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#                               README.TXT                               #  
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Link to prototype:

<https://johnmorgan.proto.io/share/?id=99499a6a-7022-444f-8689-44ff5c3e0dc6&v=2>

OVERVIEW

The Dream Team’s application, consistenzzz is a tool to help people manage their sleep and reduce their sleep debt. With consistenzzz, users can set bedtime and wake up goals, reach those goals, and track their sleep and progress over time.

TOOLS

Our medium fidelity prototype was constructed on Proto.io. This interface tool allowed us to link mockups and create a working design that can be navigated and experienced by a user. However, Proto.io does not provide us with a good way to save user input information, limiting med-fi prototype.

LIMITATIONS

Our prototype is limited in that it is static and it only allows for the user to input data but does not store the information. For example, set bedtimes and wakeup times are not stored and displayed after changing screens as our preset values will re-populate the editable fields. Other examples of static displays include the sleep debt diagram on the homescreen (i.e. fill color and amount changes to demonstrate different display options but isn’t accurate to user data), the sleep debt reduction goal time (i.e. user can select their own goal time, but all related screens will display 2 weeks), and goal progress results (i.e. the progress is on set to Oct. 23 - Oct. 30 and the sleep debt balance, average hours of sleep, and number of naps are preset and don’t adjust to user input).

In addition to pretending that the app has recorded and utilized user input data, we use Wizard of Oz techniques for the bedtime simulation. This simulation involves the user leaving the app for an extended period of time. At a set alert time prior to bedtime goal (ours is preset to 30 minutes), the user is alerted by consistenzzz that their bedtime is approaching. We do not have the user leave the app, and wait until their bedtime; instead, we pretend time has passed so that the user can play along with the simulation.

TASKS

Our Med-Fi prototype allows for the completion of the following tasks:

Task 1 (Simple): *Go to bed at bedtime goal*

Task 2 (Medium): *Set up a sleep schedule and goals*

Task 3 (Complex): *Learn about your sleep debt, see your progress, and adjust your sleep habits*

BASIC INSTRUCTIONS

To use our prototype, follow the link at the top of this document. You will open the link to find the setup screen for consistenzzz. From there, go through the short setup process, set your schedule, set your goal,s and start improving your sleep habits. (NOTE: This mockup will not remember any data, but is a good tool to click through and experience our interface.) Detailed instructions to complete our 3 tasks are included below.

DETAILED INSTRUCTIONS

Part I - Set up

- Select how many hours of sleep you want to get per night
 - Click “Accept”
- Select how many hours of sleep you currently get per night
 - Click “Accept”
- Select “Wake Times” for each day of the week (adjust times by sliding up and down) and turn on desired alarms
 - Click “Accept”
- Select “Bed Times” for each day of the week (adjust times by sliding up and down) and turn on desired alarms
 - Click “Accept”

Part II (Task 1) - Simulate Bedtime

- Set Bedtime goal by setting the time below “Bed” button (adjust time by sliding up and down)
- Click “Bedtime Simulation” in top right corner
- Screen with “Some time passes” will appear; click “Next”
- Click either “Edit Bedtime” or “OK!”
 - If “Edit Bedtime” clicked, select new bedtime (adjust time by sliding up and down)
 - Click either “No Bedtime” to turn bedtime off or click “Set”
 - If “No Bedtime” clicked, screen will return to Home
 - If “Set” clicked, screen with “Some time passes” will appear; click “Next”
 - Return to step “Click either ‘Edit Bedtime’ or ‘OK!’”
 - If “OK!” clicked, screen with “Some time passes” will appear; click “Next”
 - Click either “Stay Up” or “Sleep”
 - If “Stay Up” clicked, screen with “Some time passes” will appear; click “Next”
 - Click either “Stay Up” or “Sleep”
 - If “Stay Up” clicked, screen will return to Home with adjusted sleep debt diagram
 - If “Sleep” clicked, screen with “Sweet Dreams!” will appear; click “Complete Simulation”
 - If “Sleep” clicked, screen with “Sweet Dreams!” will appear; click “Complete Simulation”

Part III (Task 2) - Fix Me (Setting schedule and goals)

- Click “Fix Me” on Home
- Select number of weeks for how soon you want to remove all of your sleep debt
- Click “Accept”
- Turn on and/or adjust suggested “Bed” and “Wake” times (adjust each time by sliding up and down)
- Click “Accept”
- Click “< Home” button in top left corner to return Home

Part IV (Task 3) - Use Sleep Debt and Goals

- Click “Track Progress” on Home
- Click through different data visualizations to learn more about your sleep patterns (i.e. Sleep Debt, Average Hours of Sleep, Nap Count)
- Click “< Home” button in top left corner to return Home
- Click “Alarm Times”
 - Use information from “Track Progress” screens and sleep debt diagram on Home to edit “Wake Times” and “Bedtimes” (toggle between the two at the bottom of the screen)
- Click “< Home” button in top left corner to return Home
- Click “Track Progress” on Home
- Adjust date slider at the top of each screen to see change over time and accomplishment of goals
- Click “< Home” button in top left corner to return Home