

# consistenzzz

sleep more, live better.

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## Introduction

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 develop more consistent sleep habits. With *consistenzzz*, users can set sleep goals, track their sleep debt as well as their progress, and leverage sleep to combat their unhealthy habits, like excessive caffeine intake.

# Sketches

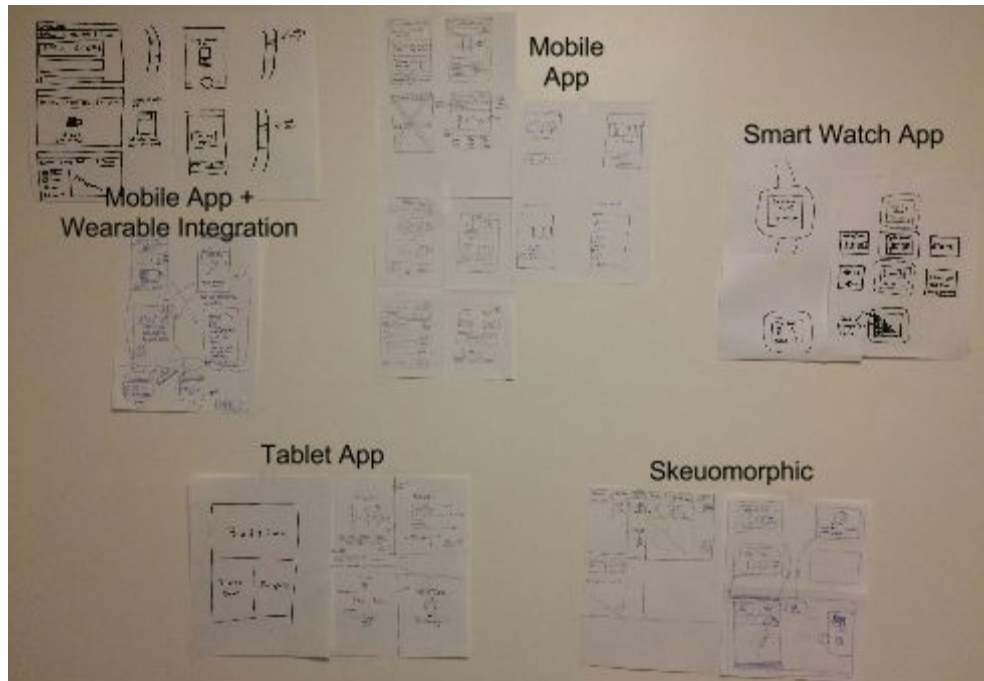


Figure 1a. Overview of 10-15 Concept Sketches.

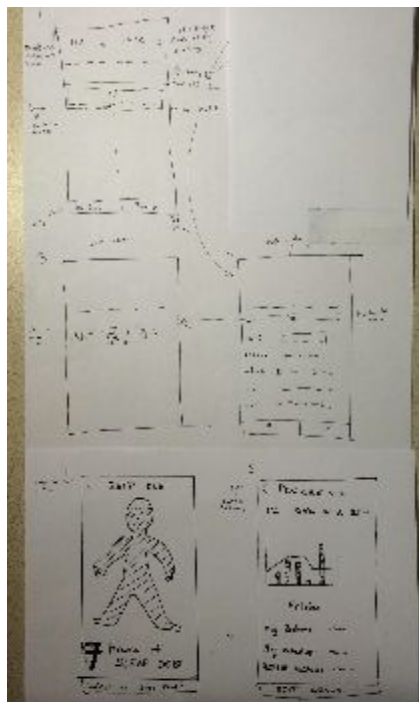


Figure 1b. Storyboard sketches of mobile app + wearable integration design.



Figure 1c. Storyboard sketches of skeuomorphic design.

## Selected Interface Design

After comparing the two UI sketches - the mobile application with wearable integration and the skeuomorphic interface - we chose to continue our exploration of the former because we saw this design representation as more efficient for completing simple tasks, specifically setting bedtime goal and wakeup time, and more intuitive, given its familiar and simple layout. While we saw the potential of the skeuomorphic design being more interesting and unique aesthetically, we felt that for the aforementioned reasons, new potential users would prefer a less intricate interface that allowed them to do what they wanted to do easily and efficiently. Furthermore, the mobile interface allowed for more optionality and creative choice and could be adapted for different platforms - factors that would be limited by our skeuomorphic design because of our constraints to the bed visual which requires a larger screen (i.e. tablet or computer) to be appreciated. Thus, we decided that the mobile application with wearable integration was more realistic and would allow us to achieve our goal of impacting users' daily sleep habits.

### Task Flow Storyboards

Task #1: Go to bed at bedtime goal (See [Appendix, Item 1a](#) for steps.)

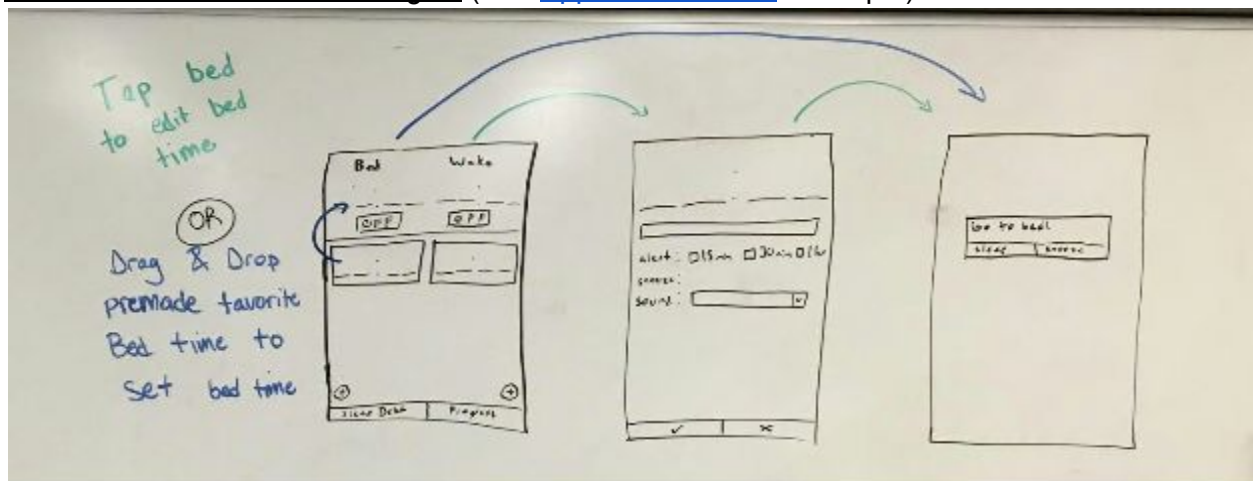


Figure 3a. Storyboard of Task Flow #1.

Task #2: Feel more awake during the day (See [Appendix, Item 1b](#) for steps.)

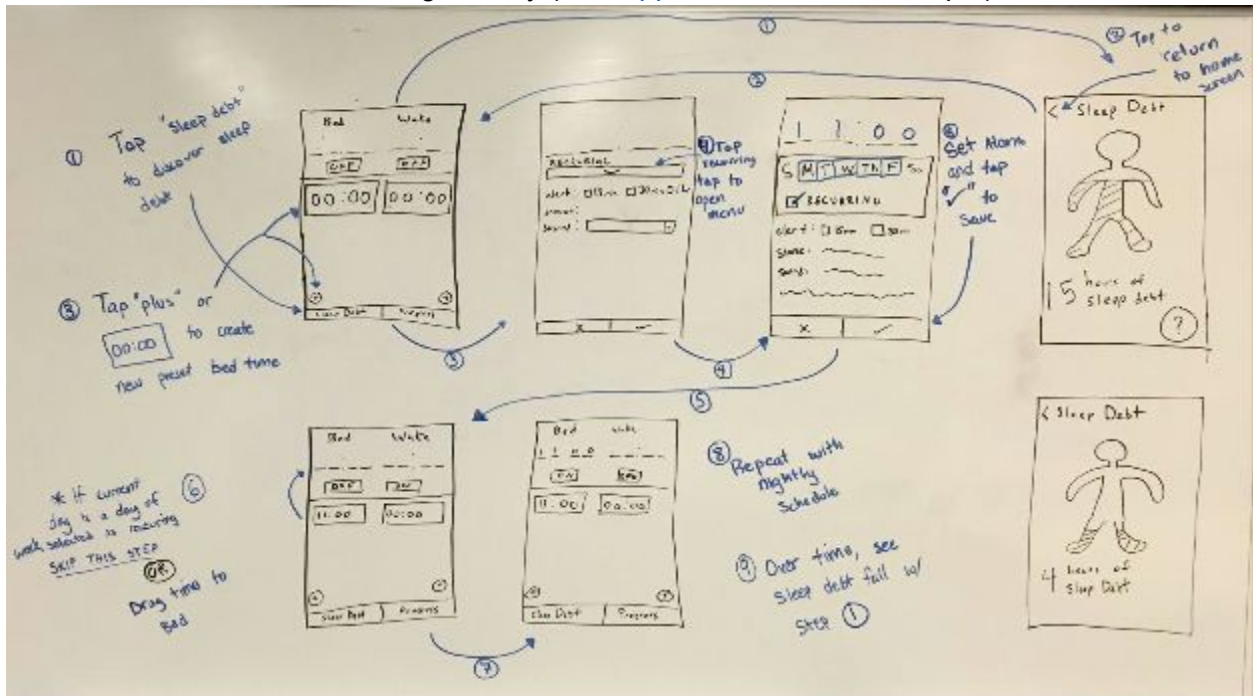


Figure 3b. Storyboard of Task Flow #2.

Task #3: Maintain healthier habits using sleep (See [Appendix, Item 1c](#) for steps.)



Figure 3c. Storyboard of Task Flow #3.

## Prototype Descriptions

Our low-fidelity prototype had three major screens: a home screen, a sleep debt screen, and a goals screen. Our other screens were used to supplement one of these primary screens by allowing for editing and managing content and preferences. We created our prototype using Balsamiq in order to give it a hand-drawn sketch feel and printed out each screen, overlaying these screens with transparencies that were used with an Expo marker when fields on a screen needed to be updated or changed.



Figure 4-a. Overview of all 21 screens and supplies (i.e. transparency overlays and Expo markers) used for testing.

The prototype outlined three major tasks: setting a bedtime, eliminating sleep debt, and tailoring schedules based off of specific goals. All three tasks involved different levels of interaction with setting a user's bed and wake times so that they could maximize their sleep.

## Task #1

The first task involved screens necessary to set a bedtime (see Figure 4a-1), and then alert screens to motivate the user to go to bed (see Figure 4a-2).

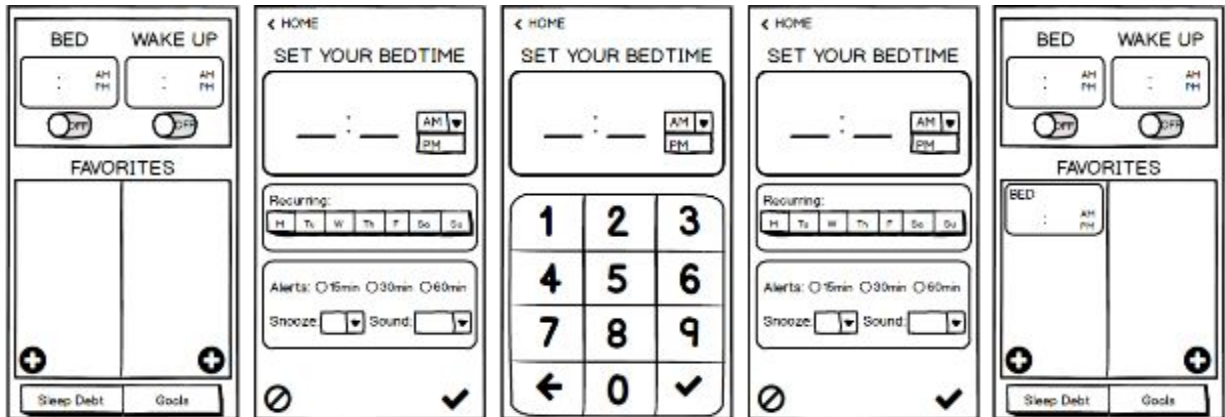


Figure 4b-1. Low-Fi prototype screens used by Part 1 of Task #1.  
(NOTE: Transparency overlays were used to note each participant's entries/selections)



Figure 4b-2. Low-Fi prototype screens used by Part 2 of Task #1.  
(NOTE: Transparency overlays were used to note each participant's entries/selections)

## Task #2

The second task's flow was centered around using the sleep debt tab in order to better understand sleep habits and then adjusting bed and wake times to eliminate this sleep debt (see Figure 4b-1). This could be done by increasing the number of hours of sleep, setting more alarms for different days of the week, or tweaking alert settings to ensure the user gets to bed on time. After repeating these better bed and wake times, the user will see improvement (see Figure 4b-2).

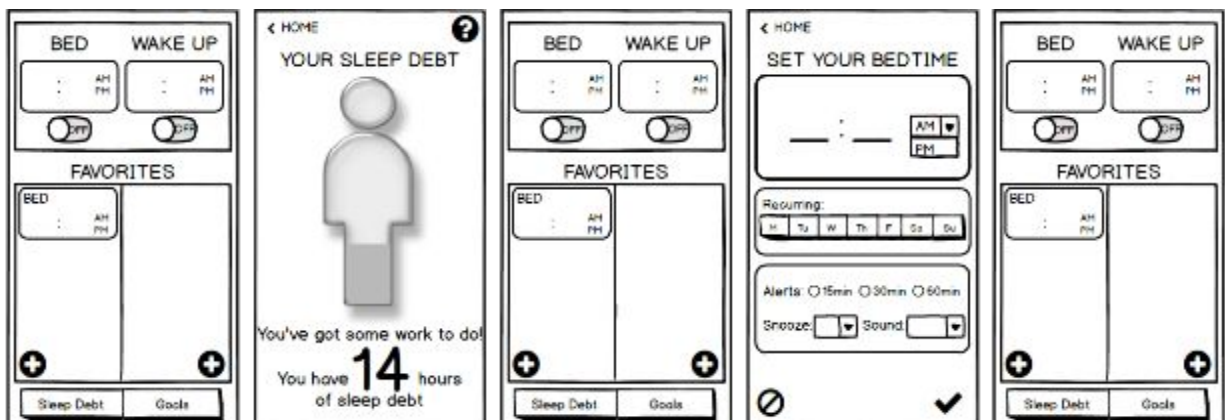


Figure 4c-1. Low-Fi prototype screens used by Part 1 of Task #2.  
(NOTE: Transparency overlays were used to note each participant's entries/selections)

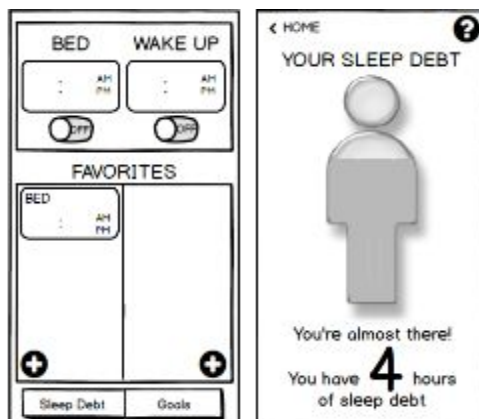


Figure 4b-c. Low-Fi prototype screens used by Part 2 of Task #2.  
(NOTE: Transparency overlays were used to note each participant's entries/selections)

### Task #3

The third task relies on using the goals screen to set a new goal and visualize all goal related data and information (see Figure 4c-1), and then adjusting precise alarm functionalities (see Figure 4c-2) in order to do something better, like snoozing less or going to bed on time, allowing them to reach their goals.



Figure 4d-1. Low-Fi prototype screens used by Part 1 of Task #3.  
 (NOTE: Transparency overlays were used to note each participant's entries/selections)

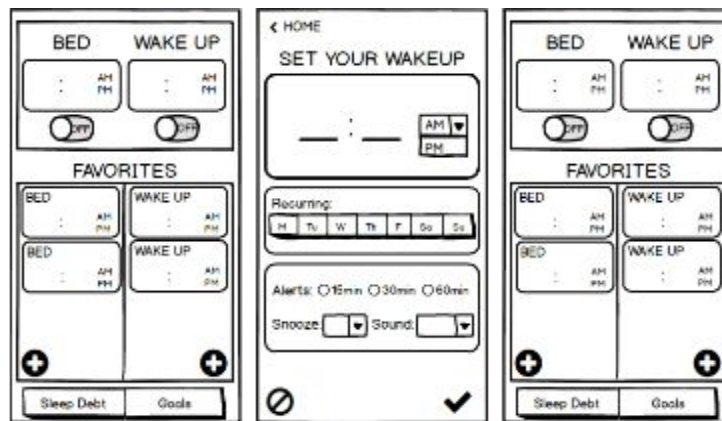


Figure 4d-2. Low-Fi prototype screens used by Part 2 of Task #3.  
 (NOTE: Transparency overlays were used to note each participant's entries/selections)



# Method

## Participants

Participants were chosen based on various levels of interest in their personal sleep habits and familiarity with applications that improve sleep and the design process in order to replicate potential beginner (User #2 - low level of interest), moderate (User #1 - medium level of interest), and pro (User #3 - high level of interest) users. Every participant was recruited by an individual member of our team, asked to sign a consent form before testing (see [Appendix, Item 3](#)), and then compensated for participating with food/drink from Axe & Palm.

## Environment

Testing took place in a reserved room in Old Union. Each participant wore a head-mounted GoPro camera to record their selections for further analysis and was seated in front of the table so that the prototype could be placed in front of them by Brian, our 'computer.' Brian sat across from the participant in order to easily change the screens and use the transparency overlays and an Expo marker to annotate selections. Nate sat next to Brian, also across from the participant, so that he/she could clearly hear his instructions for each task. John sat farther away from the participant, but close enough to still see the screens and participant's interactions, as he focused on noting all of the participants' actions and commentary. Gabriella also observed but moved around the testing table to document the process with photos and also helped John with taking notes. The UI screens were as much out of view for the user as possible in order to make sure that they did not have any knowledge of screens that would come up until they actually clicked on them.



*Figure 5a.*  
User #2 completing Task #1.



*Figure 5b.*  
User #1 completing Task #2.



*Figure 5c.*  
User #3 completing Task #3.

## Tasks

All participants were given the same introduction, which included asking users to think out loud so that we could better understand their thought process, and the set of instructions (see [Appendix, Item 2](#)) that prompted them to complete each of our three tasks:

1. Simple: Go to bed at your bedtime goal
2. Medium: Feel more awake during the day
3. Complex: Maintain better and healthier habits using sleep

(See [Appendix, Item 1](#) for all task flow steps and [Appendix, Item 2](#) for descriptions of expected user responses.)

## Procedure

Before we tested the application with participants, we ran several trials ourselves, allowing Brian to get used to changing screens and using the transparency overlays, and Gabriella and John the chance to figure out what to look for when observing. During the actual testing process, Nate began by going through our introduction and then reading the prompt for the first task while Brian presented the home screen. Brian then responded to the user's selections with the

appropriate next screen or overlay, annotating selections of settings and times with an Expo marker. Once the participant had completed the steps/goals for the task or announced that he/she felt that he/she had completed the task, Brian reset to the home screen and Nate presented him/her with the new task. Throughout all tests, Nate did not say anything after giving the instructions, unless the user asked him to repeat or clarify the prompt. After each round of testing was completed, we discussed with each user their points of confusion, what he/she liked or disliked, and had him/her better explain any additional commentary about our interface. At the end of each testing, we also had the user fill out a short questionnaire (see [Appendix, Item 4a](#)) in order to ensure that we captured all of their feedback and thoughts on our UI.

## Measures

During testing, we sought to evaluate how well the user moved between screens and how quickly or easily the user was able to find what he/she was looking for on each screen that would allow him/her to complete the task. Ideally, the user should have been comfortable engaging with our UI and should not have felt any confusion during the process of completing the task and interacting with the different buttons or screens. We also sought to figure out if our features were easy to use and if users were interested in the content on each of the screens. We noted if the user could not find a feature quickly or use it with ease, as well as when the users took different steps to accomplish the tasks than those we had expected or did not use the features that we had intended for them to use. The specific criteria that we used were: number of mistakes from the steps that we had outlined before testing (see [Appendix, Item 1](#)); and amount of time to complete the tasks (as well as number of pauses or hesitations).

# Results

## User #1

The first participant had no issues with task one completing it with all the desired behavior. Task #2 was difficult for User #1 and he was unable to complete it. He first went to the goal screen and tried to add a goal. When that did not accomplish what he wanted, he looked at the sleep debt screen but was unsure what to do after, telling us he felt he had nothing more to do. User #1 did not struggle with understanding what to do initially for Task #3, but he did not edit his bedtime or wakeup time or preferences after reviewing his goals. Total time to complete all tasks: 8 minutes, 30 seconds.

## User #2

User #2 was very comfortable with setting bedtime/wakeup time interfaces and completed Task #1 quickly without any errors. However, on Task #2, she initially went to the goals screen and stared at the information on the screen for about 30 seconds. After examining the data visualizations of a few of the goals, she decided this wasn't what she was looking for and moved on to check out sleep debt. From here, she sought out additional information on the sleep debt screen by clicking the question mark available on the top right of the screen. After this, she ended the task by telling us she felt she had nothing left to do; however, she did not successfully do what we had intended for her to do, including adjusting preferences or sleep schedule times. After the test, she suggested that we give users a plan of action or specific feedback on how they might reduce their sleep debt and fix improper sleep habits. Total time to complete all tasks: 8 minutes, 54 seconds.

### User #3

User #3 did not have trouble with the first task and enthusiastically set his alarm snooze time and alarm sound for bedtime. Upon seeing the “Go to bed!” alert screen 1 hour before his bedtime, he was confused and commented that he did not like feeling like he was being told what to do. He also mentioned that he would prefer these to be closer to or at his actual bedtime. On Task #2, he paused for a moment before clicking the sleep debt screen but once he was there, he immediately went home to edit his amount of sleep. On Task #3, he knew to use the goals screen and then use manage goals to select the snooze-related goals. After seeing the data visualizations for these goals, he returned home to edit the snooze time on his preset alarms. At this point he said he felt he had completed the task. Total time to complete all tasks: 10 minutes, 20 seconds.

### General Results

Task #1 was completed by all three participants; only one participant was able to complete Task #2; and none successfully accomplished Task #3. Overall, a majority of the pre-determined steps for our tasks were not completed.

## Discussion

User testing was incredibly helpful in identifying what the user found to be natural within the UI and what did not work well with their expectations, as well as what features are essential to users and what features are optional at best. Our interface for adding and managing bed and wake times was incredibly intuitive and familiar for users; however, we had a few cosmetic issues with the naming of certain features when it came to setting and receiving bedtime alerts. Also, users did not make much use of the favorites section and one user even commented that he would prefer this area of the home screen to be used to display all of his currently set alarms.

Secondly, while users found setting goals helpful, they were unsure how to navigate it and also did not get much value out of the way the information was displayed. They might have understood and appreciated the content more if they had been given data visualizations that were easier to digest, similar to the filled in person that we used on our “Sleep Debt” screen. Overall the participants’ interest in goals content was lower than that of the sleep debt portion.

That being said, users were confused by the “Sleep Debt” screen, which we realized could have been avoided had we familiarized them with the concept through educational materials that explained what sleep debt is and why it is relevant, thereby giving more value to the data that we are providing them. Participant feedback encouraged us to investigate how to offer recommendations that would give users way to reduce sleep debt through tailored feedback or a specific plan of action based off of current sleep data. We realized that this might be a necessary supplement the “Sleep Debt” screen and content.

Overall, our observations from our testing, as well as participant commentary and feedback post-testing and on the questionnaires (see [Appendix. Item 4b](#) for participant responses), has helped clarify what we can improve or change in order for users to know what, when, and why to take particular actions - like adjusting their alarm times or preferences - to complete each of our tasks. Our next steps include investigating:

- how to generally improve navigation so that it is more intuitive (i.e. no drag and drop)
- how to incorporate an educational component about sleep debt and sleep habits
- how to improve our alerts with incentivizing messages that might say “Your productivity will decrease X% if you don’t sleep now, rather than simply saying “Go to bed!”
- how to create a tailored feedback or personalized game plan system that recommended sleep schedules to users to correct their current habits and reduce their sleep debt
- how to improve visualizations of the data that we collect for goals and progress

If we are able to implement these improvements, it would be interesting how user interactions will change, bringing us closer to maximizing the efficacy of *consistenzzz*.

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# Appendix

## *Item 1. Task Flow Steps*

### **Item 1a. Task #1: Go to bed at bedtime goal**

1. Tap bed field to set tonight's bedtime
  - i. Select preferences (i.e. alert, snooze, sound, etc.) from edit bedtime screen
  - ii. Tap the checkmark to confirm
2. {TIME LAPSE} Select "Accept" or "Snooze" in response to alert to "Go to bed!"

### **Item 1b. Task #2: Feel more awake during the day**

1. Tap "Sleep Debt" to discover sleep debt
2. Tap "Home" to return to home screen
3. Tap "+" or 00:00 to create new preset bed time
4. Set alarm time
  - a. Type in time
  - b. Tap the checkmark to confirm
5. Drag bedtime to bed field to set for that night (NOTE: if current day is a day of week selected as recurring, skip this step)
6. {TIME LAPSE} Repeat nightly schedule
7. Tap "Sleep Debt" to see improvement

### **Item 1c. Task #3: Maintain healthier habits using sleep**

1. Tap "Goals" to see goals and progress
2. Tap "Manage Goals" to add a new goal
3. Select one or more of the suggested goals to add
4. Tap the checkmark to add goal(s)
5. Tap "Back" to go to the goals screen
6. Tap a goal to see its respective graph
7. Tap "Home" to return to the home screen
8. Tap a bedtime and/or wake up time to edit
9. Edit alert times
10. Edit snooze times
11. Tap the checkmark to confirm



## *Item 2. Testing Script*

### **Introduction**

"We are conducting an experiment to evaluate our user interface, specifically its functionality (and not its design), for our mobile application, *consistenzzz*. *consistenzzz* is here to help you improve your sleep habits. There are several tasks that we are going to describe that we would like you to perform to best of your ability and give us honest feedback of our interface. If at any time you get stuck, we can give you a small hint to keep you moving forward. We will be evaluating our interface to determine how easy it is for the user to navigate through screens and accomplish these tasks. Once you click a button on a current screen, we will act as a computer and replace it with the new current screen. Please remember that if you become frustrated or confused, it is not your fault but a problem in our design. This application is still being designed, so feel free to provide us with your thoughts and opinions. If you could also try to think out loud while using the app, that would be greatly appreciated. Let's get started!"

### **Task #1: Go to bed at bedtime goal**

"You want to make sure you go to bed at 12 am tonight as you've had a really long day. You just downloaded the *consistenzzz* app to help you do this."

*User should open the app and tap the Bed field to set tonight's bedtime to 12 am. User might select some preferences.*

"You received an alert from *consistenzzz* on your phone, so you check it to respond."

*User should select "Sleep" in response to the alert.*

### **Task #2: Feel more awake during the day**

"You feel really tired and you find yourself falling asleep in class. You know you haven't been getting enough sleep. Use *consistenzzz* to help you fix your sleep schedule."

*User should click on the "Sleep Debt" tab and see that their sleep debt is high. User should then return to the Home Screen and adjust their bedtimes by tapping "+" or "00:00" to create a new preset bedtime. User might select some preferences. User might also set their wakeup time by using the same options that they used to set the bedtime. User might select some preferences. If user made non-recurring bedtime/wakeup time, then user should drag and drop it to its respective field. If user made recurring bedtime/wake up time, Bed/Wake Up fields will auto-fill given which day of the week it is.*

"A week has passed and you feel a lot less tired. You've been getting more sleep as you've been going to bed at your set bedtime. Use *consistenzzz* to see your progress."

*User should click on the "Sleep Debt" tab and see that their sleep debt is much lower.*

### **Task #3: Maintain healthier habits using sleep**

“You want to use sleep to feel healthier and meet more of your personal goals. You find that you waste lots of time each day by snoozing your bedtime and wake up time. You care about reducing the time you waste. Use consistency to help you accomplish this.”

*User should tap the “Progress” tab to see or create goals and visualize progress. Users should tap “Goals” to view their goals, then tap “+” to add a new goal. Users should tap “#” to set the value of their goal. Users should tap “Check” to add the new goal. Users should return to the “Progress” screen. Users should tap look at the goals listed below the graph and tap on the one that would like to see represented in the graph. Users should tap return to the Home screen. Users should tap one of their preset bedtimes to edit it. Users might change the time, select alternative alert times, or revise snooze times and would tap “Check” confirms the changes.*

### *Item 3. Participant Consent Form*

The *Dream Team* application is being produced as part of the coursework for Computer Science course CS 147 at Stanford University. Participants in experimental evaluation of the application provide data that is used to evaluate and modify the interface of *Dream Team*. Data will be collected by interview, observation and questionnaire.

Participation in this experiment is voluntary. Participants may withdraw themselves and their data at any time without fear of consequences. Concerns about the experiment may be discussed with the researchers (Gabiella Brignardello, Brian Higgins, Nate Lohn, and John Morgan) or with Professor James Landay, the instructor of CS 147:

*James A. Landay*  
*CS Department*  
*Stanford University*  
*650-498-8215*  
[landay@cs.stanford.edu](mailto:landay@cs.stanford.edu)

Participant anonymity will be provided by the separate storage of names from data. Data will only be identified by participant number. No identifying information about the participants will be available to anyone except the student researchers and their supervisors/teaching staff.

I hereby acknowledge that I have been given an opportunity to ask questions about the nature of the experiment and my participation in it. I give my consent to have data collected on my behavior and opinions in relation to the *Dream Team* experiment. I also give permission for images/video of me using the application to be used in presentations or publications as long as I am not personally identifiable in the images/video. I understand I may withdraw my permission at any time.

Name \_\_\_\_\_

Participant Number \_\_\_\_\_

Date \_\_\_\_\_

Signature\_\_\_\_\_

Witness name \_\_\_\_\_

Witness signature\_\_\_\_\_

*Item 4a. Participant Questionnaire*

Name \_\_\_\_\_ Participant Number \_\_\_\_\_

1. *What did you like about the application? What did you dislike? Please be specific.*
2. *What did you think was easy to use within the application? What did you think was complex or confusing? Please be specific.*
3. *Where you left with any questions after using the application? Please be specific.*
4. *Was there anything you thought was missing from the application that would make it easier to use / better to engage with? Please be specific.*

## Item 4b. Participant Questionnaire Responses

1. *What did you like about the application? What did you dislike? Please be specific.*

### **User #1**

- The overall idea to get me to bed early.
- Layout was very clear. Specifically the home screen.

### **User #2**

- It was easy to add alarms.

### **User #3**

- The name, SICK!
- I also liked the bedtime feature to remind myself when to sleep.
- I didn't like how it told me go to sleep.
- Disliked the changing screen to set clock.

2. *What did you think was easy to use within the application? What did you think was complex or confusing? Please be specific.*

### **User #1**

- Setting alarm, setting bedtime -> Easy
- I didn't quite know what to expect w/ goals and what "managing goals" meant.
- I wanted to actually set goals. (i.e. write them down)

### **User #2**

- Goals made no sense to me.
- Didn't understand how to set goals.

### **User #3**

- Setting the alarms was the easiest.
- The goals tab wasn't all too interesting. Didn't feel like I learned a lot.

3. *Where you left with any questions after using the application? Please be specific.*

### **User #1**

- Nah

### **User #2**

- (left blank)

### **User #3**

- Nah not really.

4. *Was there anything you thought was missing from the application that would make it easier to use / better to engage with? Please be specific.*

### **User #1**

- I wanted to make goals and I didn't feel like I could do that.

### **User #2**

- Little pop-ups the first time I used it showing me how.

### **User #3**

- Random facts about sleep would be cool.

### Item 5. User Testing Log

<b>Problem</b>	<b>Location</b>	<b>Severity Rating</b>	<b>Possible Fix</b>	<b>Task #</b>
Titling of Goals tab/screen	home/goal screen	2	Renaming tab/screens	2
Purpose of Sleep Debt screen is not intuitive; unclear why users would click on it in the first place	sleep debt screen	3	Giving users more info about what sleep debt is; giving a "plan" to help users get rid of sleep debt	2
Alert phrasing is off-putting	alert screen	1	Rework phrasing; create 2 bedtime types (warning for bedtime and go to bed) and separate wake up alerts	1
Not clear to users how to fix the problem that they see from goals/progress graphs	goals screen	3	Making different, more easily understood visualizations that make the data/content more valuable; include recommendations for what to do	3
Using preset bedtimes and wake up times	home screen	2	Eliminating drag and drop; allow user to click preset bedtime or wake up time to set it for that day without entering editing screen	all

## *Item 6. Raw Data*

### **Notes from User #1:** *Male College Student, Age 20 (Junior)*

#### *Task 1*

- Breezed through setting bedtime
- Highly comfortable with task and steps needed to complete
- Preferences always sets recurring alarms
  - 0 - no problem

#### *Task 2*

- Spent some time on home screen
- Eventually set a new bedtime and had no problem doing this
- Then, clicked on “Goals”
  - Didn’t click “Sleep Debt”, as expected
- After hearing second part of prompt, hesitated for a second before clicking “Goals” again
- Looked through all the potential screens (i.e. ? mark, “Manage Goals”) and then tried to edit/add a goal on “Manage Goals” screen
  - Not really interested in adding a goal
- Finally returned home and clicked on “Sleep Debt” to look at this screen
- Returned home again

#### *Task 3*

- Immediately clicked on “Goals”
- Immediately clicked “Manage Goals”
- Checked off a few suggested new goals and confirmed to add
- Looked at visualizations of his new goals
- Returned home
- Clicked on bedtime to edit alert time
- Hesitated before saving changes

#### *General Feedback*

- Instructions not always clear
  - Issues might be results of task setup/prompts rather than the interface

**TOTAL TIME: 8:30**

## **Notes from User #2: Female College Student, Age 21 (Senior)**

### *Task 1*

- Clicked bed field
- Setup alarm settings
  - Selected recurring for Tuesday, many alerts, no snooze, high sound
- Received alert and snoozed it
- Snoozed second alert as well
- Snoozed third alert as well
- Accepted going to bed

### *Task 2*

- Hesitated on home screen for some time then clicked “Goals”
- Tapped “Manage Goals” and got stuck on this screen for a while reading all options
- Decided there wasn’t an option for what she was looking for
- Returned to “Goals” and looked at visualized data
- Returned home and clicked on “Sleep Debt”
- Stared at sleep debt screen for while then hit question mark
- Encountered “Page under construction”
- Stopped task as didn’t know what to do next
  - Didn’t get to step of adjusting bedtimes or setting wake up times

### *Task 3*

- Immediately tapped on “Goals” and then clicked on “Manage Goals”
- Selects new recommended goals and accepts
- Goes back to goals screen
- Observes visualized data and graphs for a while
- Returns home
- Stares at home screen and eventually decides to set wakeup time for 9 am
- When editing preferences, doesn’t select any alerts, snoozes, or sound

### *General Feedback*

- Goals screen “didn’t make any sense to [her] at all” and graphs felt meaningless
- Knows what sleep debt is because it is a common class that many friends have taken
- When on the sleep debt screen, she didn’t see anything to help her reduce her sleep debt so she decided to click to the question mark
  - Suggested that this screen should tell her to do x, y, and z to lower her sleep debt
- Would have preferred clicking a preset bedtime or wakeup time and it being automatically turned on rather than having to edit
  - Commented that drag and drop is not intuitive
- Liked the idea of a sleep debt counter but already uses phone clock alarm



*TOTAL TIME: 8:54*

**Notes from User #3: Male College Student, Age 21 (Senior)**

*Task 1*

- Commented “That;s cool” about the bedtime alarms when he got to the home screen
- Made his own sound effects while engaging with the interface
- Immediately set bedtime
  - Commented that it was easy
  - Selected recurring for Tuesday
  - Wanted alerts 30 mins before
  - Wondered if he could choose the snooze interval
- When alert popped up, snoozed it the first time
- When it came up again, he accepted and commented “I think I finished all my work, so yeah, I’ll go to bed”

*Task 2*

- Looked confused and asked for clarification of the task
- After task was clarified, immediately clicked “Sleep Debt”
  - Commented “Oh dang, wow. How did it get this information?”
- Saw high sleep debt number and said “I need to fix it, so let me go home and set my alarms”
- Returned to home screen and then decided to check out goals (didn’t change his alarms)
- Looked at graphs and saw average hours of sleep and what time he’s actually going to bed every day
- Decided he needs to go to bed earlier than midnight
- Returned home and adjusted bedtime to 11:30pm

*Task 3*

- Set a new wake up time by clicking Wakeup field
- On preferences page, selected shorter snooze and commented that he was trying to reduce amount of time snoozing
- Saved and returned home
- Also set adjusted bedtime
- Looked at home screen for a while; froze up
  - “I think I’m waking up at the right time, I don’t know what else I need to do”

*General Feedback*

- Commented that at first he was confused as to why he’d set an alarm as to why he’d go to bed

- Then acknowledged that he spends a lot of useless time on his phone and that this would interrupt whatever he's doing with a notification which would be good and help him get to bed
- Took some time to figure out "Goals" graphs and information
  - Getting to it was fine, but said that he didn't think pressing "Goals" would give him a graph; he thought it would give him what his goals were
    - "Your goal was to go to bed at 8, but you've been going to bed at 12am"
- Likes the sounds drop down and snooze options (preferences)
- Noted that alerts with snooze on bedtime was confusing even though the concept makes sense (suggested better phrasing)
  - Would set alert for when he prepares to go to bed, so better labeling would be good for the first alert / second alert
  - "I thought to myself, you can't tell me what to do"
- When setting an alarm for something, he sets 3 alarms instead of snoozing
- Didn't see value in Favorites - maybe just current alarms set
- Scroll time instead of set screen to time with a keypad

*TOTAL TIME: 10:20*