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Interaction Context

and

Interface Type



# Interaction Context

Sleep is a very important activity that every individual should observe daily.



However, in this era people are so involved in their day to day life that they don't find time to give rest to their brain and unfortunately it leads to issues like sleep disorders.

People forget to take rest and become active, instead either they don't sleep or aren't able to sleep even after using 1-2 max. methods.



# Interface Type

## RESTING PANDAS

An easy to use application that helps you prevent sleep disorders and maintain the best sleep cycle in your life.

Application includes:

1. Sleep sounds
2. Tracking sleep duration
3. Tracking sleep irregularity including waking up, snoring, etc.
4. Body guide or regular health guide
5. Track phases of sleep (Sleep cycle contains 4 phases including RME & NRME)
6. Meditation

AND MANY MORE....

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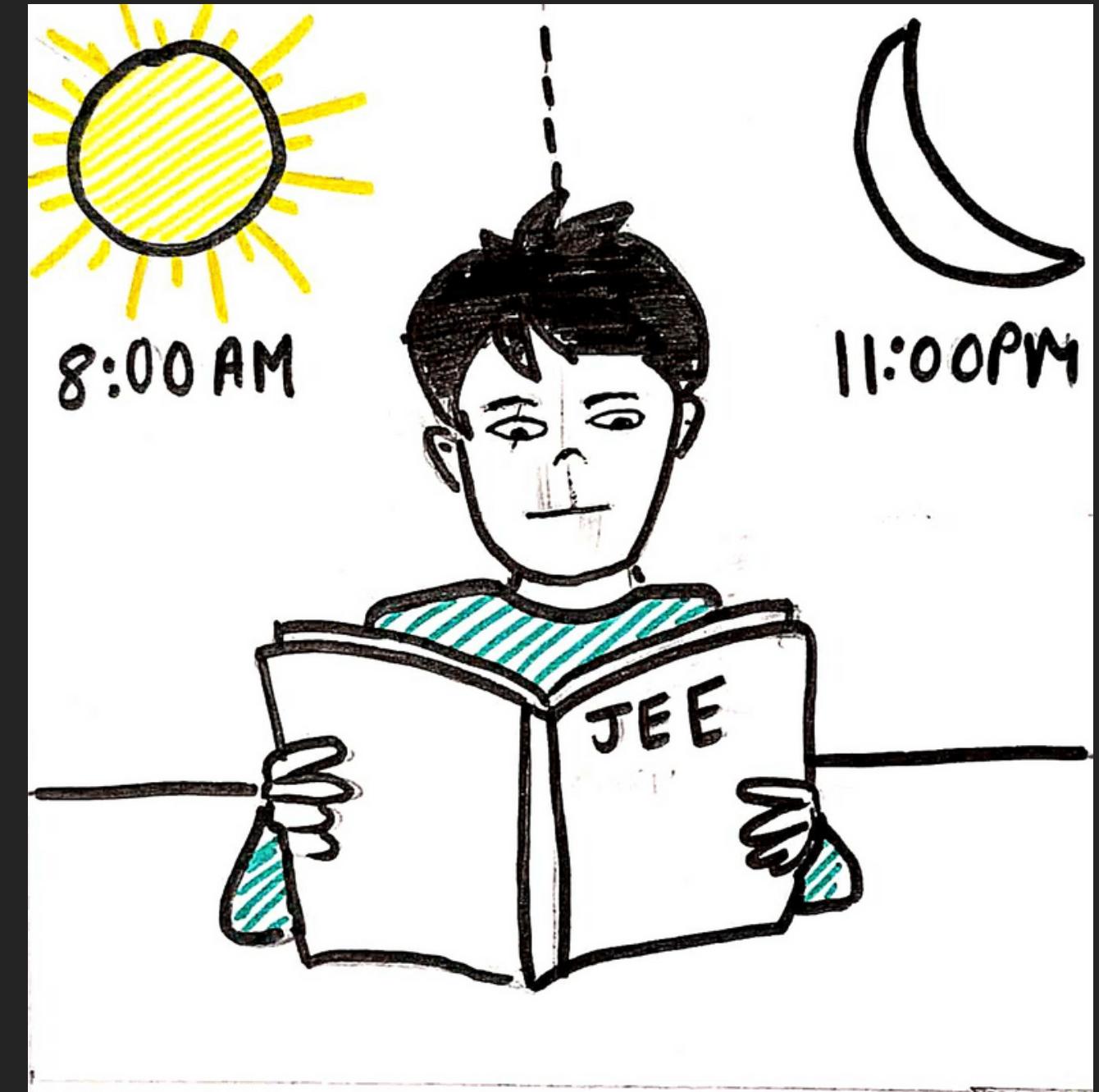
## DETAILED STORYBOARD

# STORYBOARD

- A tool people use to visually predict and explore a users experience with a product/service.
- Helps you understand whether your concept will be viable to work or not.
- Can also be used to further explain why the problem area we are considering is relevant.
- Helps you visualise your words in the form of a story.



Aman Dhaka is a student of 12th standard who is preparing for most prestigious engineering exam i.e. JEE.



His ultimate aim is to get admission in IIT. To achieve his aim he take lot of pressure, stress and even don't sleep properly.



One day he got exhausted and he put his foot down. He decided to give up everything



He started crying. Then one of his friends came to him and asked him what is the issue.



He told him everything about what he was going through. His friend suggested him to meet psychiatrist.



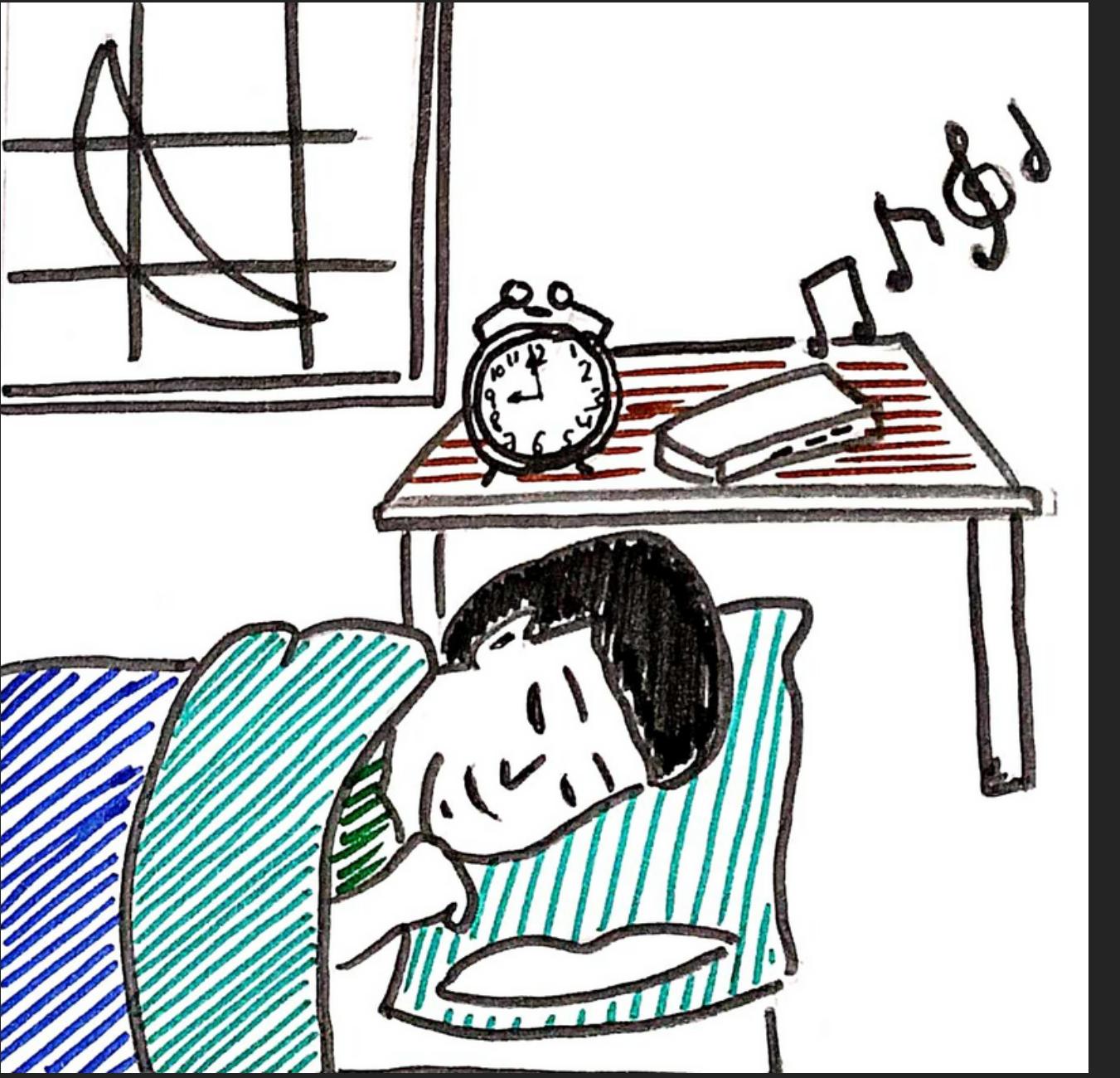
He went to the psychiatrist and explained him everything in detail. The psychiatrist highlighted sleep disorder as root cause of whatever problem. He suggested him to take proper sleep and meditate.



He went back home and searched for methods for proper sleep where he came across "Resting Panda" application which changed his whole life.



He downloaded the app and started using it regularly and followed the guidelines of the app based on his needs and requirements.



The app provides him soothing sounds to sleep early in the night and wakes him up early in the morning by setting up customized alarms which records snoring sounds and rings at the appropriate time.



The app also motivated him to meditate.



Now he is living happy and prosperous life.  
He sleeps well which helps him to achieve sound mind and relieve stress.  
He works more efficiently now. He is in great mental space and relishing his life to the fullest.

THANK YOU