consistenZZZ

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
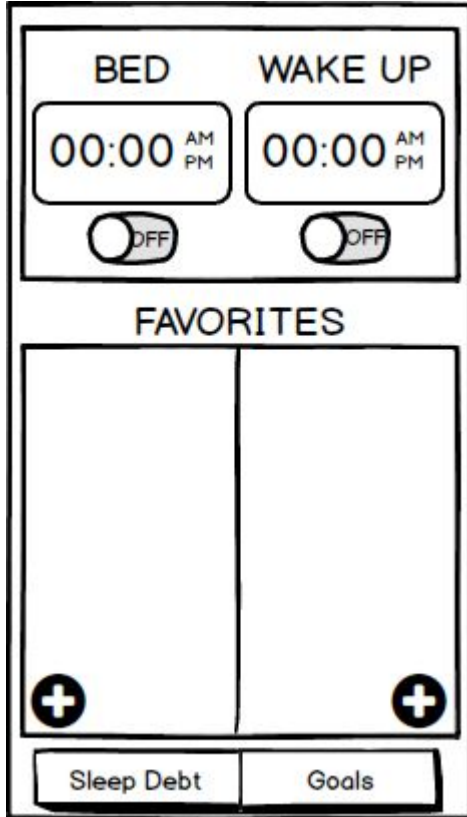
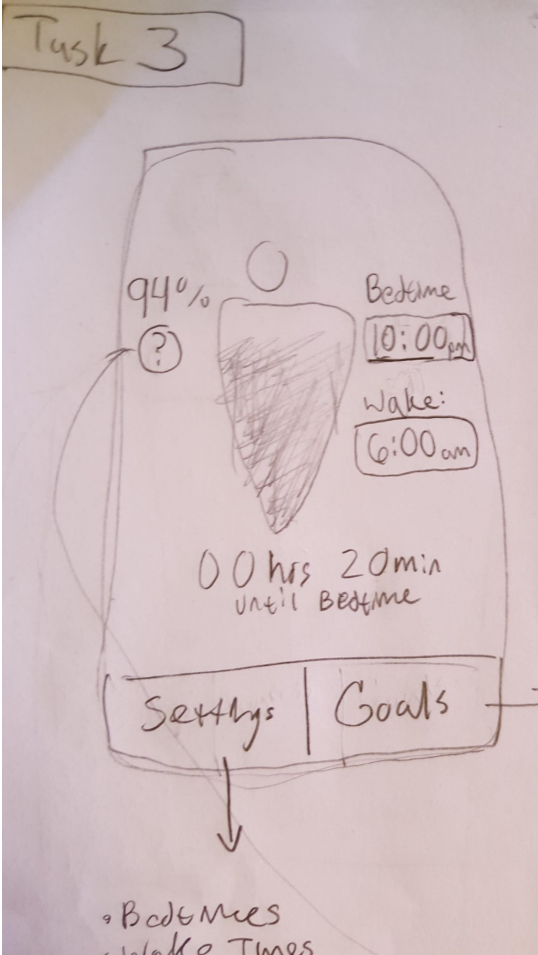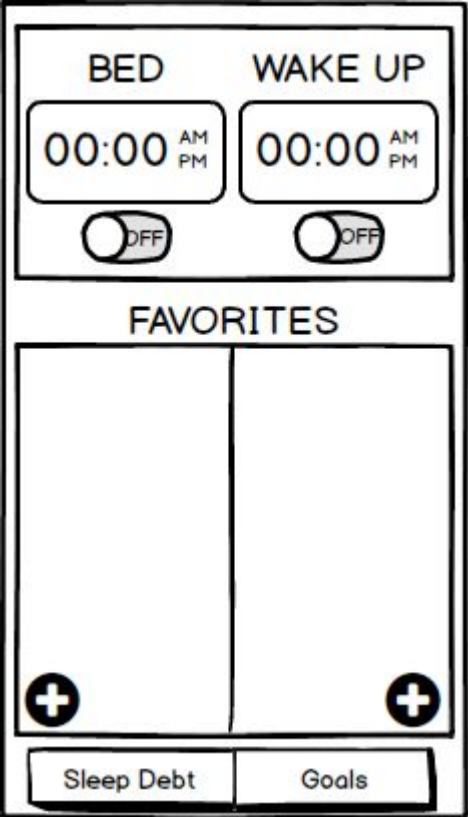**Complex: See your progress and adjust**

Tasks

Design Changes
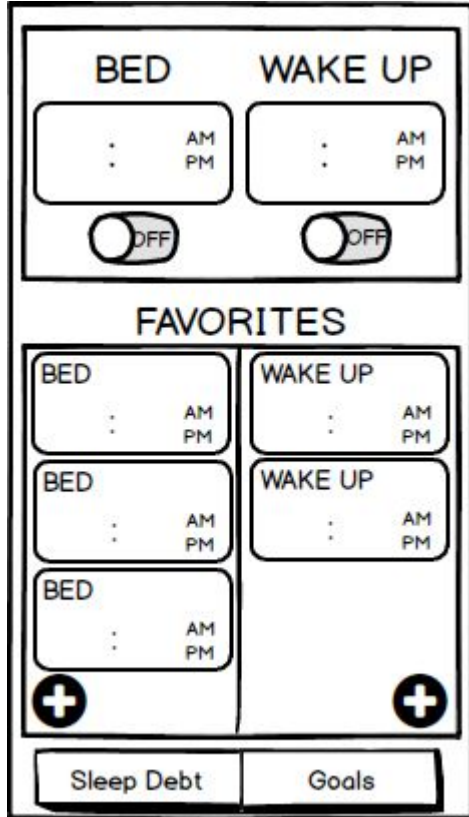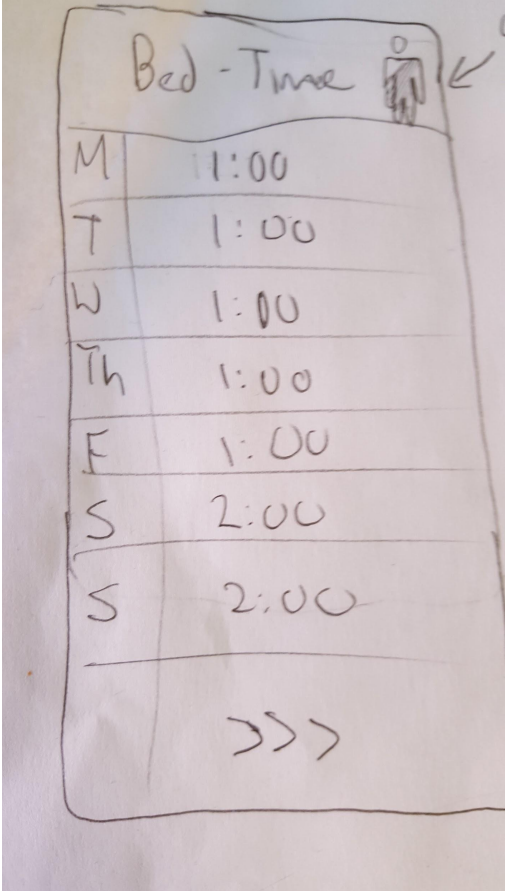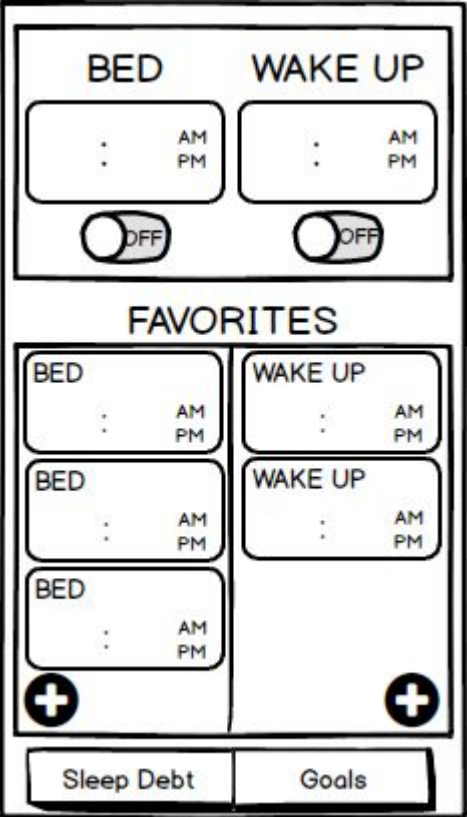
Task Flows

How we did it

Design Changes - Home Screen

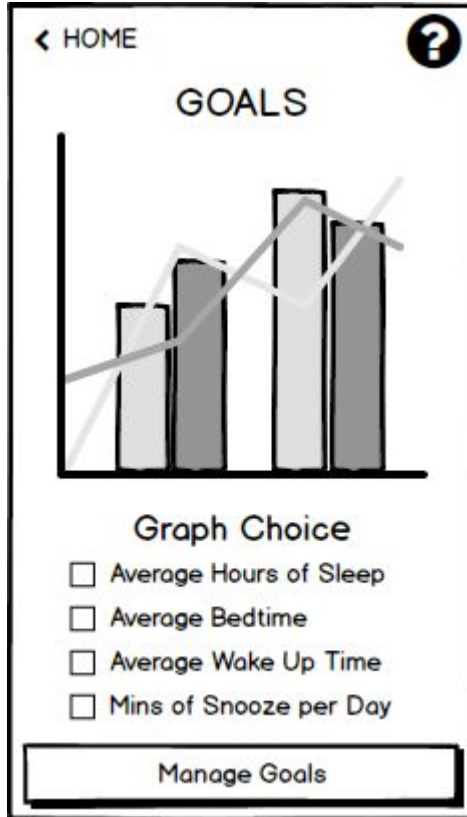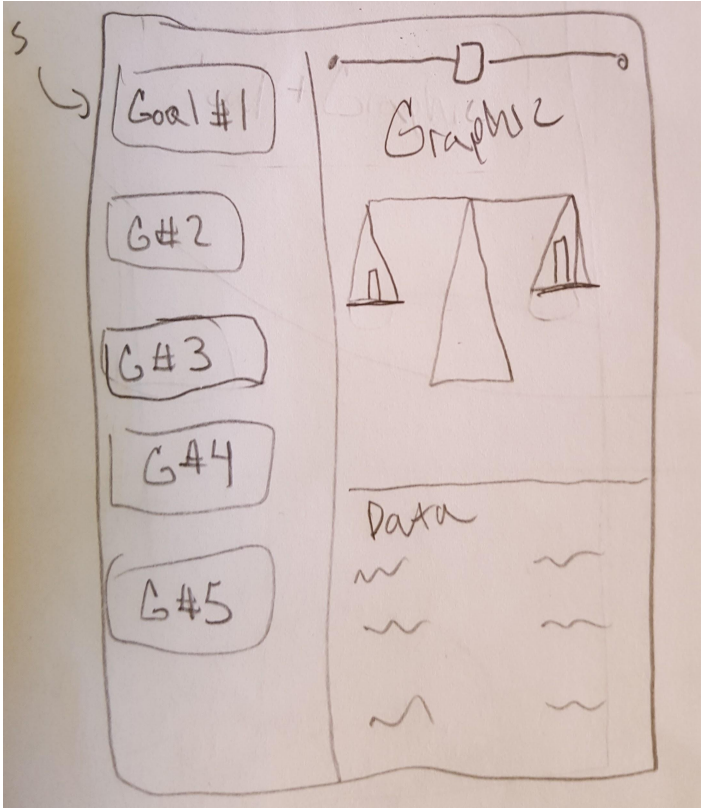# Design Changes - Home Screen

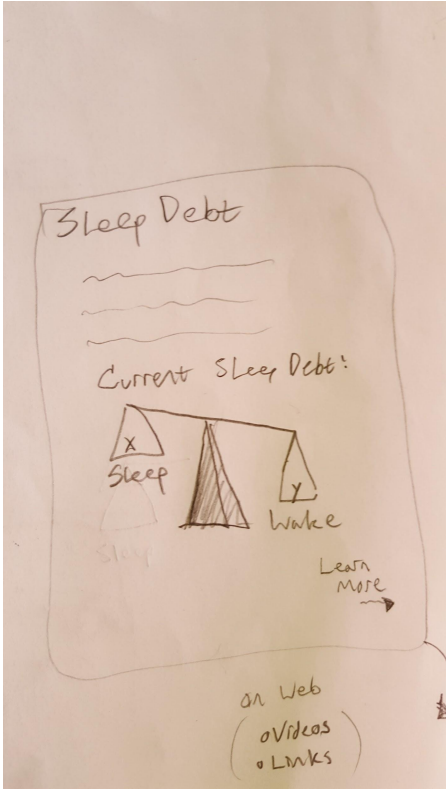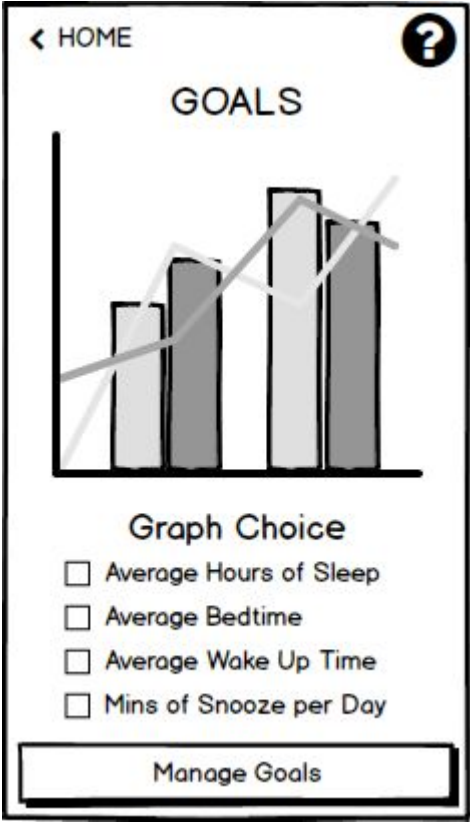# Design Changes - Setting times

Design Changes - Setting times

Design Changes - Goals

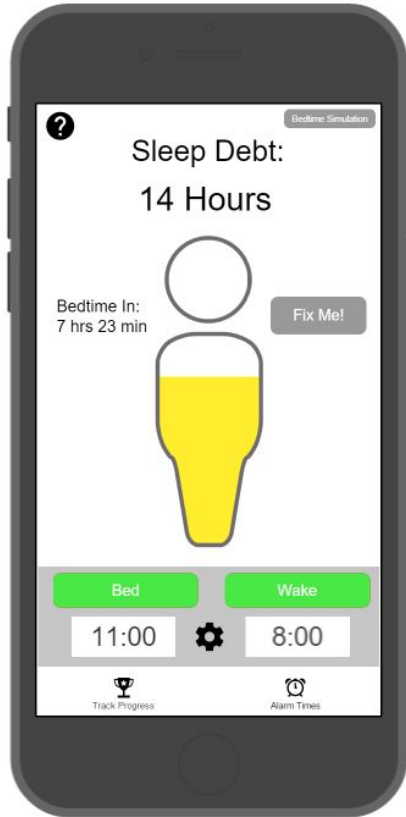# Design Changes - Goals

Tasks

Design Changes

Task Flows
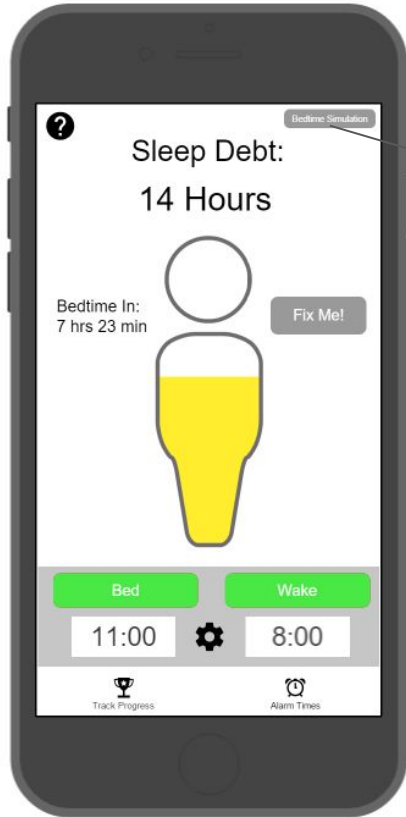
How we did it

Task Flow 1 - Get to bed on time

User slides
up / down to
adjust
bedtime

Task Flow 1 - Get to bed on time

Left phone screen:

? Bedtime Simulation

Sleep Debt:
14 Hours

Bedtime In:
7 hrs 23 min

Fix Me!

Bed | Wake
11:00 ⚙ 8:00

🏆 Track Progress | ⏰ Alarm Times

Right phone screen:

🕐

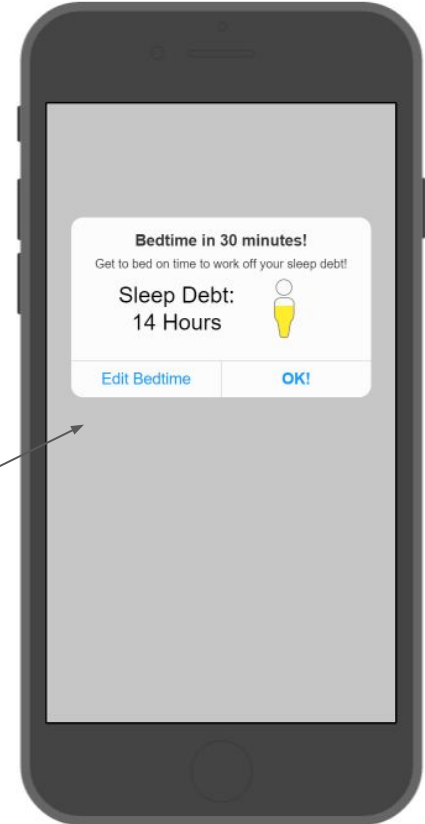Some time passes...

Next

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
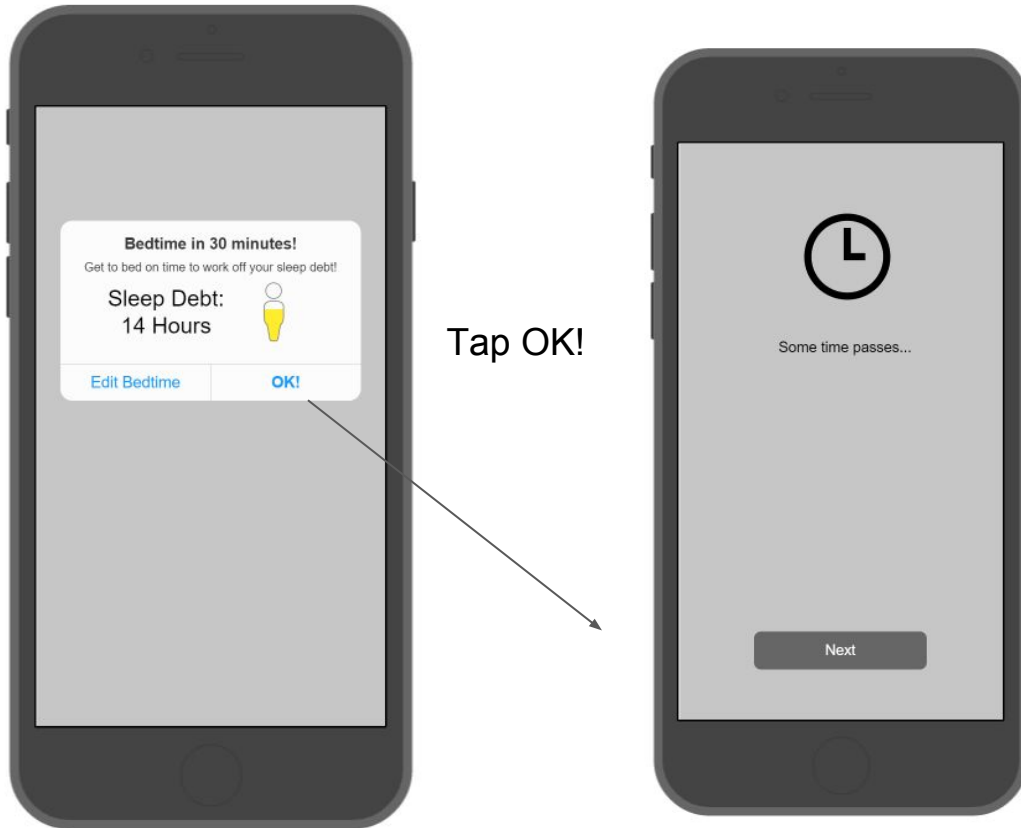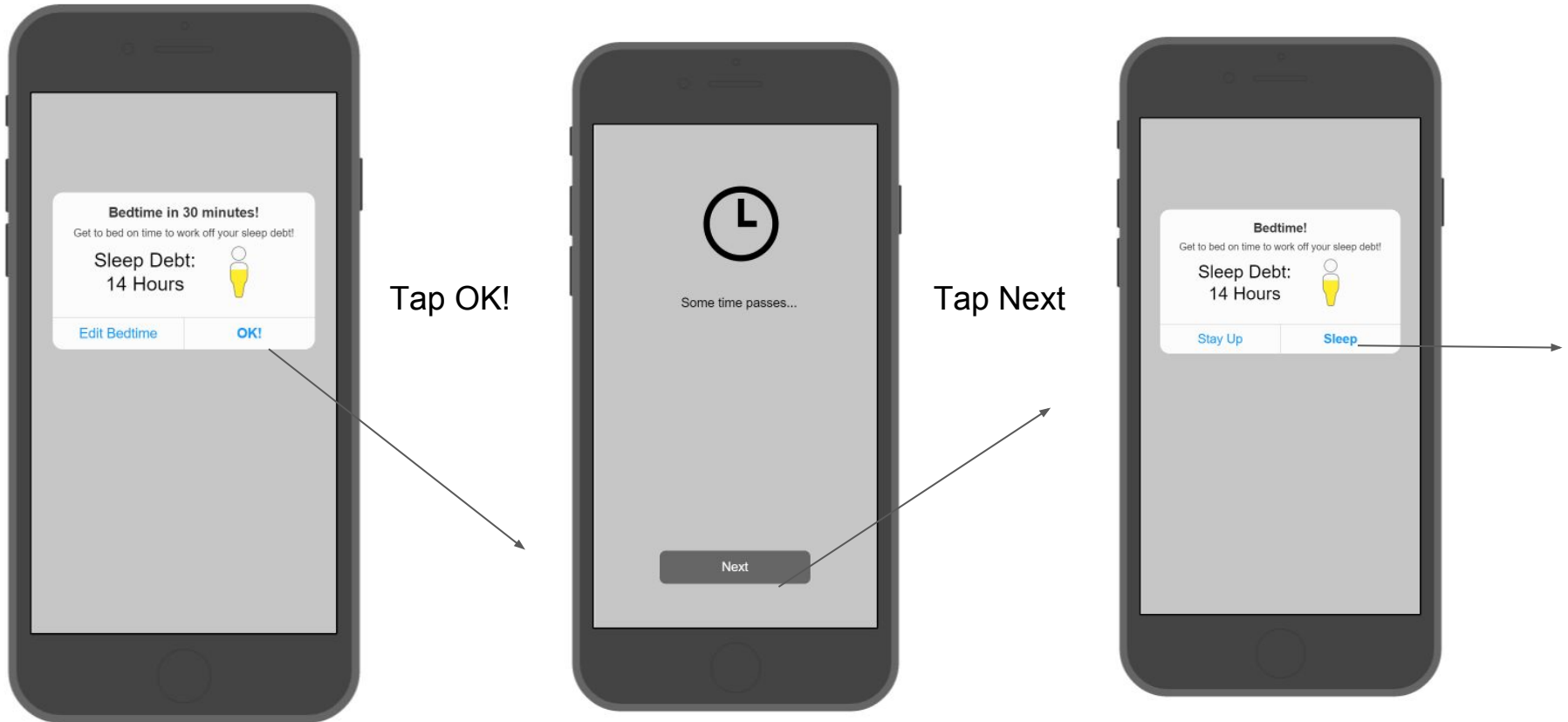
Task Flow 1 - Get to bed on time

Bedtime in 30 minutes!
Get to bed on time to work off your sleep debt!

Sleep Debt:
14 Hours

Edit Bedtime   OK!

Tap OK!

Some time passes...

Next

Task Flow 1 - Get to bed on time

Bedtime in 30 minutes!
Get to bed on time to work off your sleep debt!

Sleep Debt:
14 Hours

Edit Bedtime   OK!

Tap OK!

Some time passes...

Next

Tap Next

Bedtime!
Get to bed on time to work off your sleep debt!

Sleep Debt:
14 Hours

Stay Up   Sleep

Task Flow 1 - Get to bed on time

Task Flow 2 - Weekly Schedule

Fix me!

Task Flow 2 - Weekly Schedule

Sleep Debt: 14 Hours

Bedtime Simulation

Bedtime In: 7 hrs 23 min

Fix Me!

Bed
Wake
11:00
8:00

Track Progress
Alarm Times

Fix me!

Home

How soon do you want to remove all sleep debt?

3 days
5 days
1 week
2 weeks
3 weeks
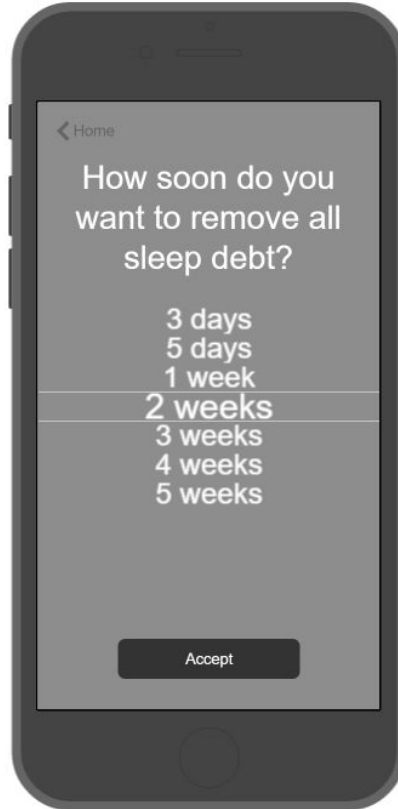4 weeks
5 weeks

Accept

Select a time scale, tap accept

Task Flow 2 - Weekly Schedule
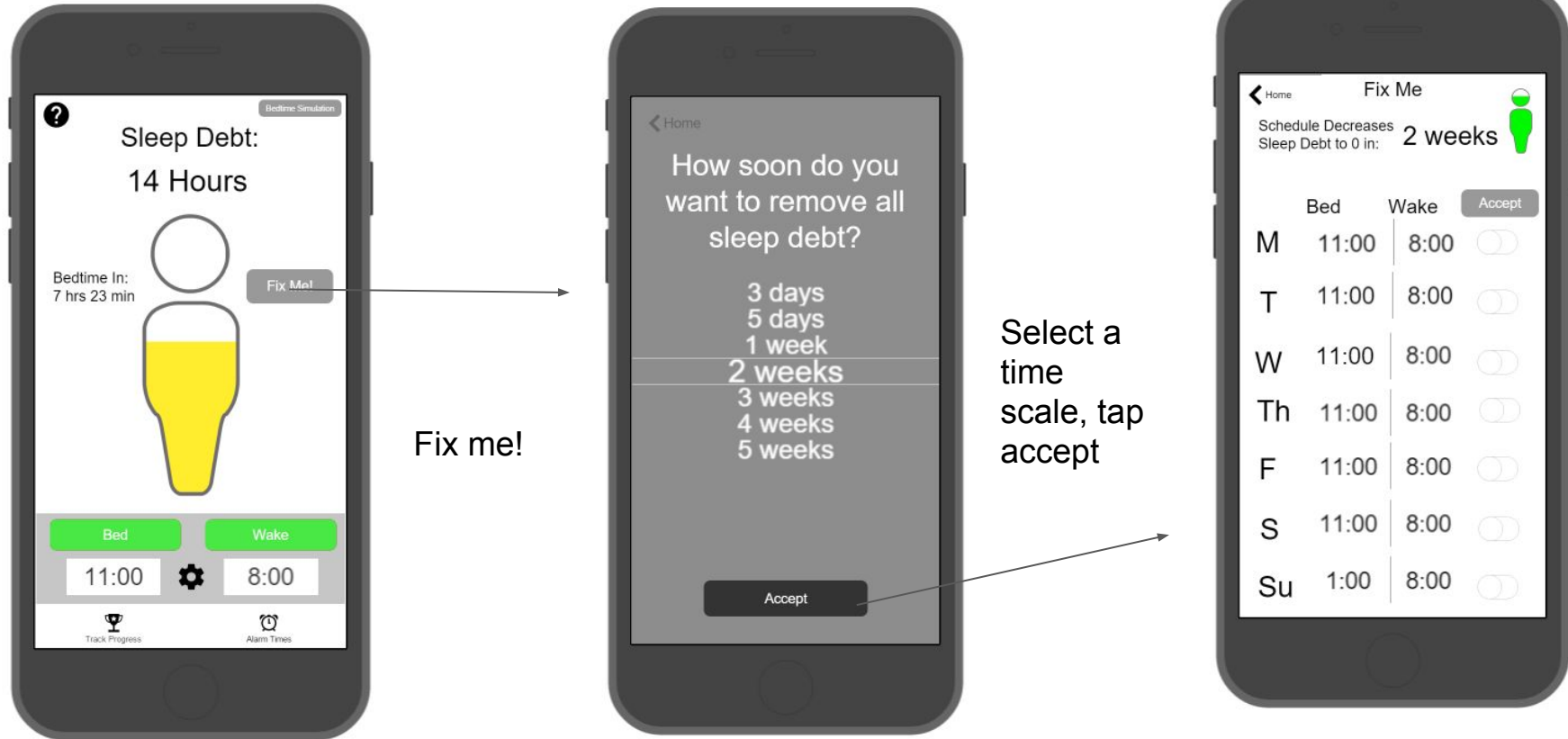

Fix me!
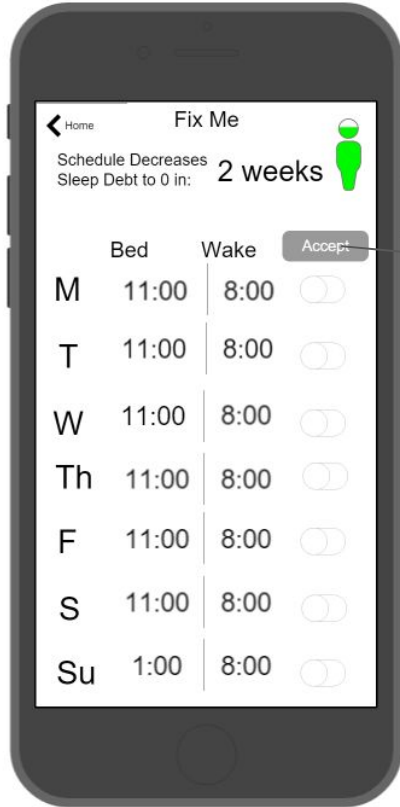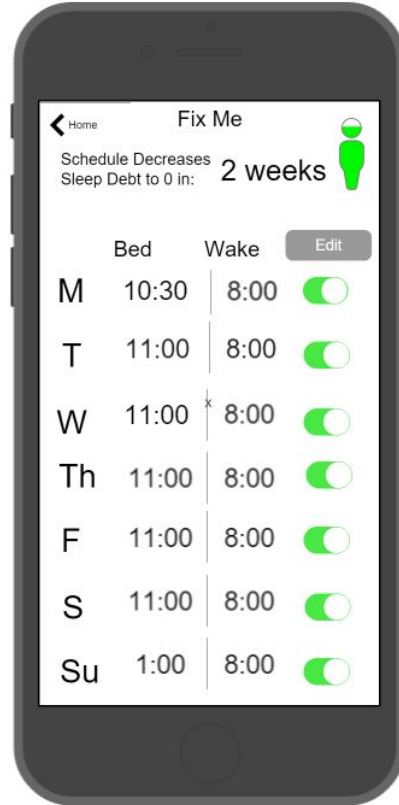
Select a time scale, tap accept

Task Flow 2 - Weekly Schedule

Can tailor, or click accept to turn all on

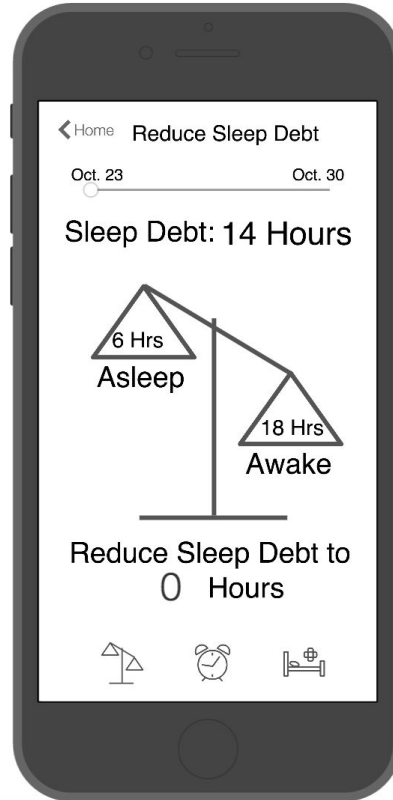# Task Flow 3 - See your progress and adjust

See
progress

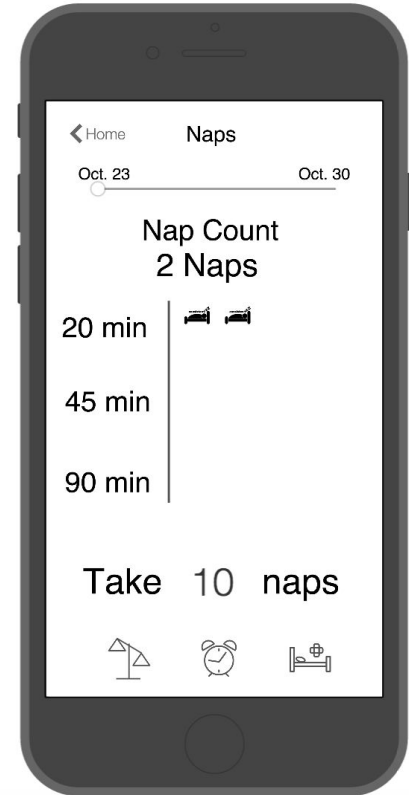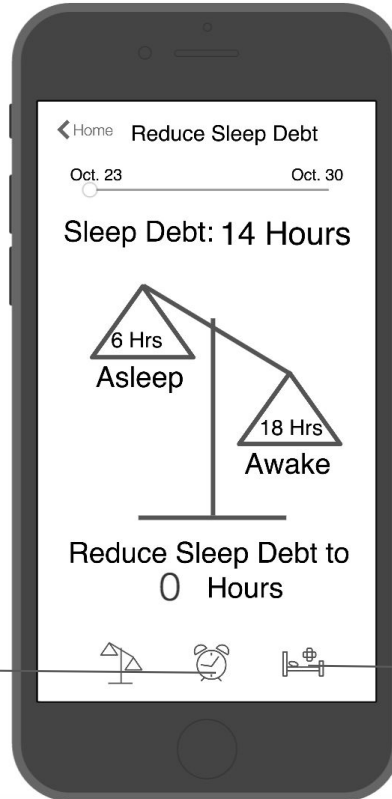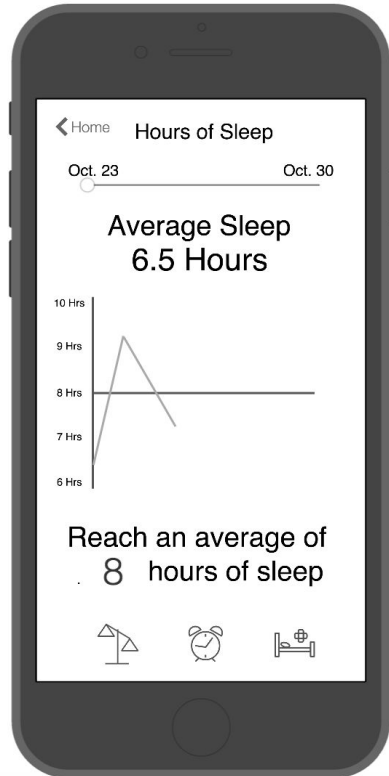# Task Flow 3 - See your progress and adjust
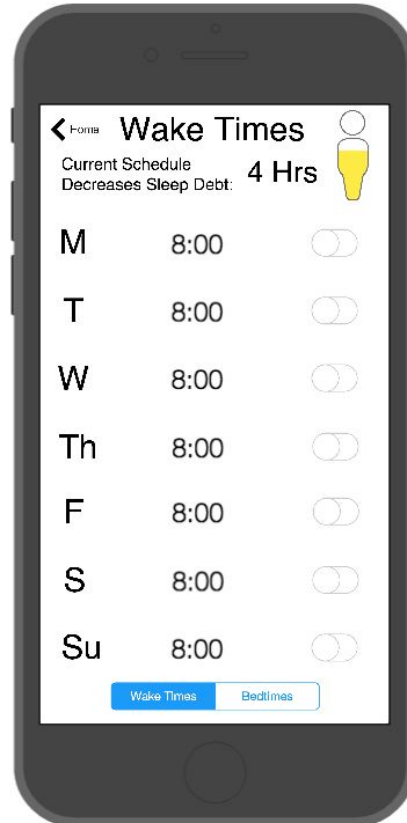

See progress

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

[prototype](#)

[website](#)