

consistenzZ's  
Low Fidelity Prototype  
Testing

The Dream Team

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# Sleep More, Live Better



- Selected Interface Design
- Prototype Creation
- User Tests
- Results
- Next Steps

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# HOME SCREEN

Home

Set Bedtime

Bedtime Alert!

11:00 pm

11:45

Set Wake Up

8:15

WAKE UP

Current Debt

Options

Bedtime

8:45

Bedtime

5 hrs 12 mins until Bedtime

Synical

Setting Bedtime

Reaching Bedtime

School Work

Bedtime

Bedtime

Bedtime

Bedtime

Settings

11:50

ST NIGHT?

CONFIRM

CONFIRM

CONFIRM

CONFIRM

MORE

SLEEP DEBT

7 hours of SLEEP DEBT

What is sleep debt?

PROGRESS

12 DAYS IN A ROW

Entries

Avg Bedtime: ~

Avg Wakeup: ~

HEALTH GOALS: ~

EDIT GOALS

TIME...

harge >>>

WAKE-UP

Bed Time

Current Bedtime

Progress

Sleep

SETTINGS

Current Bedtime

Sleep Debt

Progress

Settings

Progress

Settings

How are you doing?

WAKE UP

GO BE

Alarm Set

How are you doing?

DEBT

Progress

12:30

10:00

10:00

10:00

10:00

11:30

8:00

WAKE UP

GO BE

Alarm Set

How are you doing?

Zoom In

on clock face

Bedtime

11:45 pm

Alarm Clock

7:24 pm

Sleep Debt

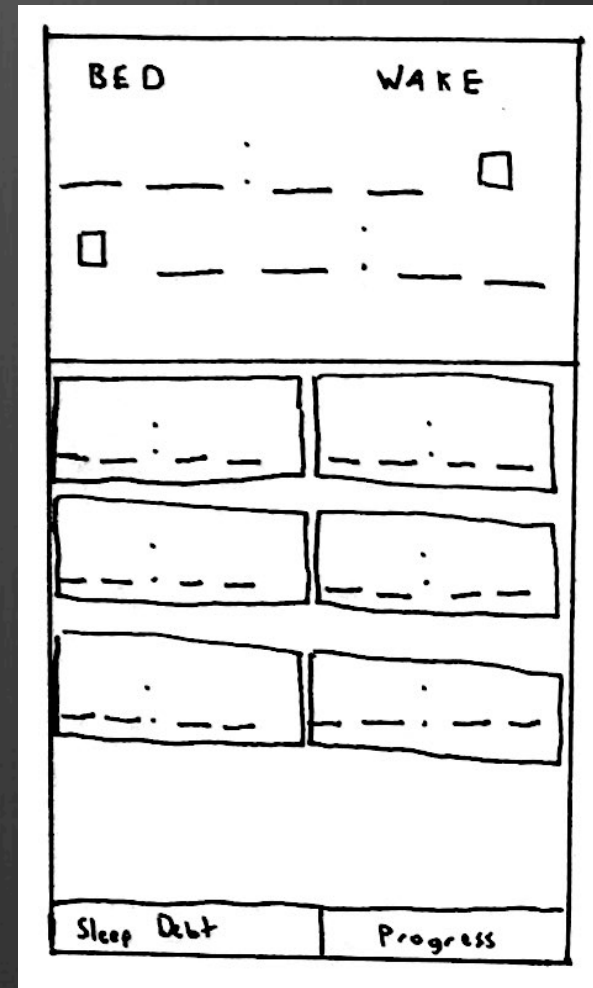
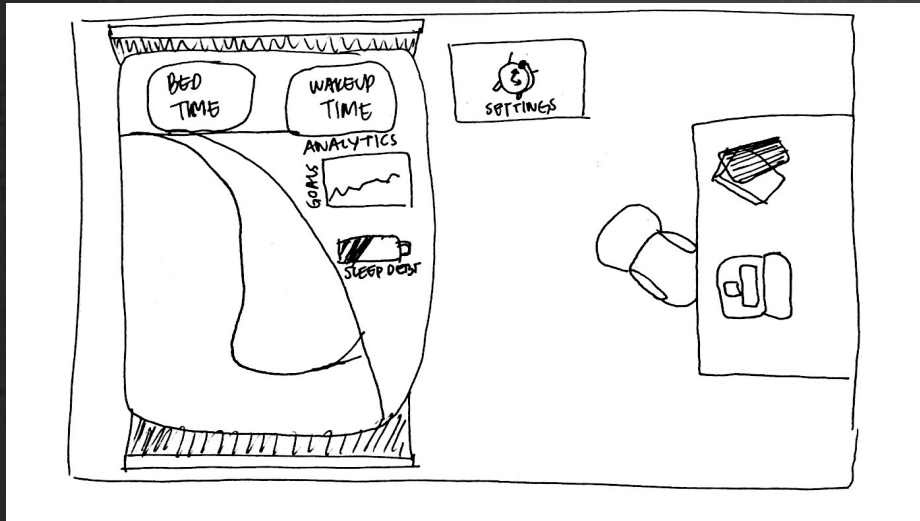
67%

Icons for pm and pm

(same as home)

# Skeuomorphic vs Traditional

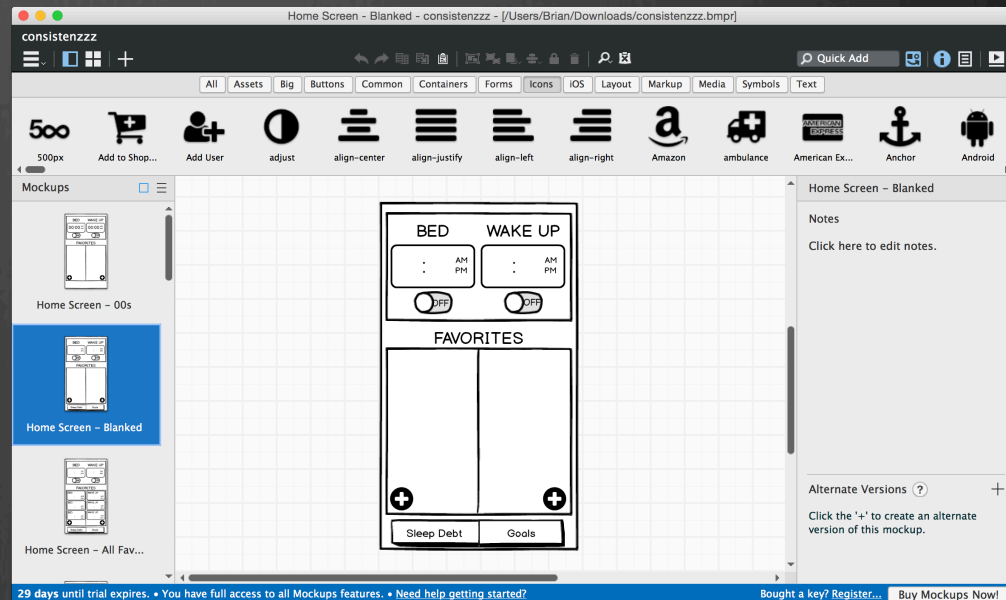
- Ease of use
- Small screen issue
- More Familiar



- Selected Interface Design
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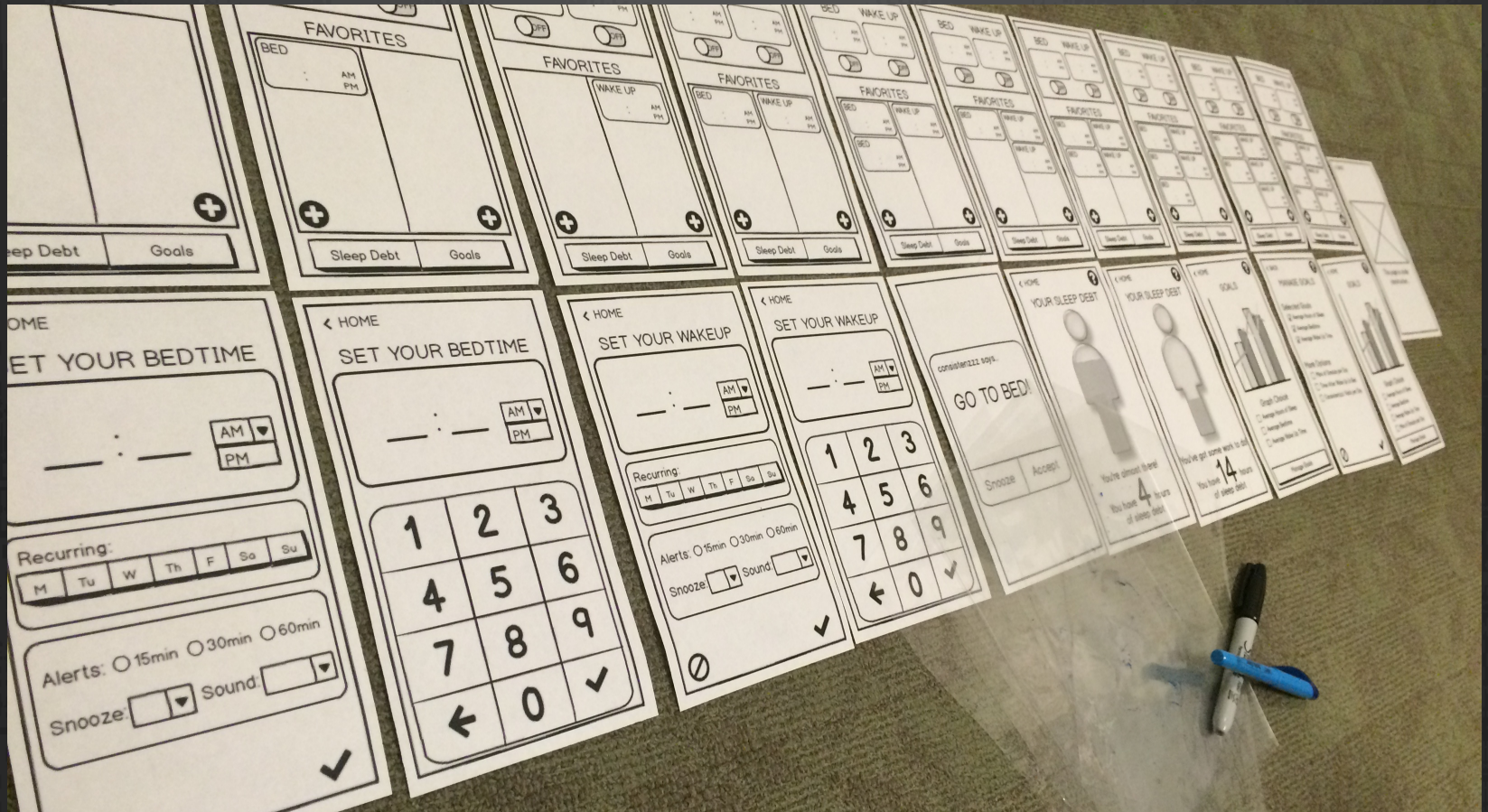
# Prototype Creation

- Balsalmiq
- Black & White
- Transparencies





# Prototype Creation



- Selected Interface Design
- Prototype Creation
- **User Tests**
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# Simple Task

Task 1:

Go to bed at your bedtime goal

Tap bed  
to edit bed  
time

OR

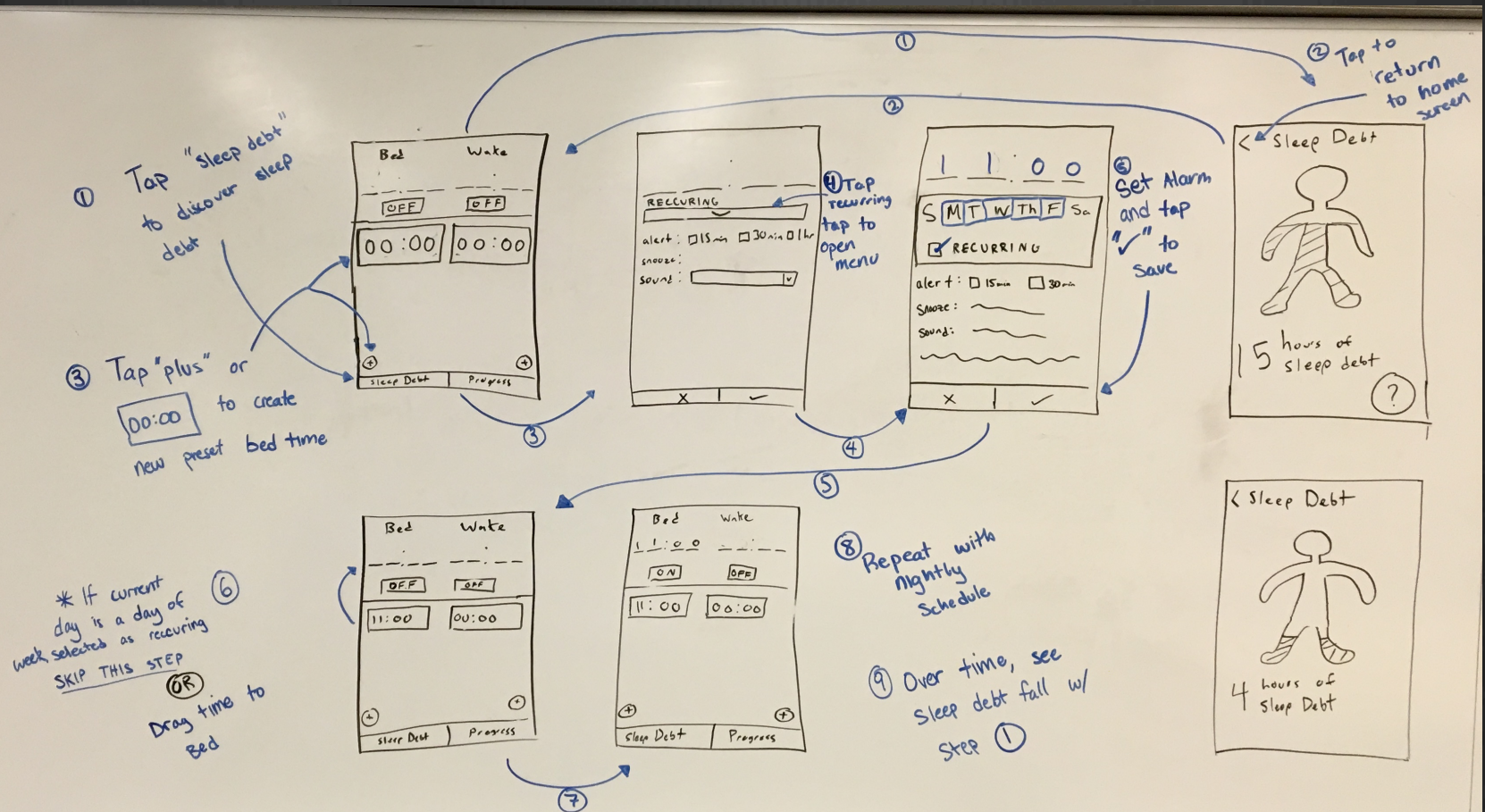
Drag & Drop  
premade favorite  
Bed time to  
Set bed time



# Medium Task

## Task 2:

Feel more alert throughout the day.

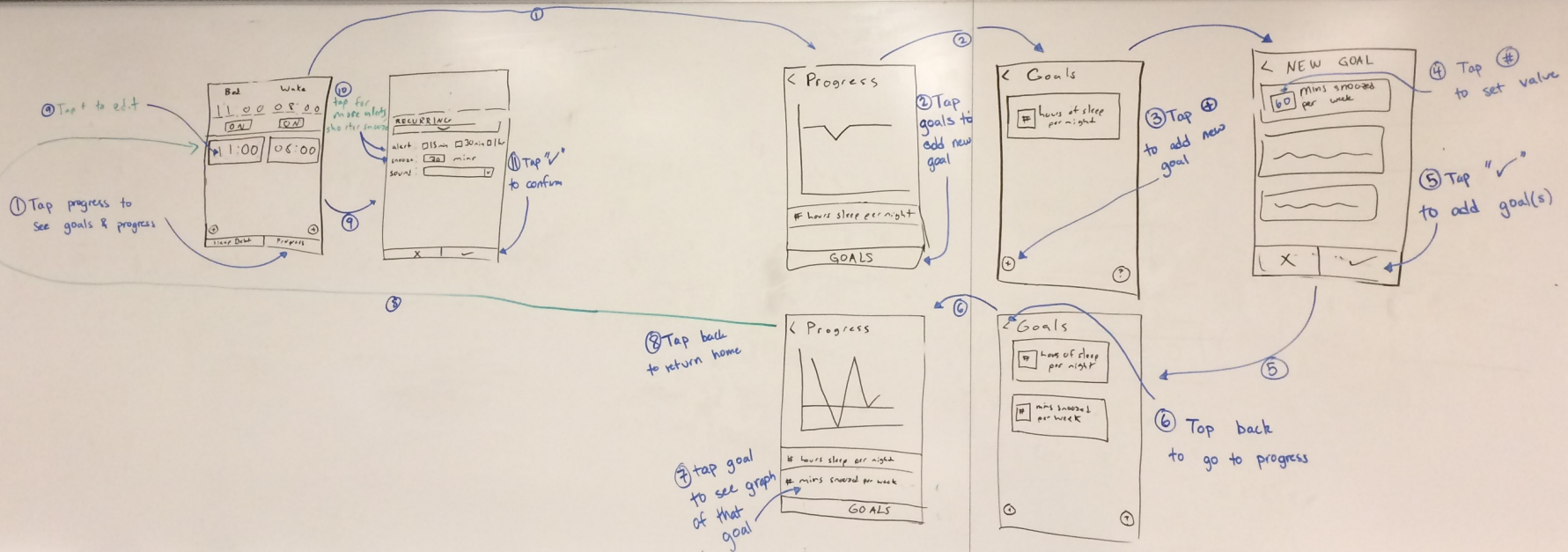




# Complex Task

## Task 3:

Maintain better and healthier habits using sleep



# Experimental Method





# Experimental Results

Setting and editing  
bed/wake-up time was  
intuitive



# Experimental Results

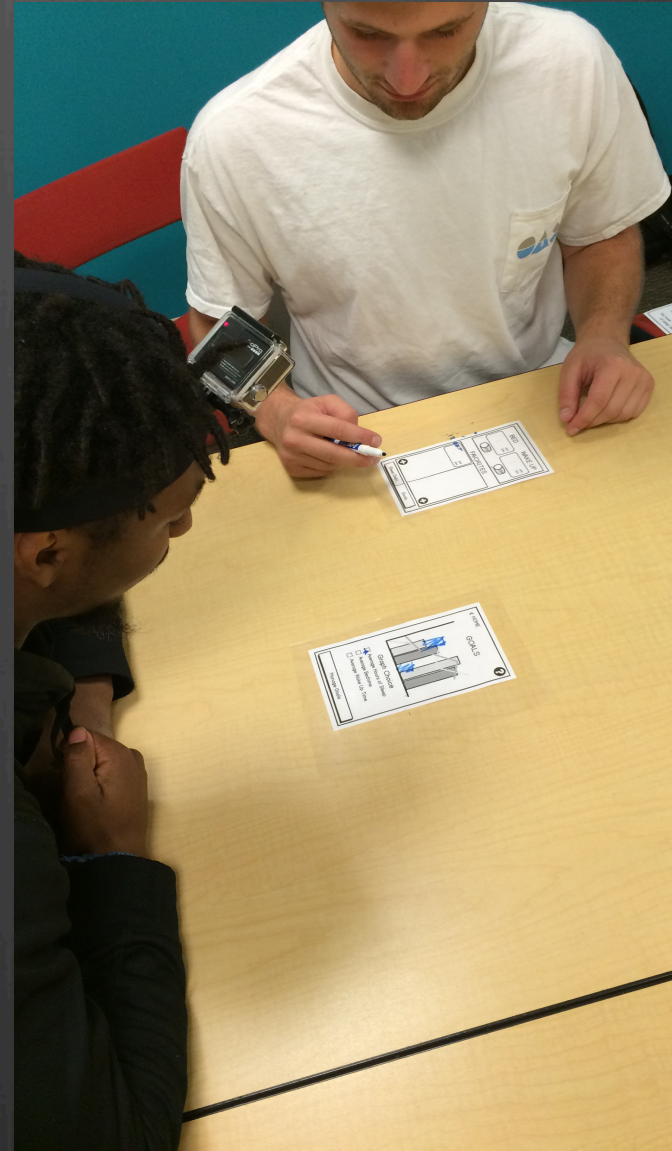


Users didn't know what to do after learning their sleep debt



# Experimental Results

The goals page wasn't well understood



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# Suggested Changes

- Intuitive data visualizations
- Incorporate educational component
- Improve alerts with personalized messages
- Recommendations for bedtime/wake-up goals

Questions?