



Medium-fi Prototype
The Dream Team

sleep more, live better

People lose countless hours of quality sleep to homework and technological distractions, such as late-night use of their computers or phones.

We aim to change this by inspiring users to consistently set and reach their sleep goals, tracking users' sleep debt, and helping users leverage sleep to improve their lives overall.

TL;DR

Problem: People don't get enough sleep

Solution: Set bedtime goals and hit them

Tasks

Design Changes

Task Flows

How we did it

Tasks

Design Changes

Task Flows

How we did it

Tasks

Simple: Get to bed on time

Tasks

Simple: Get to bed on time

Moderate: Set a schedule and goals

Tasks

Simple: Go to bed at bedtime goal

Moderate: Set a schedule and goals

Complex: See your progress and adjust

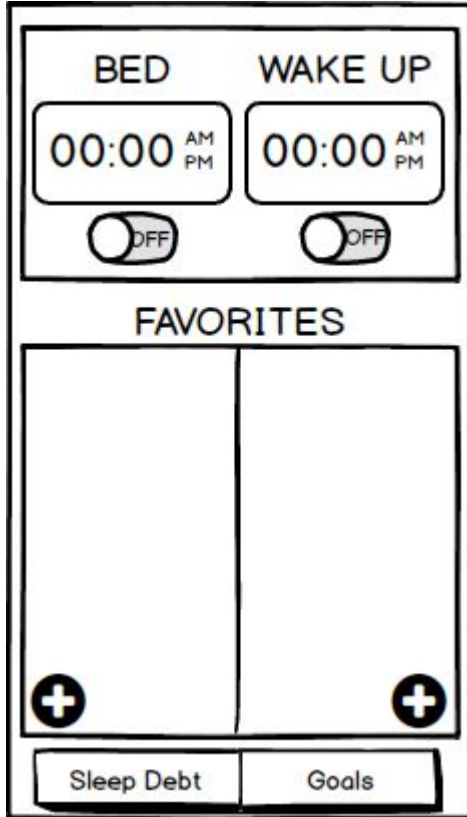
Tasks

Design Changes

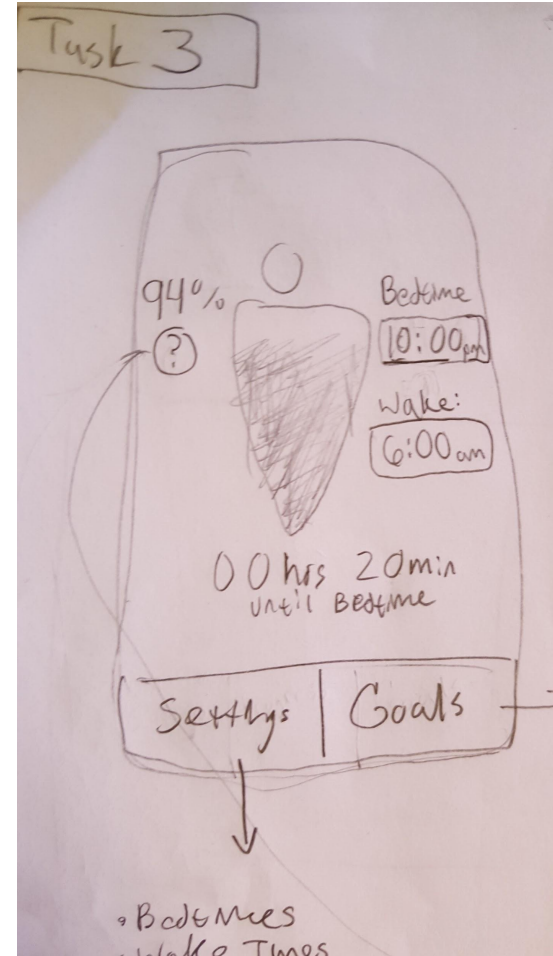
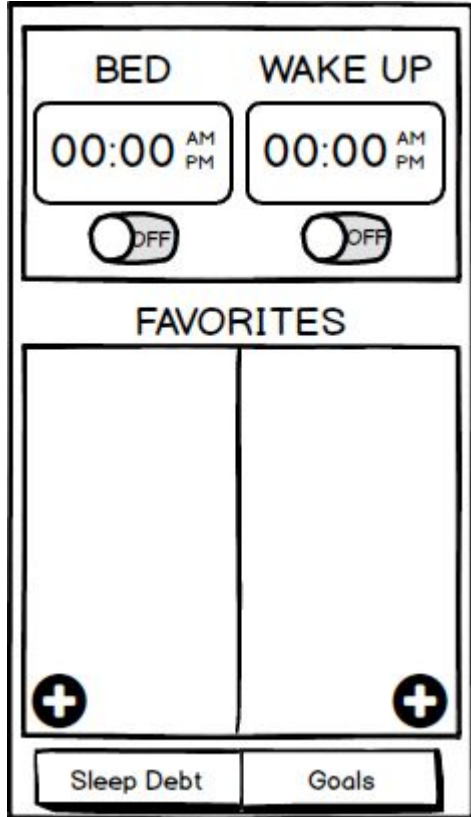
Task Flows

How we did it

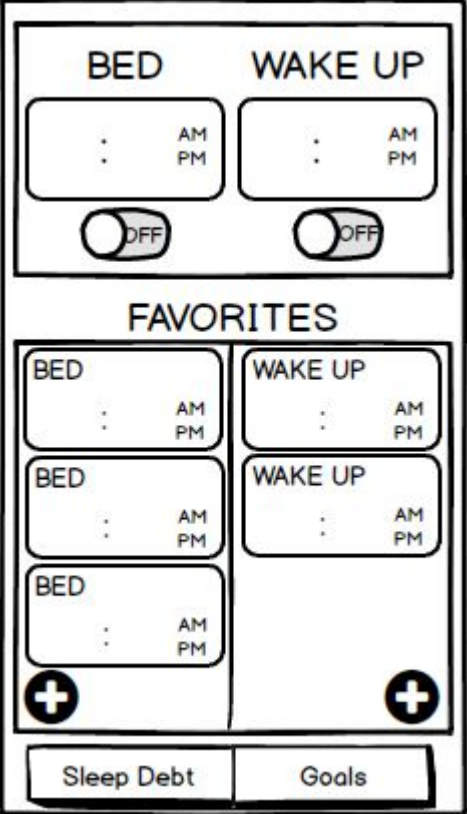
Design Changes - Home Screen



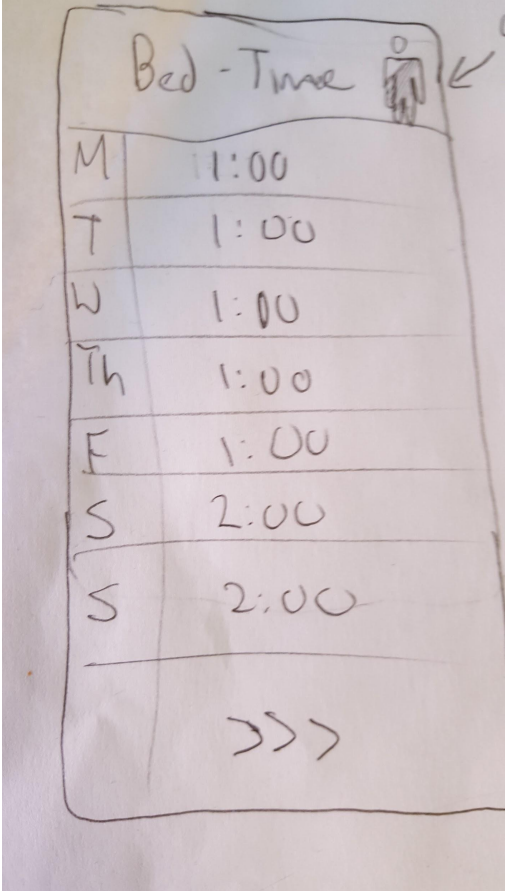
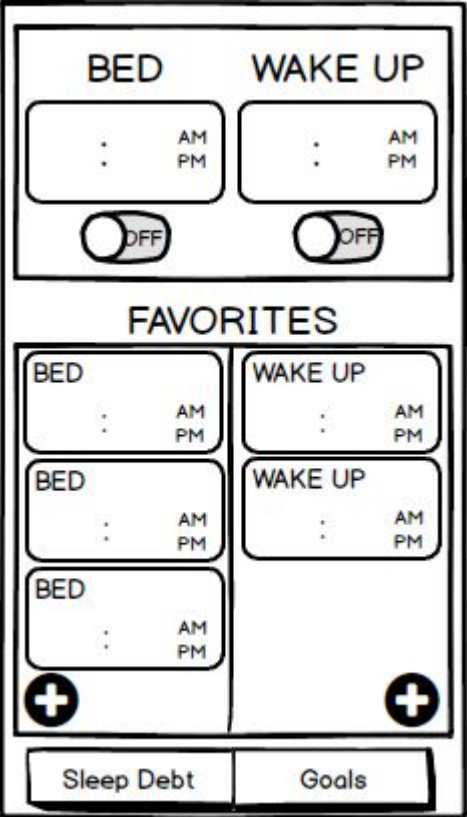
Design Changes - Home Screen



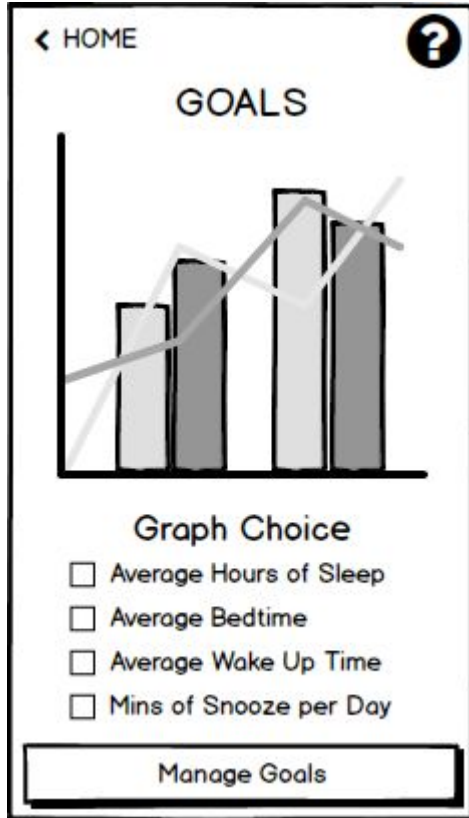
Design Changes - Setting times



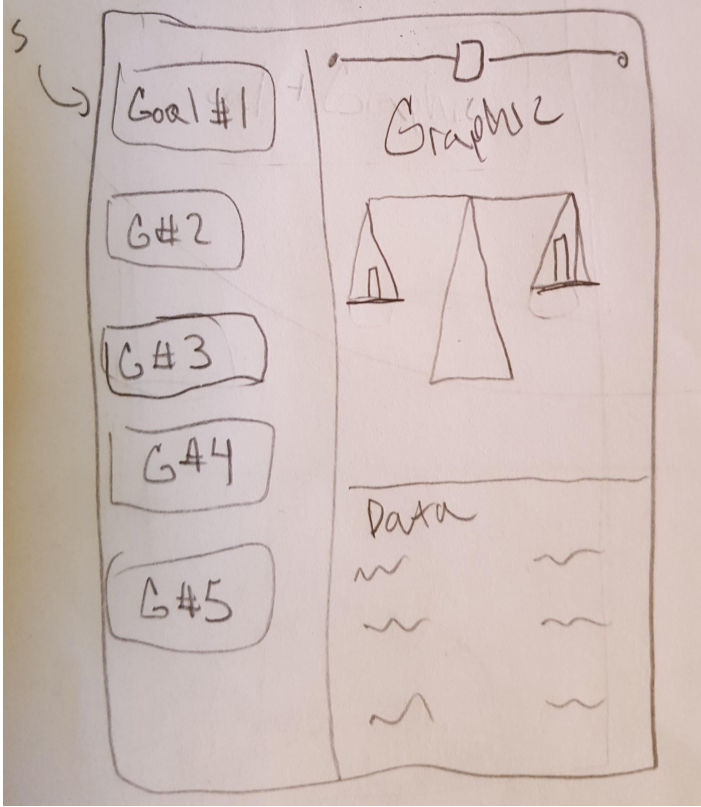
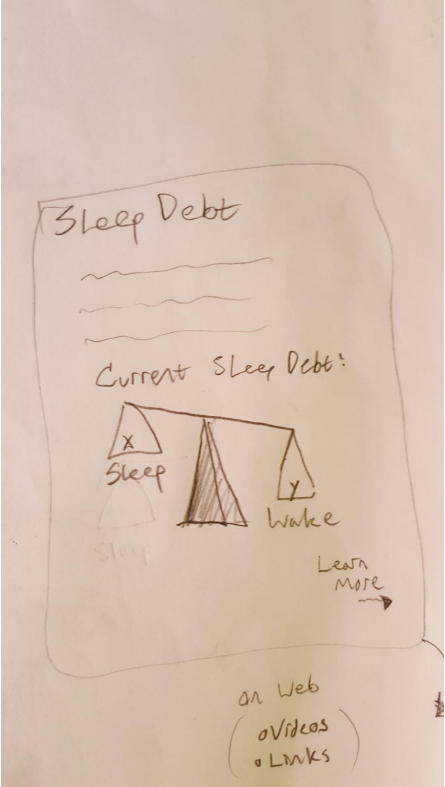
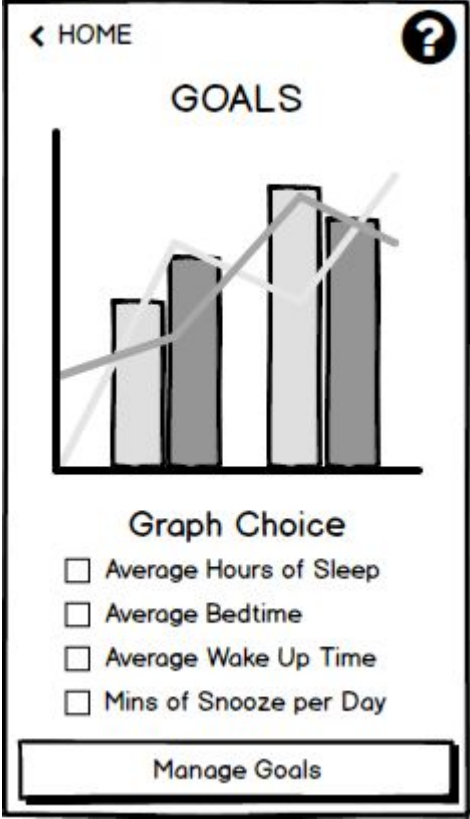
Design Changes - Setting times



Design Changes - Goals



Design Changes - Goals



Tasks

Design Changes

Task Flows

How we did it

Task Flow 1 - Get to bed on time



User slides
up / down to
adjust
bedtime

Task Flow 1 - Get to bed on time



User slides
up / down to
adjust
bedtime



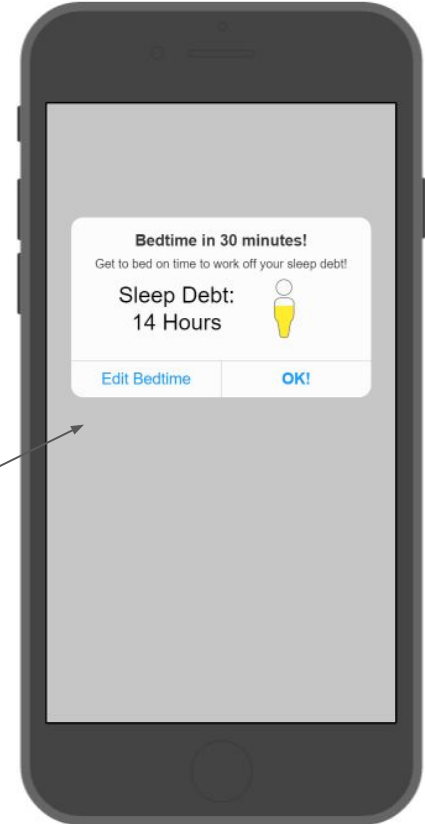
Task Flow 1 - Get to bed on time



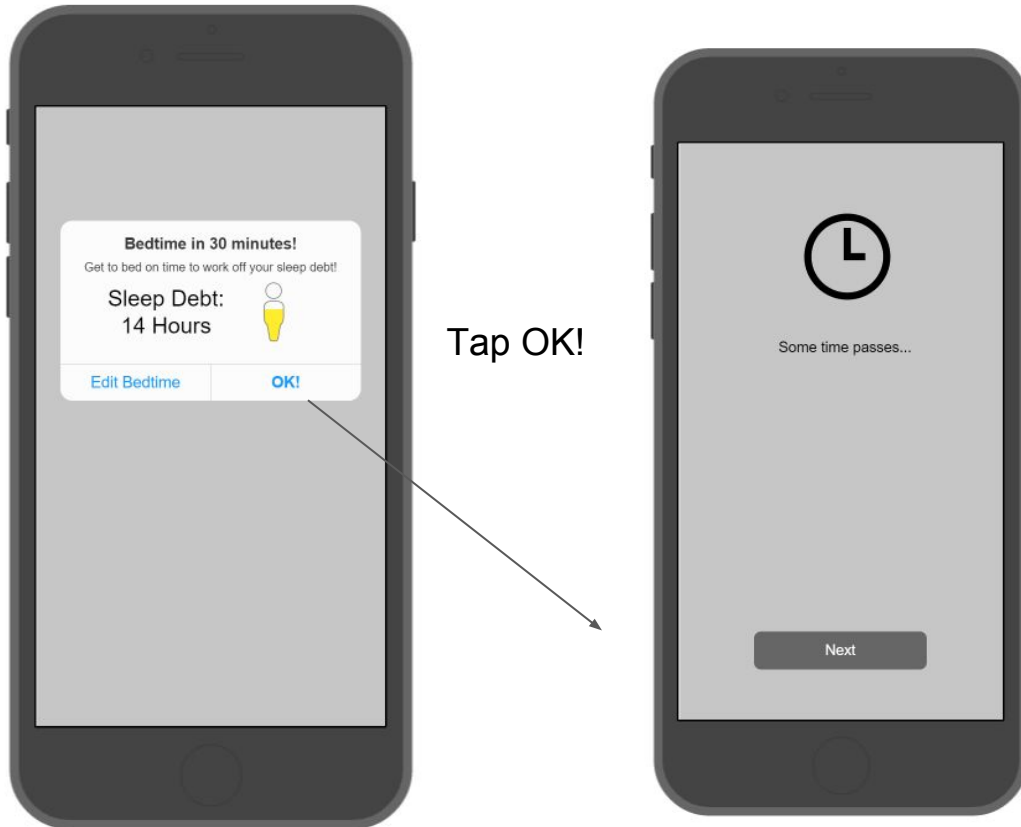
User slides up / down to adjust bedtime



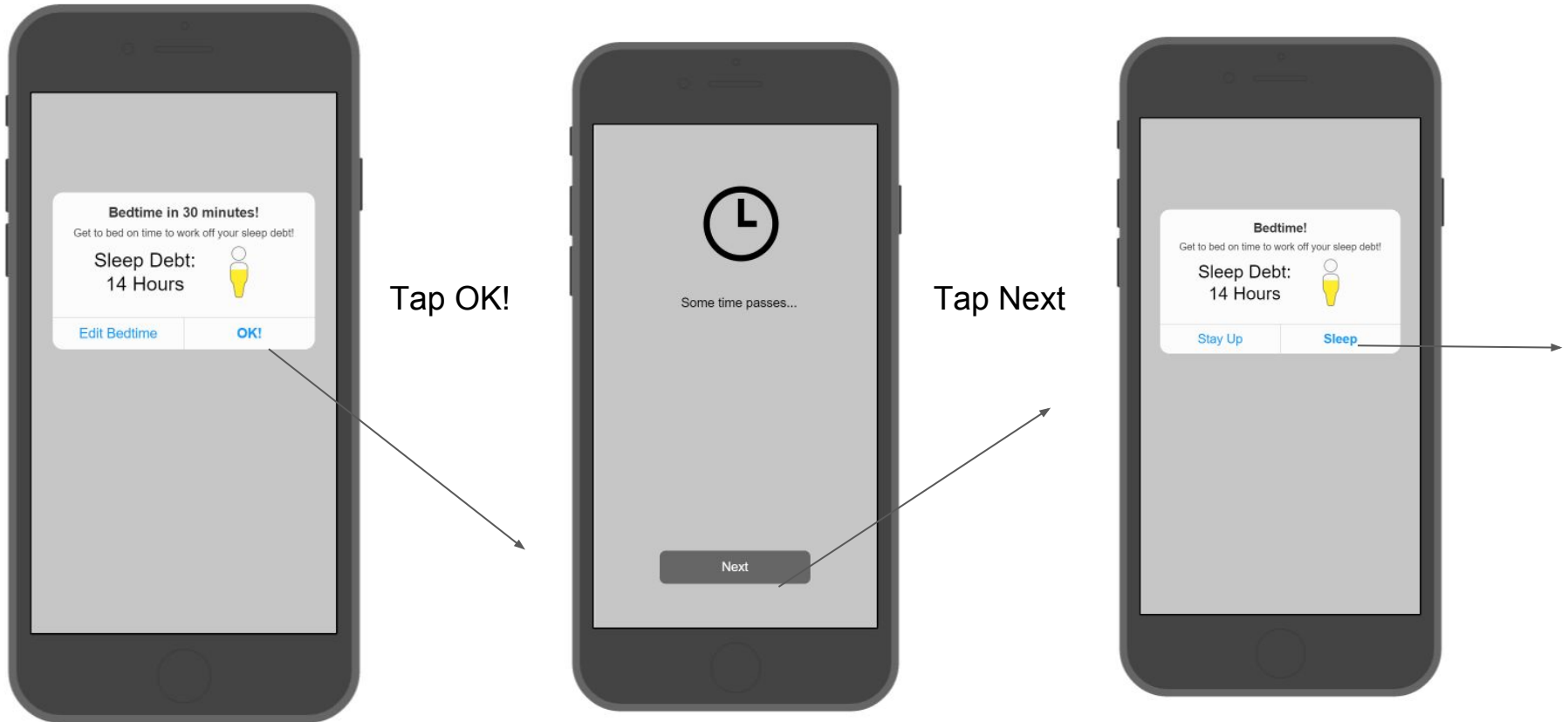
For simulation, click accept



Task Flow 1 - Get to bed on time



Task Flow 1 - Get to bed on time



Task Flow 1 - Get to bed on time



Task Flow 2 - Weekly Schedule

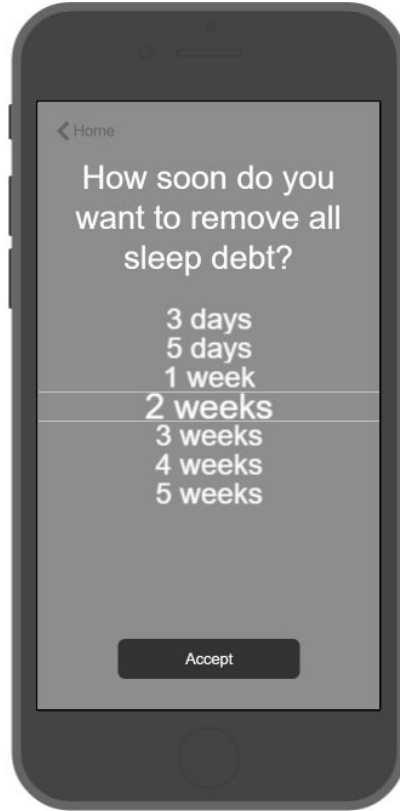


Fix me!

Task Flow 2 - Weekly Schedule

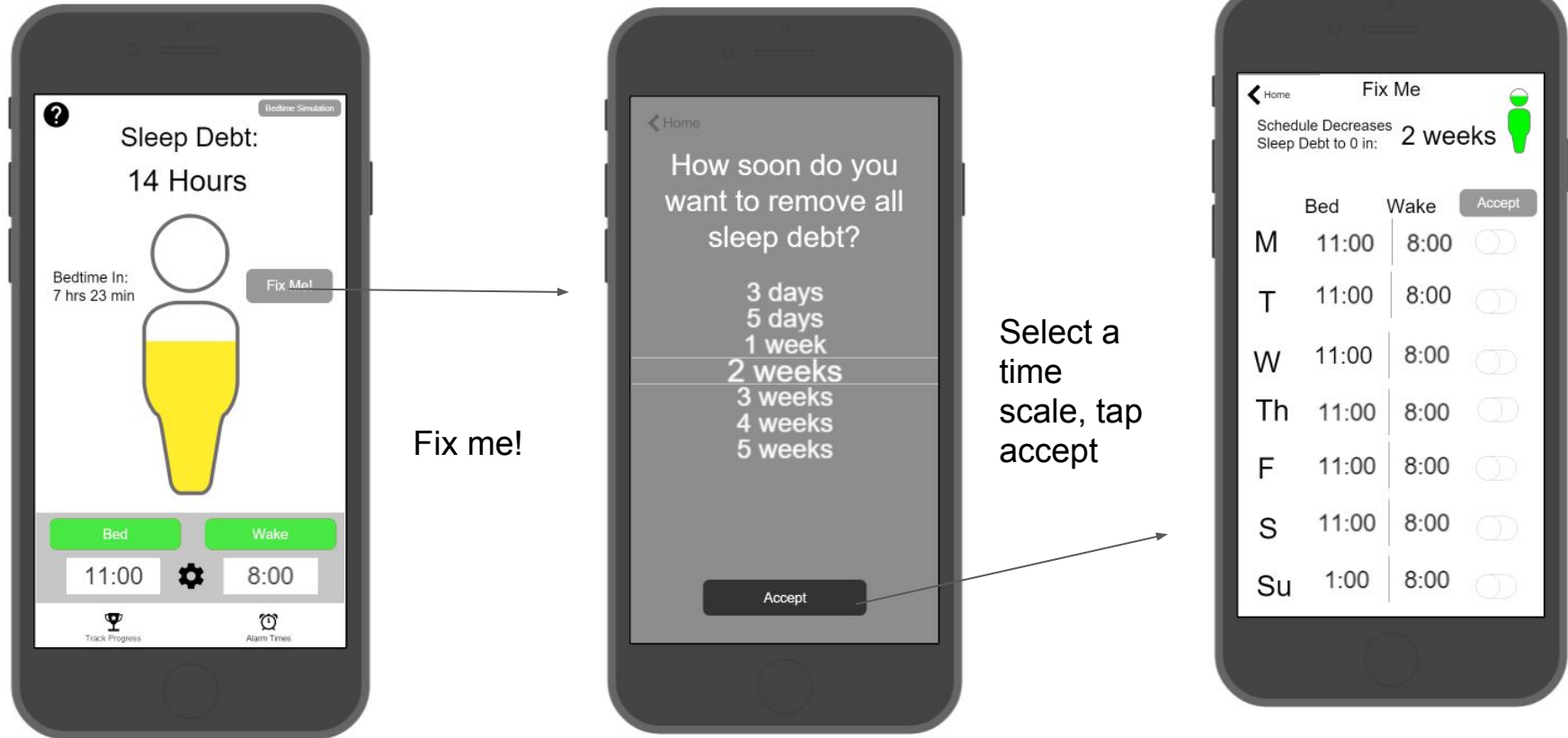


Fix me!

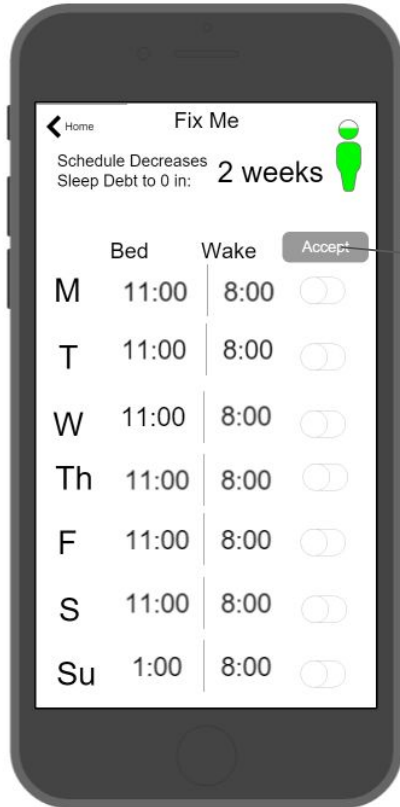


Select a time scale, tap accept

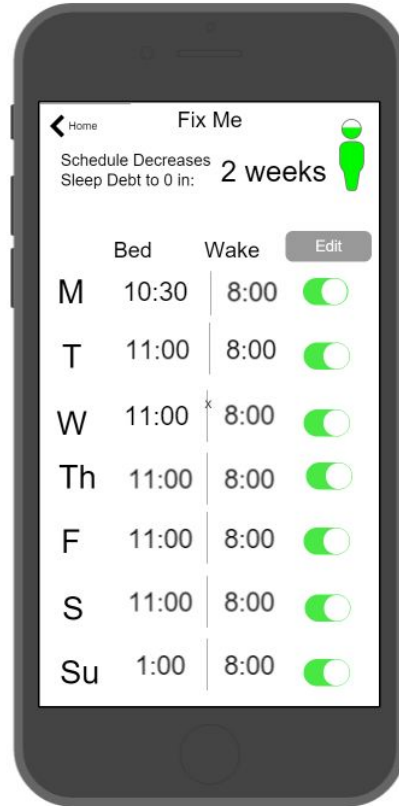
Task Flow 2 - Weekly Schedule



Task Flow 2 - Weekly Schedule



Can tailor, or
click accept
to turn all on



Task Flow 3 - See your progress and adjust

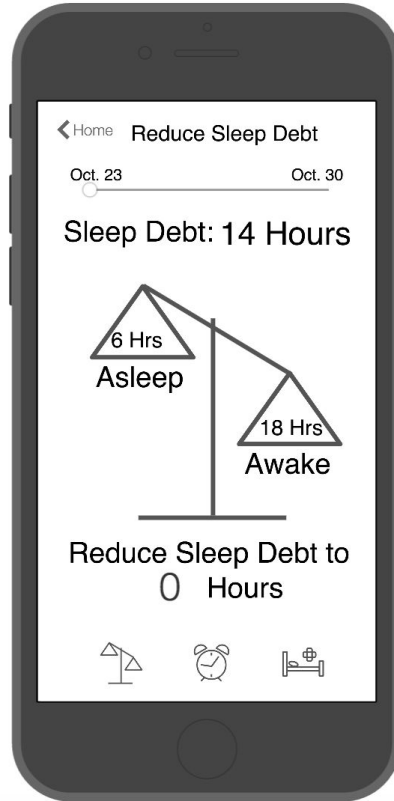


See
progress

Task Flow 3 - See your progress and adjust

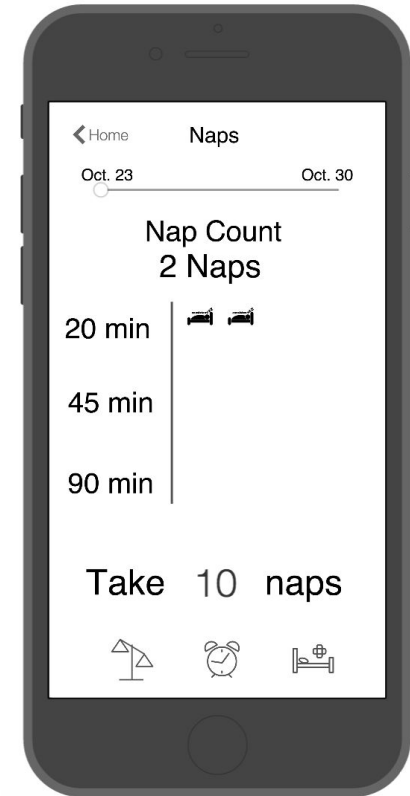
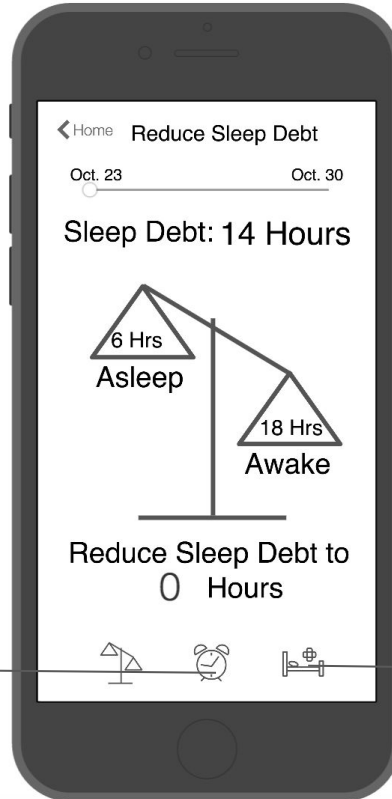
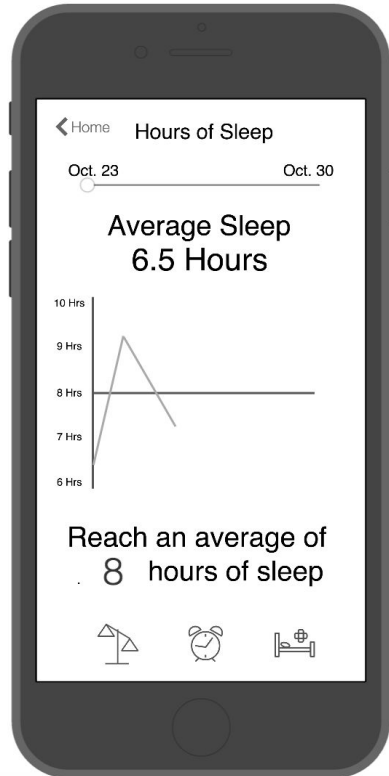


See
progress



Check out other
goals!

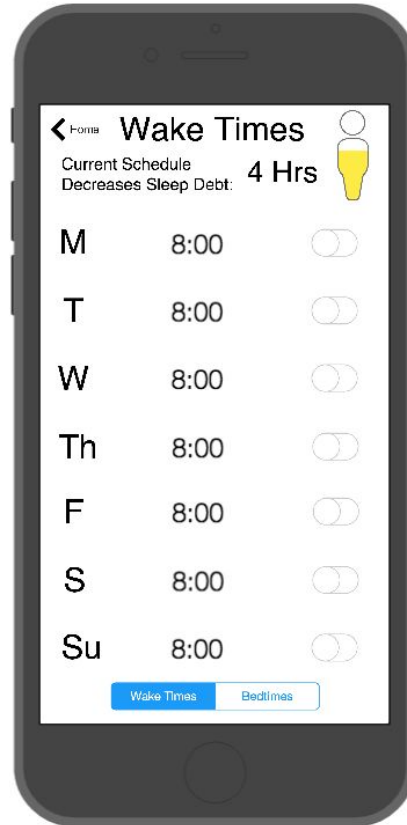
Task Flow 3 - See your progress and adjust



Task Flow 3 - See your progress and adjust



Task Flow 3 - See your progress and adjust



Tasks

Design Changes

Task Flows

How we did it

Proto.io

Proto.io

Pros

Interactions

Grouping

Multiple Designers

Proto.io

Pros

Interactions

Grouping

Multiple designers

Cons

Learning Curve

Limited data input methods

Can't be working at once

Limitations & Workarounds

Limitations & Workarounds

Limited data

goals screen

sleep debt

Limitations & Workarounds

Limited data

goals screen

sleep debt

Time Passage

Additional Screenshots

prototype

website