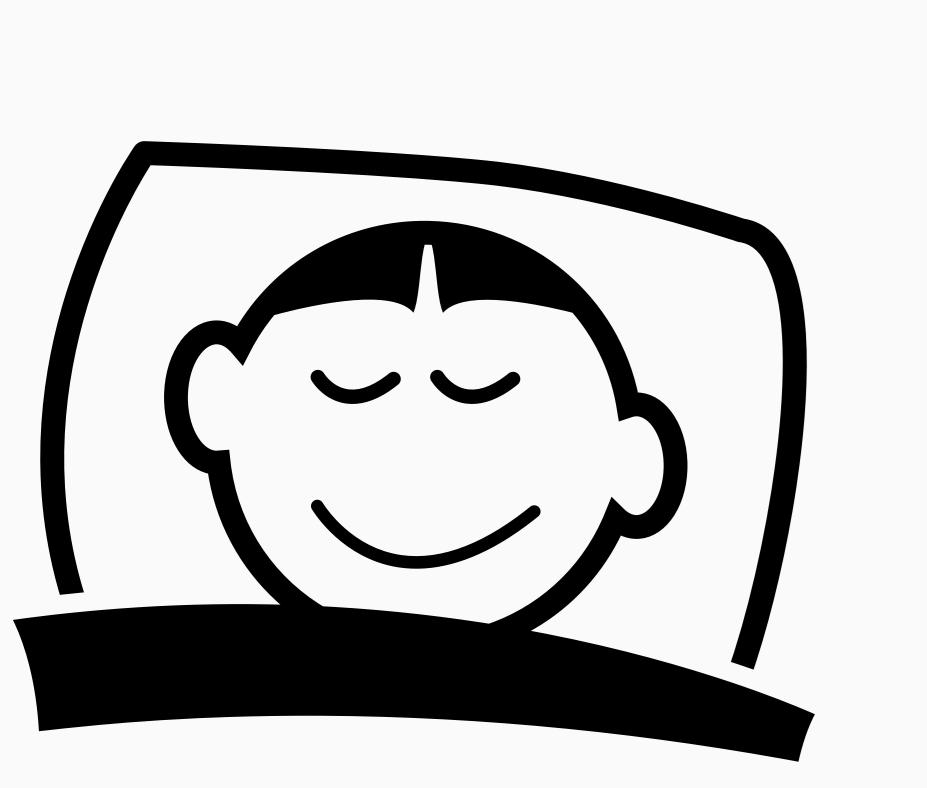


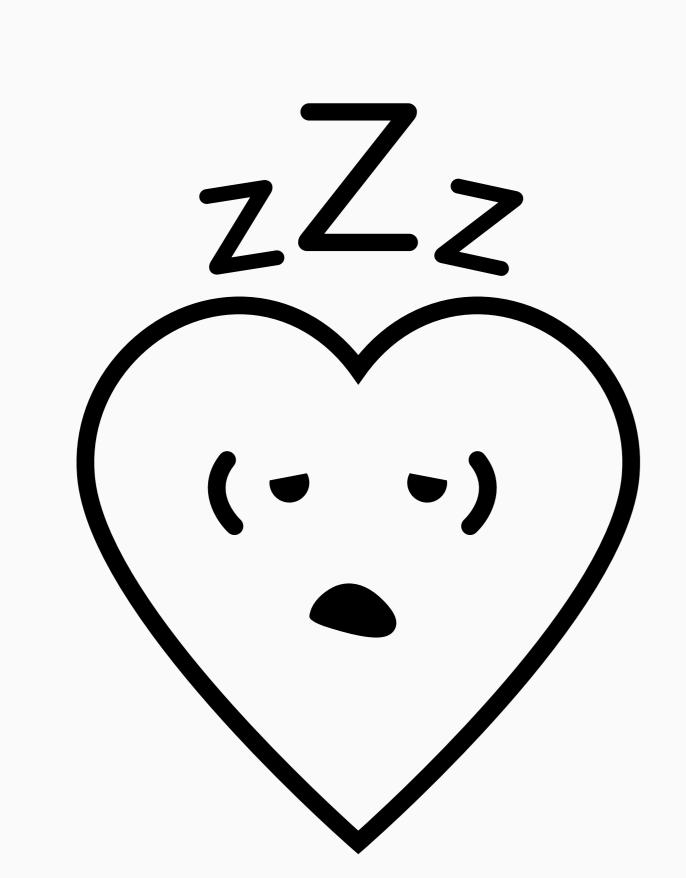
Use this framework to reflect on recent work. This simple structure is useful both alone and in groups.

Created in partnership with



Share template feedback





Reflect on the topic

A sleep tracking app is a software application that is designed to monitor and analyze an individual's sleep patterns and provide information about the quality and quantity of their sleep.

What went well?

how to

improve

their sleep

quality,

These apps typically use sensors in the user's phone or wearable device to detect movement, heart rate, and other physiological signals to determine when the user is asleep and awake. They can also provide data on the amount of time spent in different stages of sleep, such as light, deep, and REM sleep.

Sleep tips.

reducing

screen time

before bed

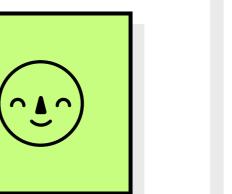
Sleep recommendations

Based on the user's sleep patterns

Personalized Recommendations

adjusting their sleep schedule

changing their sleep environment.







creating a

relaxing

bedtime

routine

Privacy and security

their privacy is protected.

e application should ensure that user data is kept safe

he application should have a user-friendly interface that is easy to navigate

user data

is kept

safe and

secure,

The application should include an alarm clock feature that wakes users

he application should use the sensors on the user's phone or wearable to track their sleep patterns

> The application should provide users with a history of their sleep patterns,

The application can provide soothing sleep sounds to help users fall asleep faster

he application should allow users to add notes about their sleep patterns

Sleep stage

tracking:

How should we take action?

What do you believe we should do next? What specific things should we change? What should extend beyond this meeting?

What ideas do you have?

What ideas do you have for future work together? Where do you see opportunities to improve? What has untapped potential?

