

SnoozeSense

Unlocking Better Sleep, One Night At A Time.

Spec Status: **Draft** / Mentor Review / Team Review / Complete

Team Name: Dream Team

Team Members: Bolu Yomi-Adeyemi, Maria Panagos, Lea Inouye, Josh Gutierrez

Last Updated:

Summary

What is it? Think of this as your elevator pitch for your product. Limit it to a few sentences.

SnoozeSense is a mobile app that aims to help and motivate users to have a consistent sleep routine and schedule. Users will be able to set their sleep schedule goals and track their progress in order to stay accountable and motivated thus improving their overall well being.

Problem Background

Who is the customer and what is the need or problem we're addressing? Why should we address this problem now? What are all of the things we know? How do we know this is a problem?

I sometimes have a hard time falling asleep. I am a university student who sometimes has to pull all nighters to complete assignments, study for exams and so on. This has led to me having an inconsistent sleep schedule. Sometimes I sleep at 10pm, other times I could struggle to sleep at 3am. In order to get a better and healthier sleep schedule, an application will need to be made that can purposely set schedules and reminders for sleep and also actively encourage you to go to bed. This application will be called SnoozeSense.

In today's fast-paced world, an increasing number of individuals are grappling with sleep-related issues that can have a profound impact on their physical health, mental well-being, and overall quality of life. Modern lifestyles, demanding schedules, and the prevalence of digital devices have contributed to disrupted sleep patterns and poor

sleep quality for many. Insufficient sleep and irregular sleep schedules have been linked to a range of health concerns, including fatigue, decreased cognitive performance, mood disturbances, and even chronic conditions like obesity and cardiovascular diseases.

We conducted many interviews and these are our findings:

- The respondents all had an inconsistent schedule.
- The respondents did not use sleep tracking applications.
- The respondents had a routine before they sleep.

From the interviews that were conducted, people tend to have an inconsistent sleep schedule due to phone usage, work requirements or studies. These are all life activities that could cause us to not sleep at the time that we should. Another reason. From the interviews, why people do not sleep on time is due to stress. [In a recent article](#), it is stated that stress is one of the main factors of sleep deprivation due to it stopping the mind and body from relaxing. The stress could come from work, school, relationships, and so on and so forth.

Goals

Talk about the general high-level goals of doing this work. What are we trying to accomplish by solving the problem?

By helping users stay motivated to keep a consistent sleep schedule we are trying to..

- Support users in establishing a long term, sustainable sleep routine
- Keep users accountable to staying on track of their goals
- Enhance users' quality of sleep to make sure they are getting their desired amount
- Allow for positive user engagement with the app so users feel motivated and excited to log in their progress
- Providing personalization, tailoring the app to user preferences and needs to increase user satisfaction.
- Improves the physical and mental wellbeing of the users

User Stories

Put 3-5 user stories here. Keep it high level. As a <type of user>, I want to <goal to be accomplished>, so that <reason for the goal>.

What problems the user has and expects to be solved

- As a student, I want to prioritize my sleep schedule, so my overall wellbeing is improved
- As a user with an inconsistent work schedule, I need an app that can help me maintain a consistent sleep routine despite irregular working hours, so I can optimize sleep and overall well being
- As a user, I have a habit of procrastinating on my phone before bedtime, which disrupts my sleep schedule. I want the app to help me break this and establish a healthier pre-sleep routine.

Proposed Solution

What are you proposing as the solution to the problem being tackled? Keep this to a few sentences, again focusing on the WHAT, not the HOW.

Problem statement:

How can we help individuals managing stress and various factors **establish a more consistent sleep routine**, leading to enhanced overall well-being?

A possible solution will be to actively reminds the users to sleep and also detect how long they sleep for. Once they have achieved the right amount of sleep time, it will send them encouraging notifications to help them stay on track. This will help users because it is very easy to fall back onto an inconsistent sleep schedule but the reminders and encouraging notifications will help the users to fall asleep on time on a more consistent basis.

Another solution is generating a calendar so the users can track their progress. This will help them see how far they have gone and encourage them to continue.

Scenarios

What are your key scenarios (based off your user stories)? What is the definition of done (or acceptance criterion) for each of them? Note: This should be finalized as a team.

User Story #1: As a student, I want to prioritize my sleep schedule, so my overall wellbeing is improved.

Scenario #1: Helps prioritize consistent sleep routine

Acceptance Criteria:

- The app should offer flexible sleep schedule recommendations
- Allow me to move or shift my schedule if an upcoming event or if class runs later or if I have homework
- I want to receive personalized reminders and notifications to ensure I have enough time for sleep despite my busy student life.

User Story #2: As a user with an inconsistent work schedule, I need an app that can help me maintain a consistent sleep routine despite irregular working hours, so I can optimize sleep and overall well being.

Scenario #1: Helps maintain habit

Acceptance Criteria:

- The app should allow me to input my work schedule or shifts
- It should provide sleep schedule recommendations based on how many hours I wish to get to ensure I get sufficient rest
- I want to receive notifications at certain times during my shift
- Allow for different hours for different days

User Story #3: As a user, I have a habit of procrastinating on my phone before bedtime, which disrupts my sleep schedule. I want the app to help me break this and establish a healthier pre-sleep routine.

Scenario #1: Establish a night routine

Acceptance Criteria:

- The app should prompt me to input desired bedtime and wake up time
- Provide suggestions for optimal sleep schedule based on my age
- Should be able to easily adjust schedule as needed
- Receive reminders

Measuring Success

Co.Lab Success Metrics

What would you consider success to look like by Demo Day for your team? What would be the definition of done for your product by that point? Note: This should be finalized as a team.

By demo day, we will like to have built the MVP of the application that satisfies the user stories stated above.

Product Success Metrics

Consider metrics you'd want to measure to consider the product a success. How would we know if we've solved the problem? What are the things we'd want to measure?

- Percentage of users who successfully establish and maintain a consistent sleep schedule as per their goals
- The amount of users who feel satisfied with overall app experience and accomplished in their sleep goals
- Gain an understanding of how users track their sleep schedule and the types of goals they set for themselves

Milestones & Timeline

What are the milestones and project stages within Co.Lab? How will you consider your roll-out plan? What about extending beyond?

Timeline	Milestone
Week 1	Design Synthesize research with Designer and align on features Complete low fidelity designs for user story 1

	User test low fidelity designs for user story 1 Dev Scope out high level development tasks Create schema for storing user data in local storage
Week 2	Design Begin high fidelity designs for user story 1 Dev Begin development for user story 1 with low fidelity designs
Week 3	Design Continue high fidelity designs for user story 1 Begin designs for user story 2 Dev Ramp up on development for user story 1 Push a working prototype for user story 1
Week 4	Design User test live functional demo for user Update designs for user story 2 Begin designs for user story 3 Dev Address comments from user test for user story 1 Begin development for user story 2
Week 5	Design Continue to gather user feedback on user stories Start presentation Dev Ramp up on development for user story 2 Push a release for user story 2

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Open Questions / Appendix

For any open questions about the problem or any assumptions that you might have.

This could be related to open questions that have not been resolved by the research so far, further thoughts, etc.