Ideation Phase
Empathize & Discover

Date	18 October, 2023
Team Id	Team-591086
Project Name	A Sleep Tracking app for better a better night's rest
Maximum Marks	4 Marks

Empathy Map Canvas:

An empathy map is a simple, easy-to-digest visual that captures knowledge about a user's behaviours and attitudes.

It is a useful tool to helps teams better understand their users.
Creating an effective solution requires understanding the true problem and the person who is experiencing it. The exercise of creating the map helps participants consider things from the user's perspective along with his or her goals and challenges.

Empathy map canvas

A Sleep Tracking App For A Better Night's Rest

Originally created by Dave Gray at

XPLANE®

Share template feedback

A Sleep Tracking App For A Better Night's Rest

A project that demonstrates the use of Android Jetpack Compose to build a UI for asleep tracking app. The app allows users to track their sleep.With the "Sleep Tracker"app, you can assess the quality of sleep they have had in a day. It has been time and againproven that a good quality sleep is pretty essential for effective functioning of both mind andbody.

WHO are we empathizing with?
Who is the person we want to understand?
What is the situation they are in?
What is their role in the situation?

- Person who are confused about why they are waking up during the night
- Person who get frustrated when they did not a good night sleep.
- Person who are focused on their health.

GOAL

What do they THINK and FEEL?

PAINS
What are their fears, frustrations, and anxieties?

- Sleep Trackers May Not Be Entirely accurate
- Sleep trackers make some people resistant to treatment
- Sleep Trackers Place an Overemphasis on Quantification

GAINS
What are their wants, needs, hopes, and dreams?

- Measuring your sleep is the first step in sleep improvement
- It can help you understand what kind of daytime behaviors most impact your nightly sleep
- Tracking can help you identify which areas of sleep need improvement

What other thoughts and feelings might influence their behavior?

- Some people may be curious to learn more about their sleep patterns and how they can improve them
- Some people may use a sleep tracking app to connect with others who are also interested in improving their sleep. This can provide them with social support and motivation

What do they need to DO?
What do they need to do differently?
What job(s) do they want or need to get done?
What decision(s) do they need to make?
will we know they were successful?

- The app should easy to use.
- The app should give accurate data about their sleep pattern.
- User reviews and testimonials
- User environments
- Sleep patterns
- Progress tracking

What do they SEE?
What do they see in the marketplace?
What do they see in their immediate environment?
What do they see others saying and doing?
What are they watching and reading?

What do they SAY?
What have we heard them say?
What can we imagine them saying?

- I'm so tired
- I'm worried about my health
- I need to get more sleep
- I can't seem to fall asleep

What do they HEAR?
What are they hearing others say?
What are they hearing from friends?
What are they hearing from colleagues?
What are they hearing second-hand?

- Alarm preferences
- Sleep related disturbances
- Notifications
- Interviews and surveys

What do they DO?
What do they do today?
What behavior have we observed?
What can we imagine them doing?

- Watches TV in bed
- Works late into the night
- Drinks caffeine before bed