

Consistenzzz Version 1.0 12/3/15

Operating Instructions

If this is the first time using the application on this device, then they will be asked to perform a brief setup to help estimate their sleep debt and habits. There are 4 other screens: Settings, Learn More, Progress, and Alarms. Each screen can be reached from any other screen through the navigation bar at the bottom of every page. The Settings screen contains a few preferences for bed and wake time alerts. The Learn More screen is an educational component which familiarizes users with the concept of Sleep Debt and what the effects of sleep loss are. The Progress and Alarms screens are detailed below.

1. Using the Home Screen

- If a time is not set, the Home Screen displays a large field titled “Set Bedtime “ or “Set Wake Time”. Both times are displayed in the top corners, and to toggle between them being displayed centrally, tap either one.
- Tapping on the main display time will allow you to edit it as needed. The “Sleep Now” button allows users to set their bedtime to the current time, and takes them to a “sleep” screen that makes tracking easier. In order to use “Sleep Now”, a wake time must be set.
- 30 minutes prior to bedtime, a notification is pushed to the user, and an alert appears if the app is open warning that bedtime is soon. At bedtime, another notification/alert is sent/appears. Wake times only utilize an alarm at the time of wake time.

2. Setting a Weekly Schedule

- Here users can set a weekly schedule of alarm times. To edit, tap an alarm. The editing interface is the same as the home screen. To turn an alarm off or on, tap the alarm icon.

3. Viewing Progress

- Progress displays three high level summaries: average number of hours of sleep, your streak of days logging your sleep, and your percentage difference in sleep debt all based on the time period between two weeks ago and today. Below these stats are your log of bed and wake times over two weeks, which can be scrolled through.

Limitations

- Users can only go to sleep and wake up once a day.
- The progress page uses pre-existing data points, since sleep patterns form over longer than a day.
- Alarms uses dummy values for each alarm.
- Only the first alarm is editable.
- The alarms do not create alerts at bedtimes - only the home screen can do that.
- Snooze as a setting is yet to be implemented.