



# Sleep Scheduler

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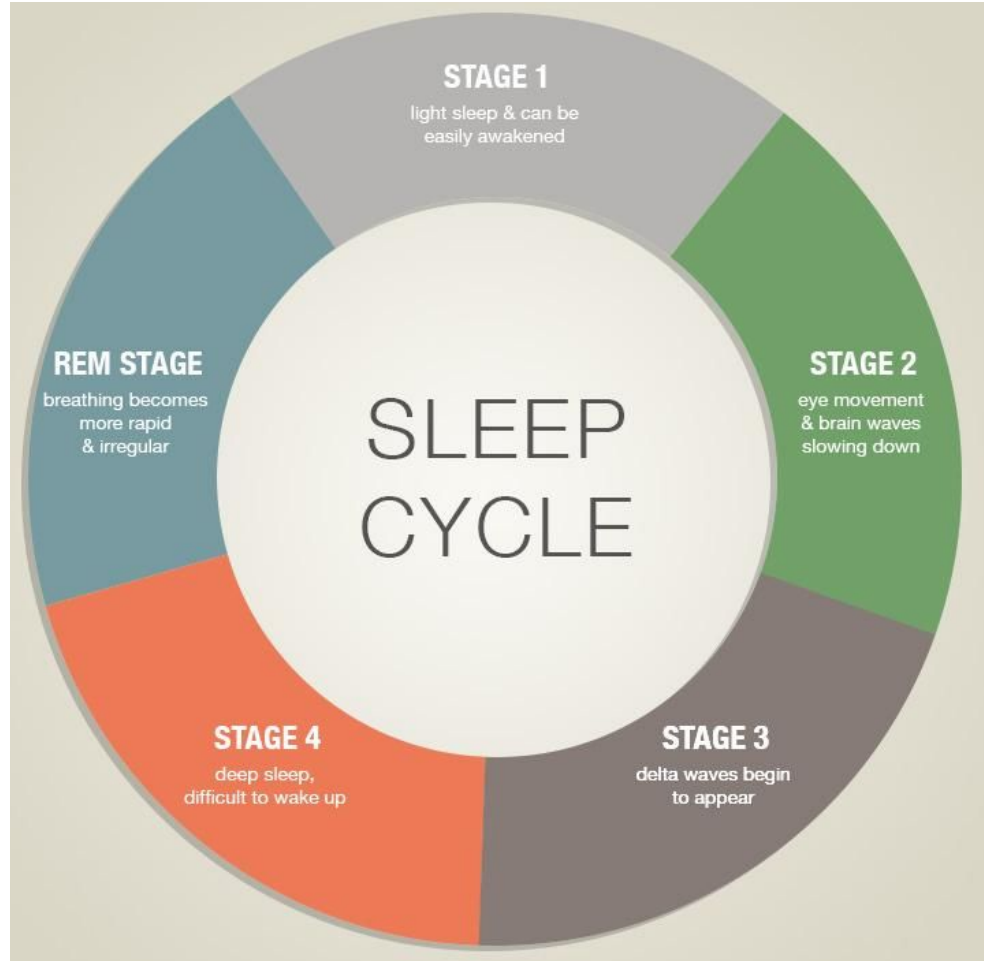


## Motivations

- College students need a way to find optimized hours of sleep depending on when they wake up
- Show that there are different options when it comes to getting a good night's sleep.

# Sleep Cycles

- It's recommended you get 5-6 complete cycles





## User

- A personalized way to calculate your sleep schedule.
  - User inputs the time they wish to wake up
  - App calculates optimal time for user to sleep
  - Reminds the user to sleep at calculated bed time



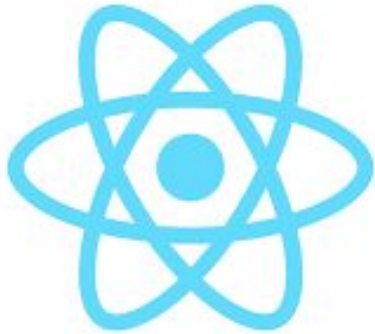
## Features

- Set alarm for when you want to wake up.
- Integrated "snooze system"
- Set sleep schedule based on hours or sleep cycles
- Achievements page that keeps track of optimal sleep days
- Upgrading logo after reaching a set number of optimal sleep days



## Main Technologies

- React Native



- Expo



# Demo

4:01



What time do you want to wake up?

|    |    |    |
|----|----|----|
| 8  | 58 |    |
| 9  | 59 |    |
| 10 | 00 |    |
| 11 | 01 | AM |
| 12 | 02 | PM |
| 1  | 03 |    |
| 2  | 04 |    |

Set Alert

Alarm has not been set.

Time you want to wake up: 11:01  
AM

Time to sleep: 4:01 AM

[This is the repository link](#)

Home

Achievements

Settings

4:04



Achievements

You have succesfully gotten:

# 0 days

of good sleep in a row

Home

Achievements

Settings



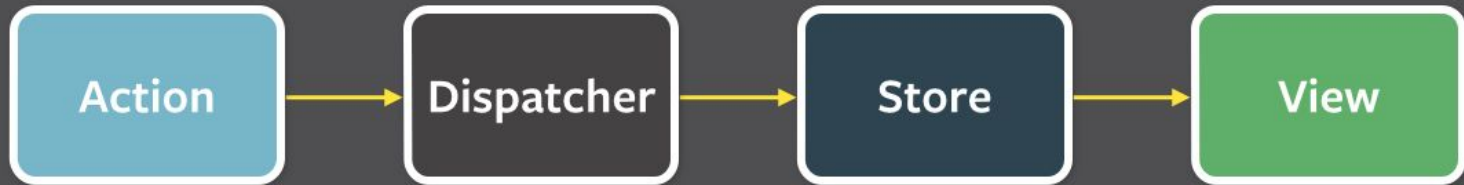
## Technical Challenges

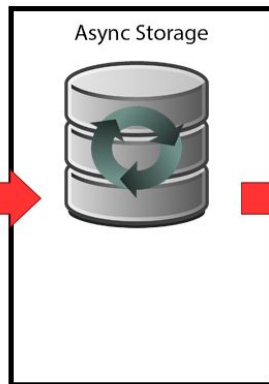
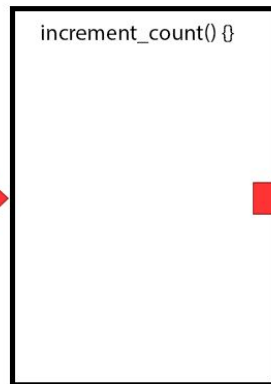
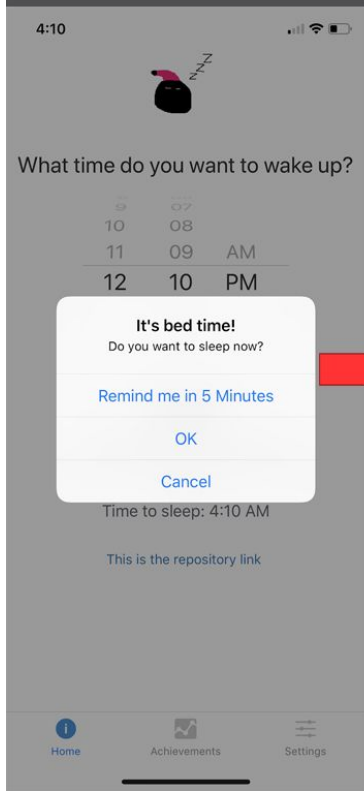
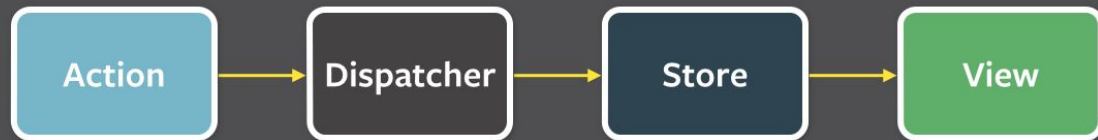
- Learning React Native / ES6
- One way data flow / State Management
  - Race-conditions
- Debugging



## Design

- Split responsibility between screens for one-way dataflow





You have succesfully gotten:

1 day

of good sleep in a row





## Future Plans

- Integration of a "Shop" to earn points and buy different backgrounds/logos for the app
- Ability to switch between choosing sleep time and wake up time
- Implementation of a "Statistics" page where you can view:
  - Highest streak of optimal sleep days, Average wake up/sleep time, number of points, etc.

# Questions?

