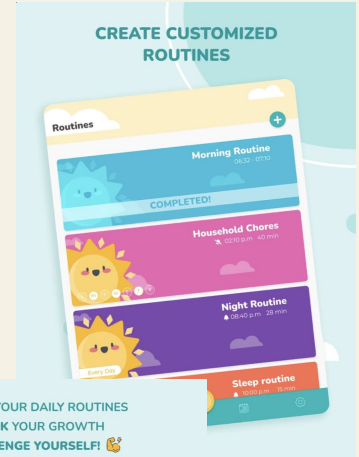➔ Light Sensitivity

Existing Precedents

Routinery : Routine & Planner

Add habits
Add a detailed habit

Morning routine
7:00am - 7:35am

📖 Study		15m
🎯 One Thing		8m
📋 Check The Schedule		15m
🏃 Exercise		8m
🚿 Take A Shower		15m
💊 Vitamin Intake		8m

Analysis
Analyze your routines

Analysis | Feedback

Morning Routine 😊 Morning Workout Routine Eve ∨

Max. Streak
14 days
Morning routine.

Flower 🌸 ⓘ

Summary   < July 1st >

	M	T	W	T	F	S	S
Weekend Morning Routine							
Morning Workout Routine							

Start the timer
Just do it in order

Drinking water

🧴

1:00

⏸ ✓ ⏭

Google Home

See your smart lights with one tap

9:41

✕   ⋯

Lighting

On	Off

💡 Bathroom
Off

👤 Bedroom
2 on • 50%   ⌃

📍 Closet   📍 Lamp
On • 50%   On • 50%

👤 Entry
Off   ⌄

👤 Kitchen
2 on • 50%   ⌄

👤 Living room
2 on • 50%   ⌃

Patio

CREATE CUSTOMIZED ROUTINES

Routines   +

Morning Routine
06:32 - 07:10

COMPLETED!

Household Chores
02:10 pm 40 min

Night Routine
08:40 pm 28 min

Sleep routine
10:00 pm 75 min

CREATE YOUR DAILY ROUTINES
TRACK YOUR GROWTH
CHALLENGE YOURSELF! 🎉

Hello, Alice!

How are you feeling today?

😊 😄 😐 😟 😢

Start your routine!

Morning Routine
06:30 am   12 min
▶

Challenge:
21 Days to
Transformation:
🌻
20 / 21

Your best
Sequence
34
Days

Find us on
Instagram
📷 ❤️

▶

Matinal Habits Morning Routine

Our App

Creates a morning routine that minimizes distractions in the morning and keeps people from checking potential time-wasting or stressor apps by helping people start their day with healthy habits in a comfortable environment.

Research

According to Wake Forest University's counseling program

"Morning anxiety has a biological cause: Cortisol, often called the "stress hormone," is higher during the first hour after waking for people experiencing stress."

"Checking social media first thing in the morning also spikes dopamine and lowers your baseline dopamine levels, to make you continue to crave checking social media throughout the rest of your day.'
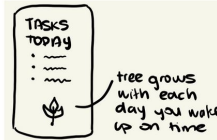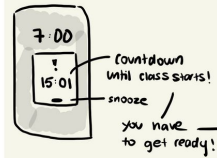
Project Development Process

Existing Apps:

- Sleep Cycle -> monitors sleep cycle and gives stats and graphs, wakes people up in the lightest cycle
- Multiple sound apps and nature sounds
- Wake N Shake -> physically shake, no snooze button
- Miracle Morning Routine -> accountability, guided audios, activities
- Growing a pet apps

Wake N Shake Alarm Clock
Wakeout, LLC
Designed for iPhone
★★★★★ 3.5 • 47 Ratings
$0.99
View in Mac App Store ↗

Miracle Morning Routine
Your Morning Routine Companion
Hal Elrod
Free • Offers In-App Purchases

Sketch Ideas:

7:00
15:01

Countdown until class starts!

snooze

you have ___ to get ready!

TASKS TODAY
- ___
- ___
- ___

tree grows with each day you woke up on time

Problems:
- Alarms might be too abrupt, leaving users feeling groggy and unpleasant

Audience
- People that have difficulty waking up in the morning and are prone to oversleeping
- Those that have negative experiences waking up to their alarm

Questions:
- How do people naturally wake up?
- What are people's best experiences with waking up?
- What makes people feel calm and relaxed?

Possible research question:
- How can we draw inspiration from nature to develop a product that enhances the relaxing experience of naturally waking up?

Ideation:
- Guided daily meditation app that users can use in the morning. Provides a rewarding experience to encourage users to meditate every morning.
- An app that connects to your home devices and ensures thake up to a comfortable environment: set the time you need to wake up. At that time, thermometer adjust you wsts to desired temp, warm lights gradually turn on to mimic sunrise, phone plays natural sounds such as bird chirping or water flowing.

Similar:
- Amazon alexa, Google Home

Home

Good Morning, _____

Today's Meditation

Devices

Set tomorrow's timer

draft
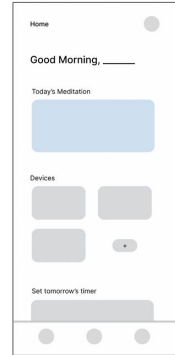
Problems
- Morning can be stressful
- Alarms are blaring and often disorienting
- Often take the first 10-15 minutes of the morning just getting organized

Ideation
- A subtle reminder list of things to do that day/morning
- An update on weather/windchill to know how to dress
- An alarm that starts quiet and slowly gets louder until turned off
- Reminder of desired morning habits
- Before-bed notes to self

Problems:
- Some personal problems I have when waking up/starting my day are:
- Not sticking to the morning habits that i want to stick to (such as journaling and meditation)
- Feeling very stressed in the morning
- Going on my phone right when I wake up

Audience
- People that want to facilitate healthy habits in the morning and reduce phone use when waking up

Questions:
- What habits do most people want to facilitate when waking up?
- How could an app prevent phone use?

Possible research question:
- How can we design an app that reduces a person's phone usage in the morning in order to facilitate a healthy?

Idea:
- An app that is used as a morning alarm
- The user would be have the ability to lock social media/entertainment apps for a chosen amount of time
- User would be able to keep track of daily morning habits in order to stay accountable
- There would also be a mediation feature

Creating a visual language ->
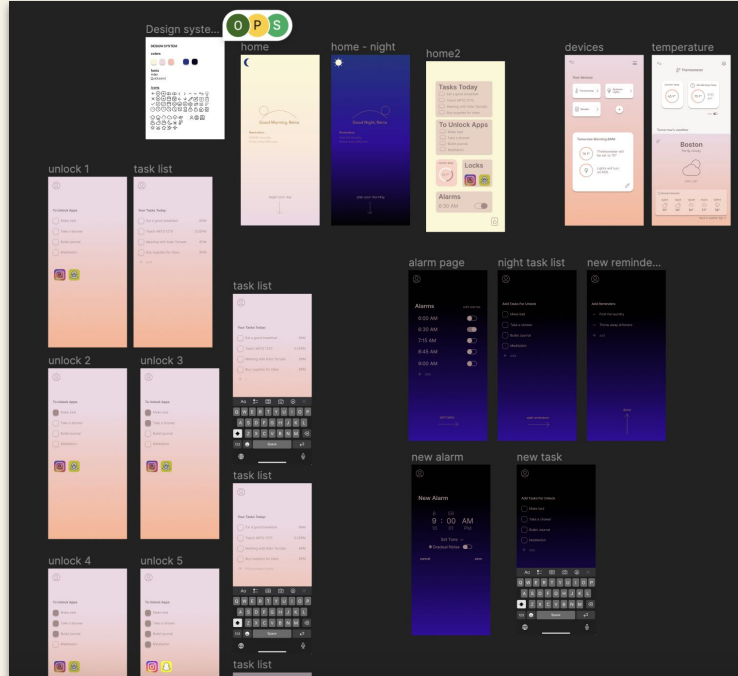

DESIGN SYSTEM

colors

fonts
Inter
Quicksand

icons

Collaborative Prototyping in Figma

CHECKLIST

- Brainstorm visual language -> icons, colors, fonts
- Homepage: Task list, reminders
- Devices page
- Alarm system

Saidah - creating checklist
Olivia - devices page
Paige - home
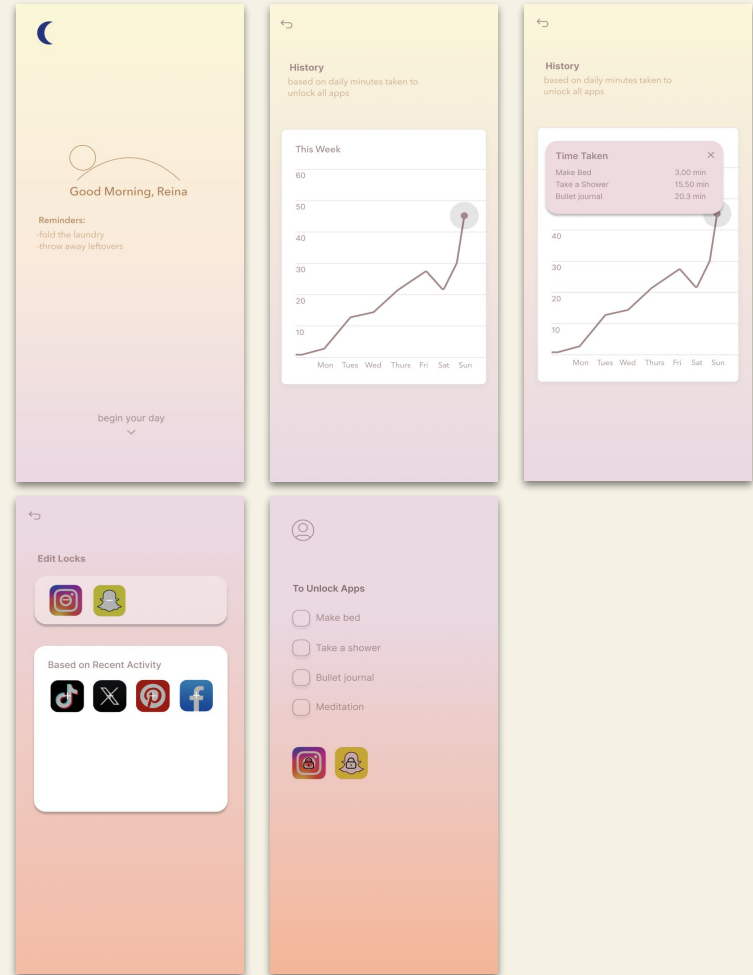Cole - setting up the alarm system

Work in Progress:

- Implementing the features
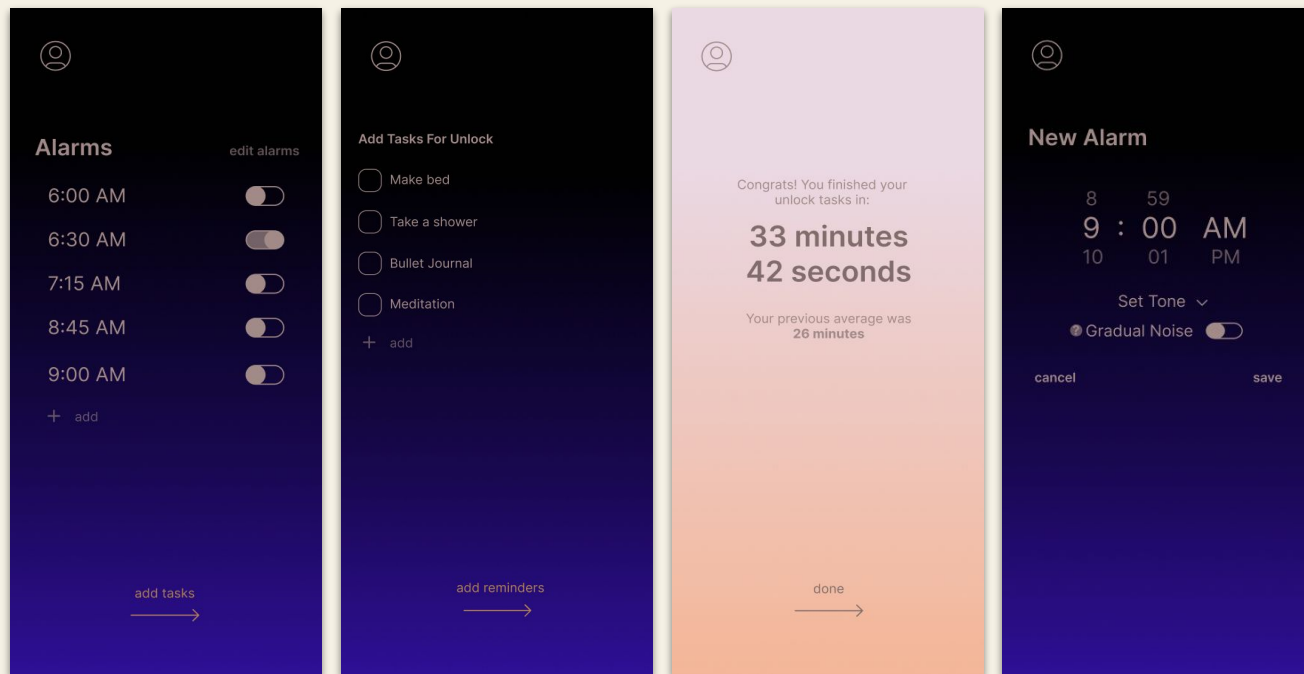- Adding increased interactivity

Saidah

Roles:

➔ Creating color scheme
➔ Implementing tasks pages
➔ Implementing history pages
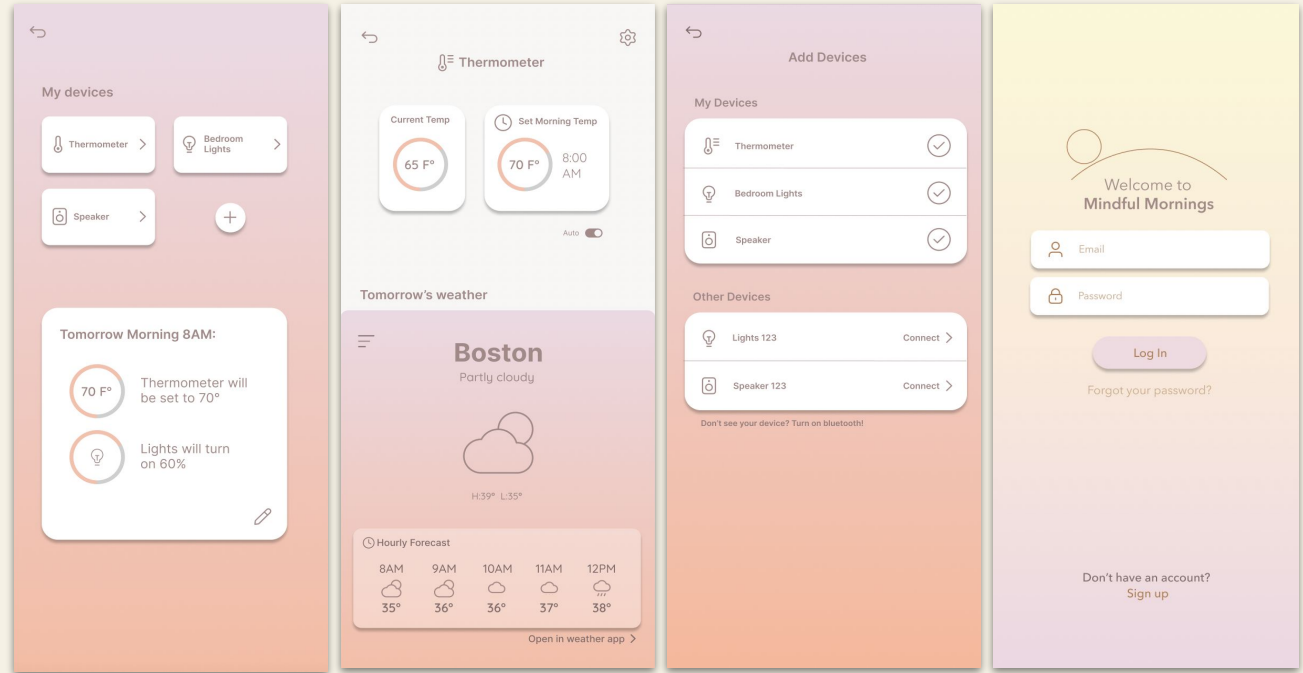➔ Implementing edit locks pages

Cole

Roles:

➜ Implementing night mode features

➜ Setting alarm, tasks, and reminders
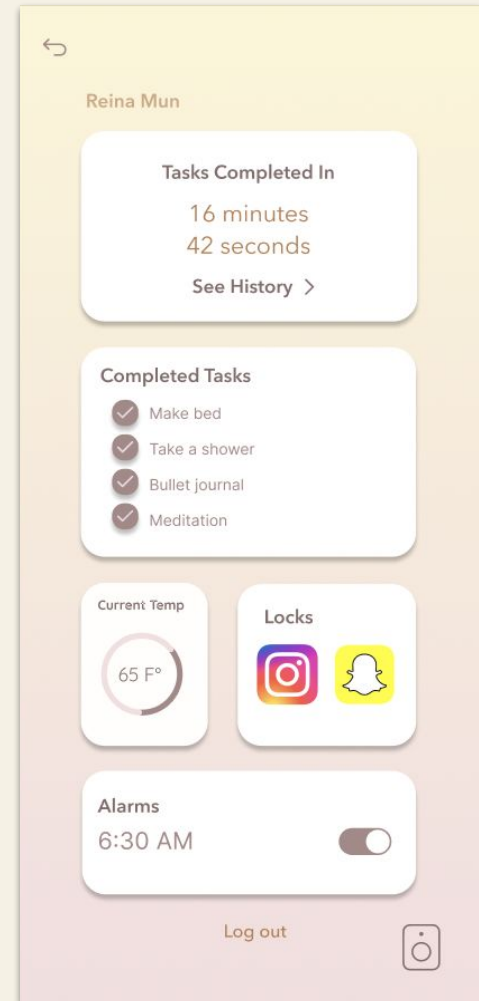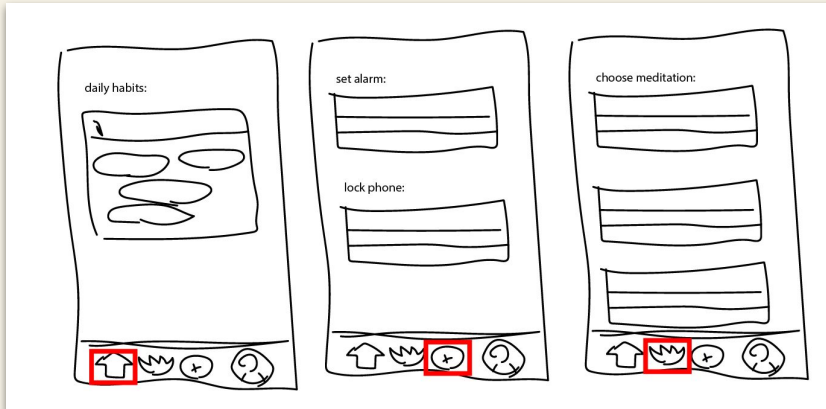
➜ Adding time taken to unlock apps

Olivia

Roles:
➜ Devices feature
➜ Devices settings, adding a device
➜ Login page

My devices

Thermometer
Bedroom Lights
Speaker

Tomorrow Morning 8AM:

70 F° — Thermometer will be set to 70°

Lights will turn on 60%

Thermometer

Current Temp
65 F°

Set Morning Temp
70 F° 8:00 AM

Auto

Tomorrow's weather

Boston
Partly cloudy

H:39° L:35°

Hourly Forecast

8AM 9AM 10AM 11AM 12PM
35°   36°   36°   37°   38°

Open in weather app

Add Devices

My Devices

Thermometer
Bedroom Lights
Speaker

Other Devices

Lights 123   Connect
Speaker 123   Connect

Don't see your device? Turn on bluetooth!

Welcome to Mindful Mornings

Email
Password

Log In

Forgot your password?

Don't have an account?
Sign up

Paige

Roles:

➜ Implementing profile
➜ Original idea of locking apps

Project Narrative

Interaction scenario 1

- ➔ User opens app at night
- ➔ User sets their alarms for the next morning
- ➔ User adds tasks that need to be completed the next morning to unlock apps
- ➔ User adds reminders that will show up on the starting screen
- ➔ User navigates to devices page to change the temperature that they will wake up to in the morning

Interaction scenario 2

- ➔ User opens app in the morning
- ➔ User completes their morning tasks to unlock other applications
- ➔ User accesses their profile page, where they can see their tasks and adjust settings on their devices

Pitfalls

➔ Full use of all the features would require additional devices such as smart lights/switches that can connect. Does not cater to users without smart devices.

➔ There is no way to get to the navigation screen without completing or setting up tasks

➔ Light/small font may be hard for some users to read

Prototype

https://www.figma.com/file/GvcDxrnGX1XPpxndf0g POg/Untitled?type=design&node-id=1%3A3&mode= design&t=0rsPwW97ZP6jH27w-1