



NotteStudio

An inovative way to improve your sleep and study quality.



Description

NotteStudio is a ground breaking app that monitors the sleep and study habits of the user using new technology for that effect.

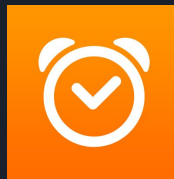
It's focused in students with trouble sleeping well enough and in focusing - in partnership with university tutors e healthcare professionals.

Related apps



Pillow

Sleep Tracking and Sleep Sounds



Sleep Cycle

Sleep cycle tracking and analysis



Forest

Study timer with trees as an incentive. Gamification



Focus Keeper

Pomodoro Timer

Questionnaire Highlights



We ran the survey through coursemates, friends and family members, on a total of 28 answers, 11 of which are students, 16 are workers, and 1 has the *Trabalhador-Estudante* status.

- 67.9% of the respondents sleep 5-7 hours a day
- 94.4% of the respondents who have trouble sleeping at least once a month use their phone and/or other electronic devices before bed
- 66.7% of students dedicate 3-5 hours a week to studying
- 75% of students feel that their studying frequently goes as expected, but often falls short of expectations

PACT Analysis



PEOPLE

Sleep tracking mainly targets users aged 18-25, often college students with erratic sleep patterns influenced by caffeine/alcohol. Older users, typically workers with consistent routines, exhibit better sleep habits. Concentration assistance targets students aged 15-25 prone to distraction.

ACTIVITIES

The app is designed for daily use, focusing on sleep monitoring and concentration assistance. Its minimalist design minimizes distractions for easy use, irrespective of user characteristics. Sleep data is collected automatically, with straightforward analysis. Study concentration modes are customizable based on material difficulty and user objectives.

CONTEXT

Physical Environment: Data is stored locally, enabling offline app use.

Cross-Device Connectivity: The app connects across devices for easier access.

Design Simplicity: Minimalist design boosts app performance on any device.

TECHNOLOGIES

The app uses mobile and smartwatch sensors for sleep and concentration tracking, measuring movement and noise for quality assessment. Predictive AI offers sleep habit advice. It includes customizable Pomodoro timers, "Do Not Disturb" mode, and a self-assessment tool for study quality. A brain sensor enhances concentration insights.

Personas



NotteStudio / Ideal User Persona

Miley Jackson

Age: 20

Life Stage: Finishing her Bachelor's

Profile: A Bachelor's student that has been sleeping too much and feeling unproductive. She's worried about her academic performance and social life. After seeing a therapist, Miley is working on improving her sleep schedule, productivity, and mental health.

Motivations

- Improving sleep schedule
- Being more productive
- Maintaining a healthy social life

Goals

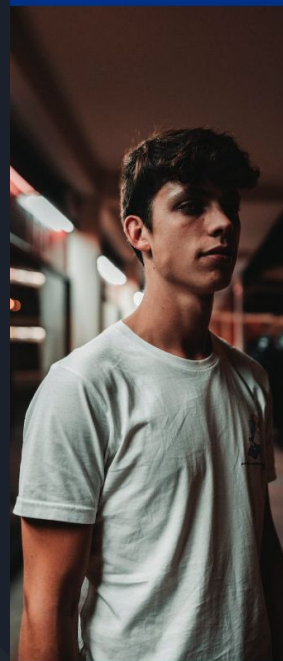
- Wants to find the best way to study efficiently and make it the easiest possible to deliver all assignments on time.
- She wants to figure out how to easily monitor his sleeping schedule and the quality of his sleep, in order to improve his quality of life.

Frustrations

- Sleeping too much and feeling unproductive
- Worrying about academic performance
- Worrying about social life

Needs

- Help managing time
- Help developing healthy sleep habits
- Help finding a balance between school, work, and social life



NotteStudio / Ideal User Persona

Michael Jordan

Age: 21

Life Stage: Starting his Masters

Profile: A student who just barely finished his Bachelor's and is now starting his masters. Tired of not sleeping enough and running on coffee and feeling like his study time isn't productive enough and needs a way to fix his sleeping schedule, while also improving his academic performance and keeping his social life alive.

Motivations

- Good academic performances.
- Long term health benefits.
- Better mood.

Goals

- Wants to find the best way to study efficiently and make it the easiest possible.
- He wants to figure out how to easily monitor his sleeping schedule and the quality of his sleep, in order to improve his quality of life.

Frustrations

- Hates not sleeping enough - makes him slow and angry.
- Relies too much on pressure to be productive.

Needs

- Good sleeping schedule
- Optimal study time

Activity Scenarios

Michael Jordan

Michael, a 21 year old Master's student that always had decent sleeping habits, is now watching those habits degrade and impact negatively his uni results.

When looking for a solution, he found NotteStudio, an app that works as a sleep tracker and also as a study habit tracker. Intrigued by the deep analysis to sleep cycles provided by the app, Michael installed it and created an account to keep all his reports saved.

Using the app, he swiftly found herself understanding what was harming his sleep the most and started changing to improve, as well as his productivity at university.

With NotteStudio, Michael's life was changed - he not only reached her goal to improve her mental health, due to the increased hours of sleep, but he also started getting better grades at uni.

Miley Jackson

Miley , a 20-year-old bachelor's student, has recently been struggling with excessive sleep and decreased productivity. Concerned about her academic performance and social life, she decided to seek help and visited a therapist to address these issues. who advised her to improve her sleeping schedule, so that her performance and mental health could improve too.

Following the therapist's advice, Miley began searching for solutions to help her regain control over her life. During her search, she came across NotteStudio, an app that offers sleep tracking and study habit tracking features. Intrigued by the prospect of using this app to better understand and address her sleep-related problems, Miley decided to install it and create an account to save all her progress and reports.

With NotteStudio, Miley started gaining



Functionalities and Tasks



Sleep tracking - the device uses physical sensors to evaluate sleep quality and stores the data locally. The data is then analyzed-by the app in a simple and straightforward way, using AI to provide suggestions.

Concentration assistance - the device silences every distracting notification and doesn't let the user open any other app, for the period that he desires, so that the time dedicated to studying can be used more efficiently. Finally, the user self-evaluates the study quality and the device compares the self-evaluation with the data collected through physical sensors, and uses AI to provide suggestions.