



# consistenzZ

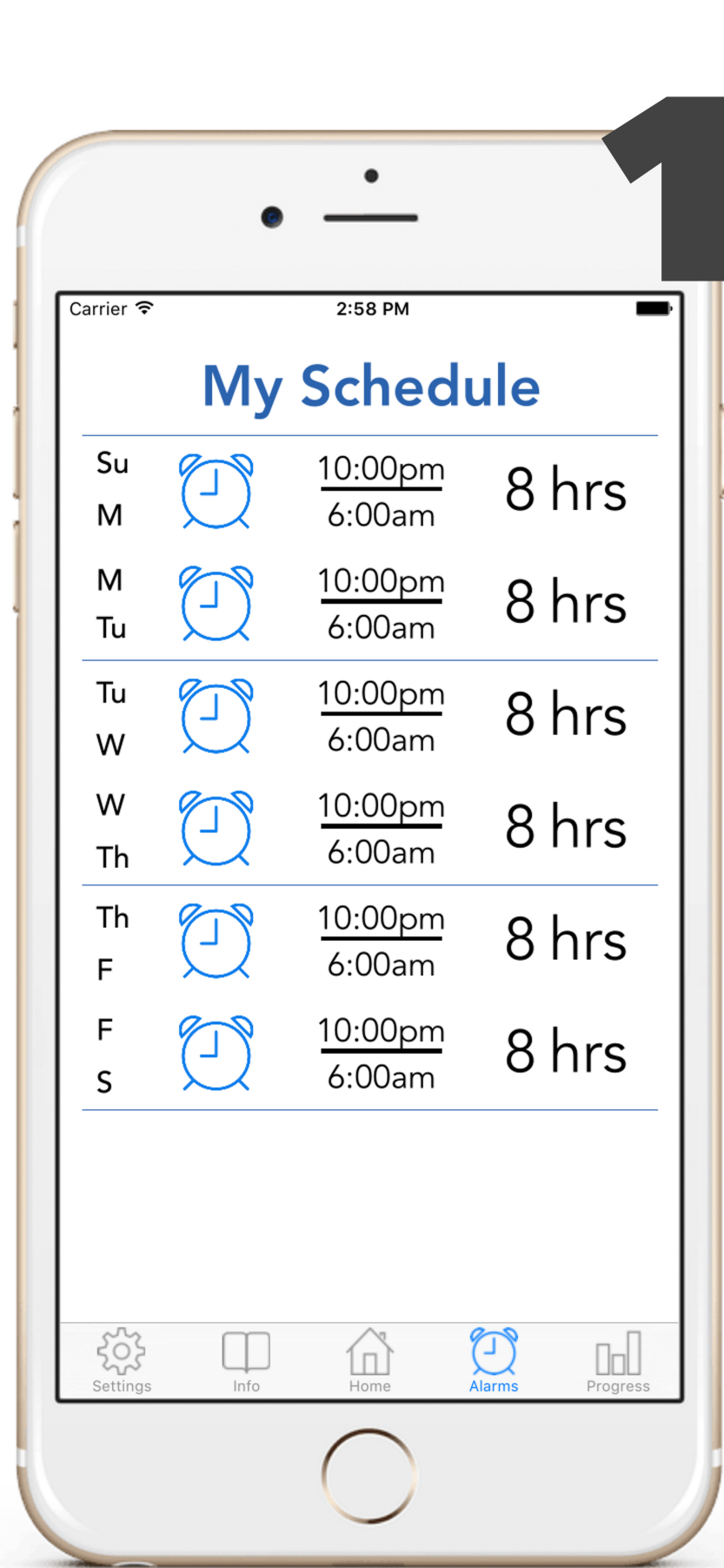
sleep more, live better.



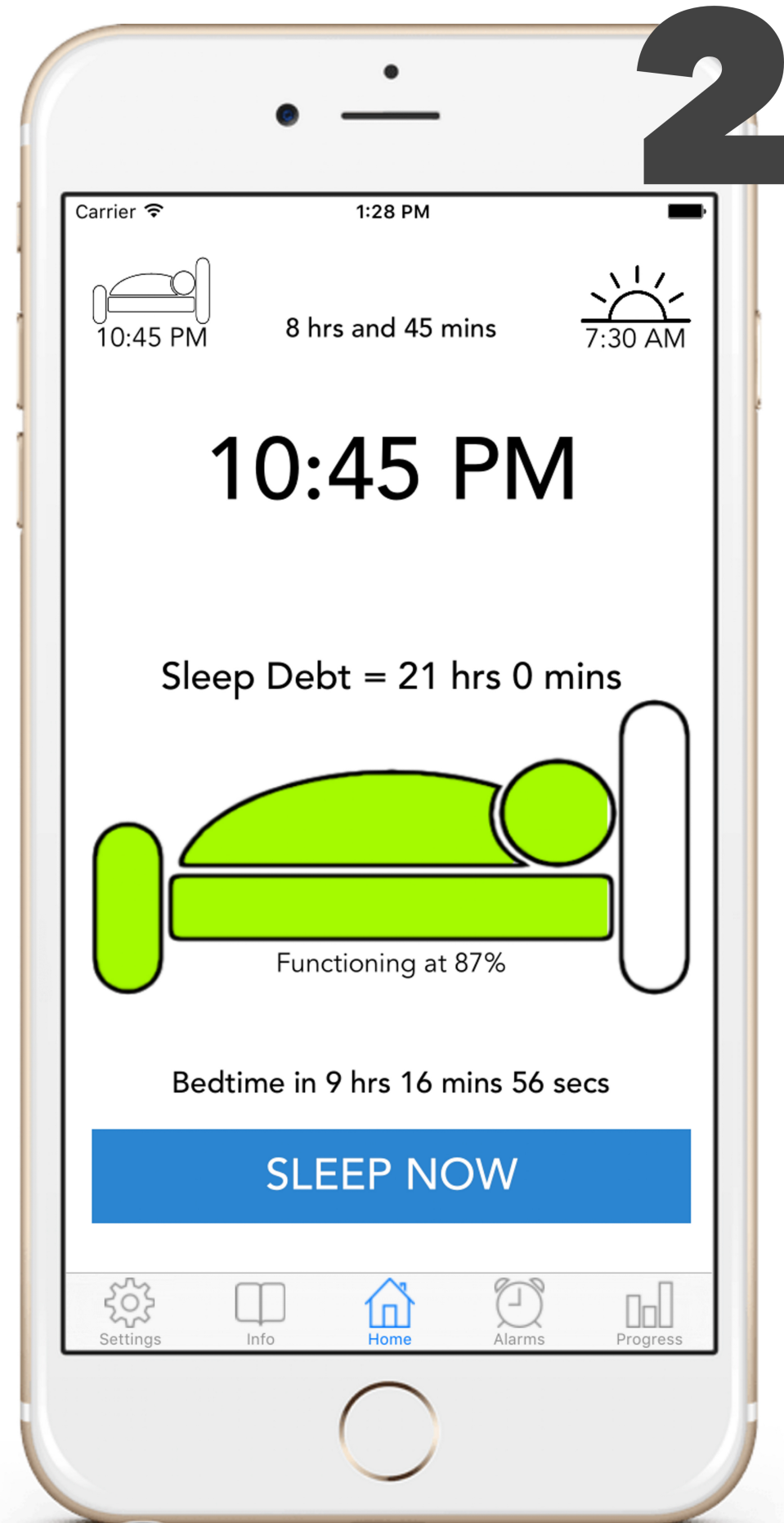
currently, people lose countless hours of quality sleep to homework and technological distractions.



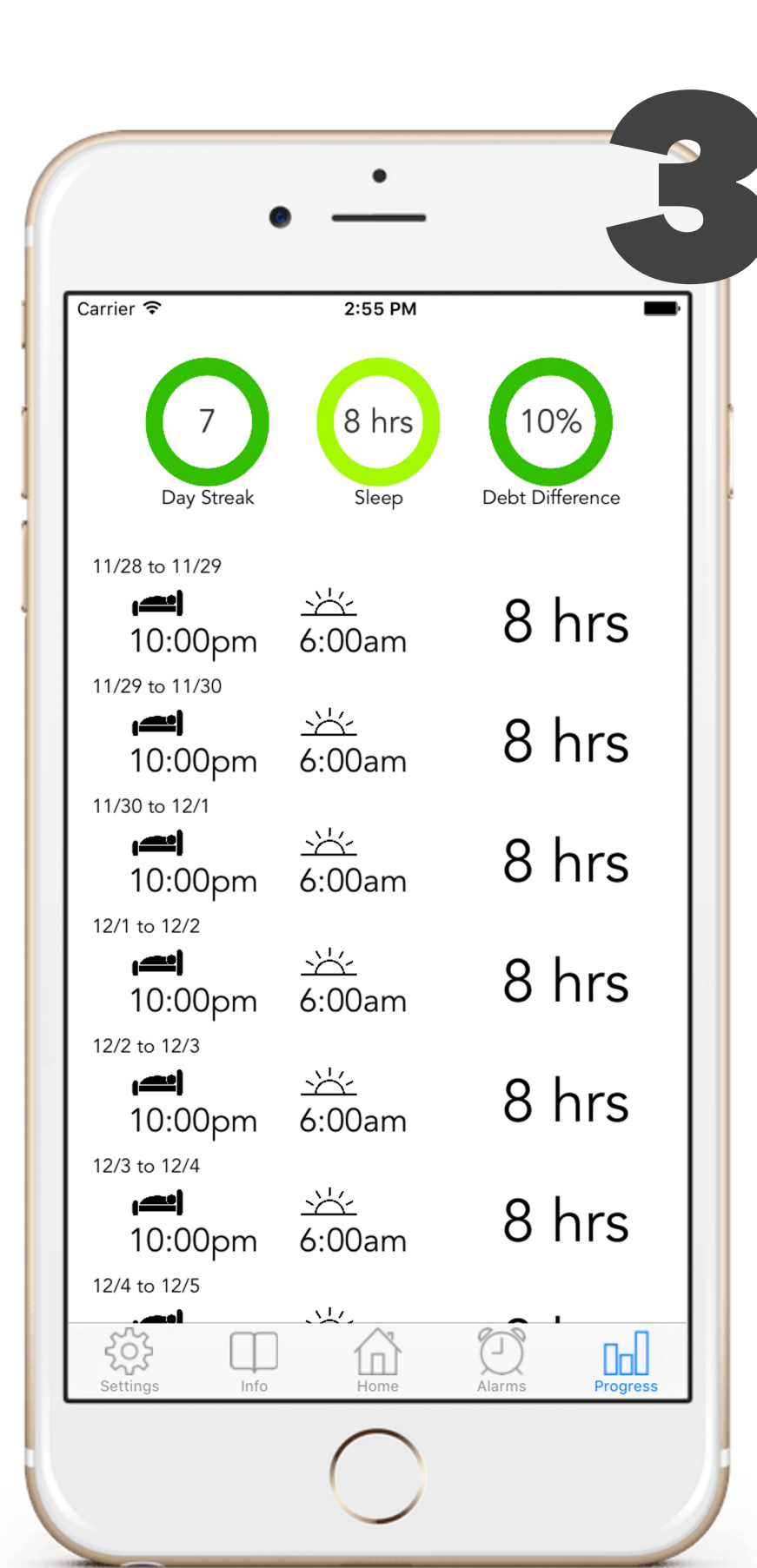
consistenzZ inspires users to set and reach **sleep goals**, track their **sleep debt**, and leverage sleep to **improve their lives**.



set bedtimes



track sleep debt



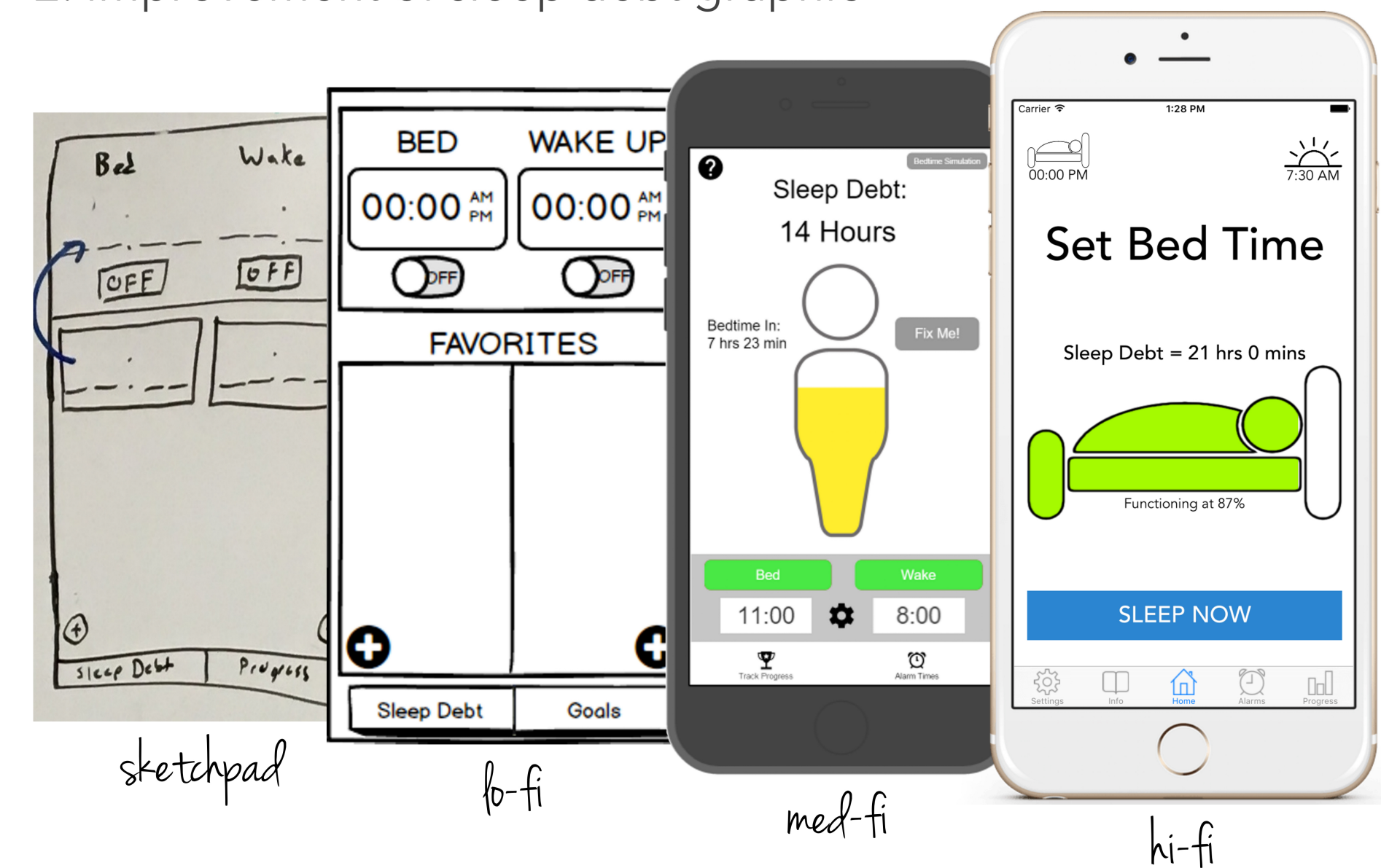
see progress

**1, 2, 3, repeat.**

## design iteration

### HOMESCREEN

1. shift focus to setting and reaching nightly sleep goals
2. improvement of sleep debt graphic



### PROGRESS

1. shift focus to displaying log of sleep data
2. only default stats offered

