SLEEPMATE

Sleeping easy, made easy.

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https://hci.stanford.edu/courses/cs147/2022/wi/projects/CaringFromWithin/SleepMate

Problem

Difficulty falling asleep due to roommates' noise levels can be **anxiety-inducing**, and it can be tiring to remind them **over and over again** to be quiet.
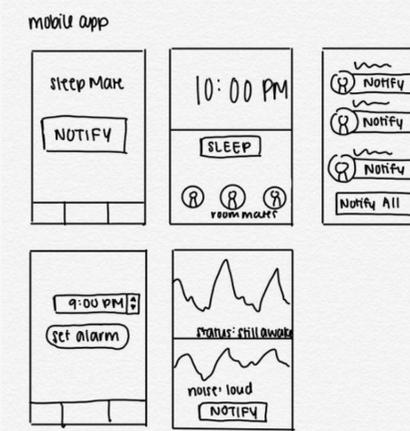
Solution

SleepMate helps you **rest at ease** by **monitoring** your roommates' noise levels and **alerting** them when they're being too loud so you don't have to!
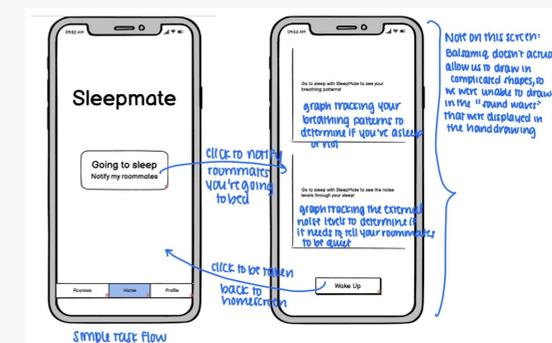
Notify your roommates that you're going to bed through the app

Modify your household by adding or removing roommates

Update your sleeping preferences and **notify** your roommates you're still awake after X minutes

Design Iterations

Idea Concept Sketches

Balsamiq Low-Fidelity Prototype

Figma Medium-Fidelity Prototype