# Calm Button: Core Anxiety Support

Product Requirements Document v1.0

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## 1. Product Overview

### 1.1 Executive Summary

Calm Button is a minimalist mobile application providing immediate anxiety support through a single, pulsing haptic-feedback button. The app prioritizes instant accessibility and simplicity, focusing solely on delivering a grounding tactile experience.

### 1.2 Problem Statement

During anxiety or panic attacks, complex interfaces and multiple options can increase stress. Users need an absolutely frictionless, single-purpose tool that provides immediate grounding support.

### 1.3 Target Users

- Individuals experiencing anxiety or panic attacks

- People who benefit from tactile grounding techniques

- Users seeking an extremely simple, discrete support tool

### 1.4 Value Proposition

- Zero-friction access to immediate support

- Single-purpose design eliminates decision paralysis

- Clinically-validated haptic patterns

- Complete privacy with no data collection

## 2. Core Feature Specification

### 2.1 The Button

- Full-screen, soft-gradient circular button

- Gentle visual pulse animation synced with haptic feedback

- Three clinically-validated haptic patterns:

1. Calm Breathing (4-7-8 pattern)

2. Quick Grounding (5-5 pattern)

3. Gentle Presence (continuous soft pulse)

- Tap anywhere on screen to activate

- Simple two-finger tap to cycle between patterns

- Haptic intensity follows system settings

### 2.2 Visual Design

- Minimal interface with no text

- Soft, neutral color palette (default: gentle blue gradient)

- Subtle pulse animation that never demands attention

- No additional UI elements

- No settings screens

- No onboarding

## 3. Technical Requirements

### 3.1 Performance Specifications

- Launch time: <300ms from tap to interactive

- Haptic feedback latency: <16ms

- App size: <10MB

- No internet connectivity required

- No background processes

- No data storage

### 3.2 Technical Architecture

- Native iOS/Android implementation

- Direct haptic engine integration

- No database or storage system

- No network stack

- No analytics

### 3.3 Battery Optimization

- Efficient haptic engine usage

- Screen brightness adaptation

- Auto-sleep after 20 minutes

- Background suspension when inactive

## 4. User Experience

### 4.1 Core Principles

- Zero learning curve

- No configuration required

- No settings to manage

- No notifications

- No permissions required

- No onboarding screens

### 4.2 Interaction Flow

1. Tap app icon

2. Immediate activation of default pattern

3. Tap anywhere to pause/resume

4. Two-finger tap to change pattern

5. System back gesture to exit

## 5. Privacy and Security

### 5.1 Data Handling

- No data collection

- No storage

- No analytics

- No network connections

- No permissions required

## 6. Accessibility

### 6.1 Core Requirements

- VoiceOver support for pattern identification

- High contrast mode support

- Respects system haptic settings

- Supports system back gesture

- Large touch target (entire screen)

## 7. Testing Requirements

### 7.1 Performance Testing

- Launch time verification

- Haptic timing accuracy

- Battery impact measurement

- Memory usage monitoring

### 7.2 Clinical Validation

- Haptic pattern effectiveness validation

- Pattern timing verification

- Intensity appropriateness assessment

## 8. Future Considerations

(Pending Features - Not Part of Initial Release)

- Emergency contact integration

- Breathing visualization

- Voice guidance

- Custom pattern creation

- Color theme options

- Usage statistics

- Biometric integration

- Progress tracking

- Account system

- Cloud sync

- Settings customization

## 9. Success Metrics

### 9.1 Technical Metrics

- Average launch time

- Battery impact per hour

- App size

- Crash rate

### 9.2 User Metrics

(Anonymous, device-side only)

- Pattern usage distribution

- Session duration distribution

- Launch frequency

- Pattern switching frequency