

Big Idea Summary



'SleepSaviour' is a sleep application which allows those who have sleeping issues to sleep better. The application is divided into a daytime section and a night-time section. The daytime section provides information about sleep, gives sleeping advice and also has a quiz where the user can solidify their understanding of sleep obtained through the application. Depending on how successful the user is in the quiz, they will be able to unlock more relaxing images for the night-time section. The night-time section enables the user to set alerts which remind them that they should be turning off all screens at least an hour before bedtime. Additionally, there are activities which the user can involve themselves in beyond an hour before their bedtime. These are viewing a gallery of calming images and a place where the user can create a list of worries which are causing them stress and then the user will be able to screw this list up into a ball and play a game of trying to throw it into a virtual bin. To summarise, my application focuses on a few aspects which contribute to poor sleep amongst the general public. The primary target audience are those who suffer from poor sleep. I thought of this solution due to the primary research of current sleeping applications I undertook as most analysed data and didn't focus on the causes of poor sleep.