



SleepSaviour

Development Process

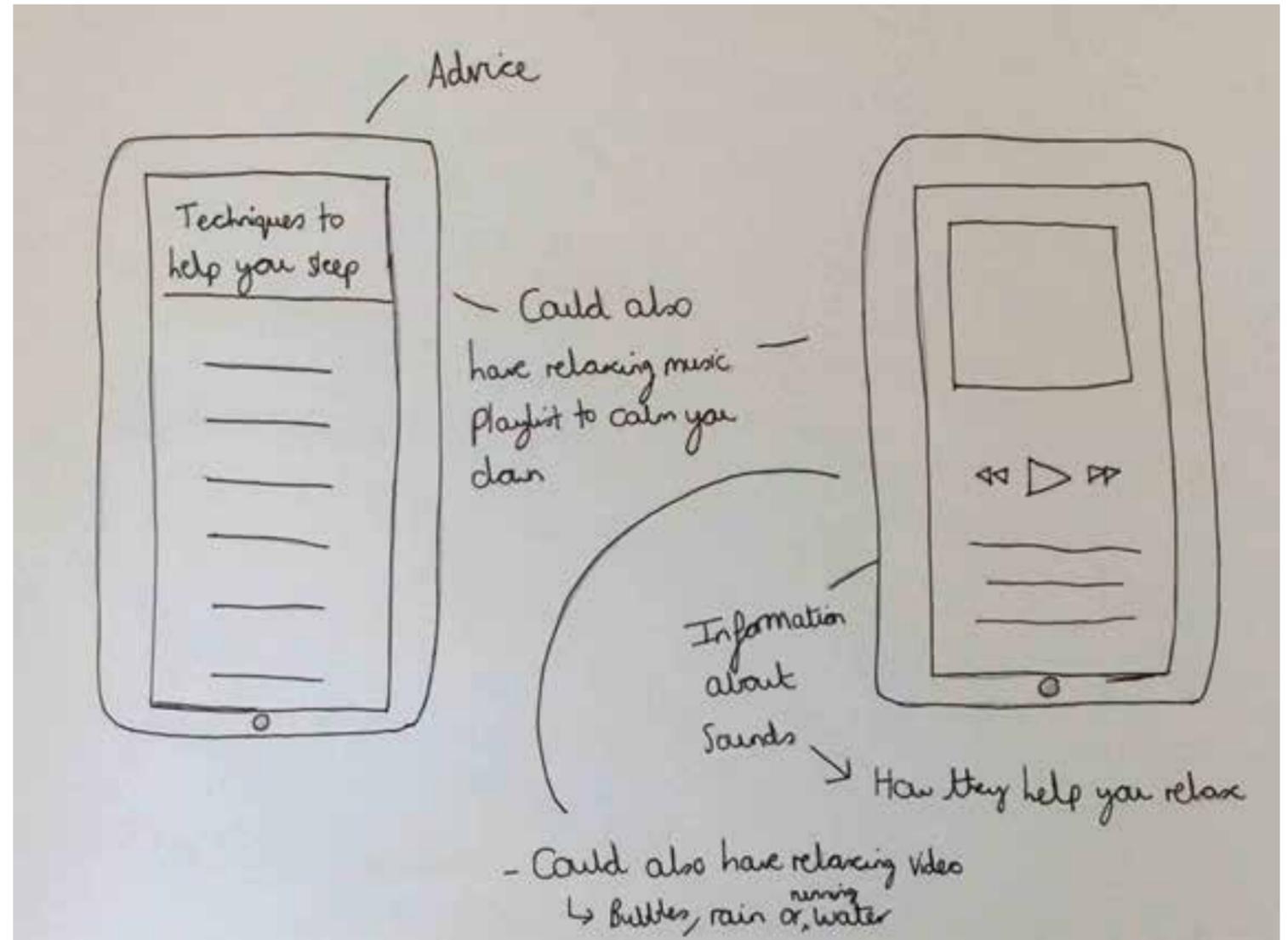
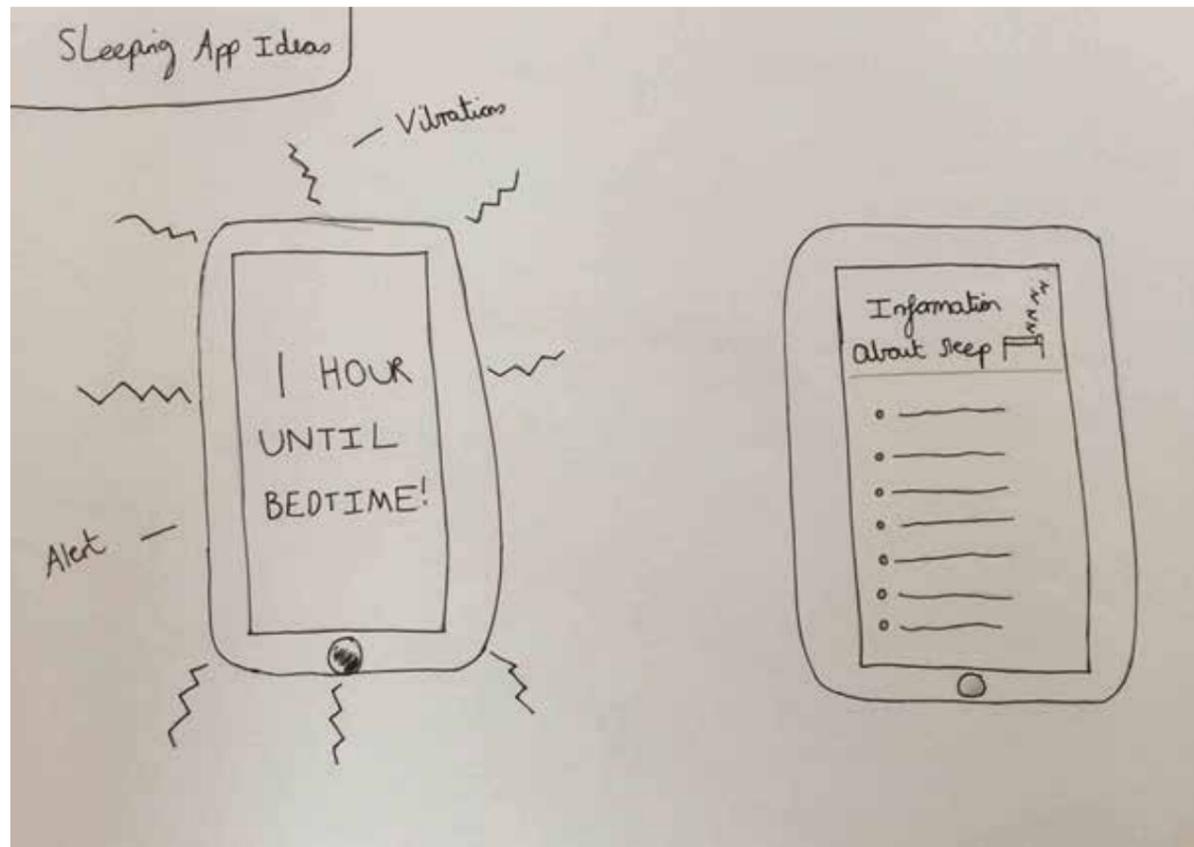
Initial Ideas/Inspiration

Applications:

- An application which could inform users of the effects of sleep and how they can prevent themselves from becoming ill in the long term
- A section on the application which relaxes you
- Alerts of the application which remind you that you are getting nearer to your bedtime
- There could be a relaxing music playlist
- There could be relaxing videos e.g. autumn leaves blowing in the wind
- An advice section on types of techniques to help you sleep

Other:

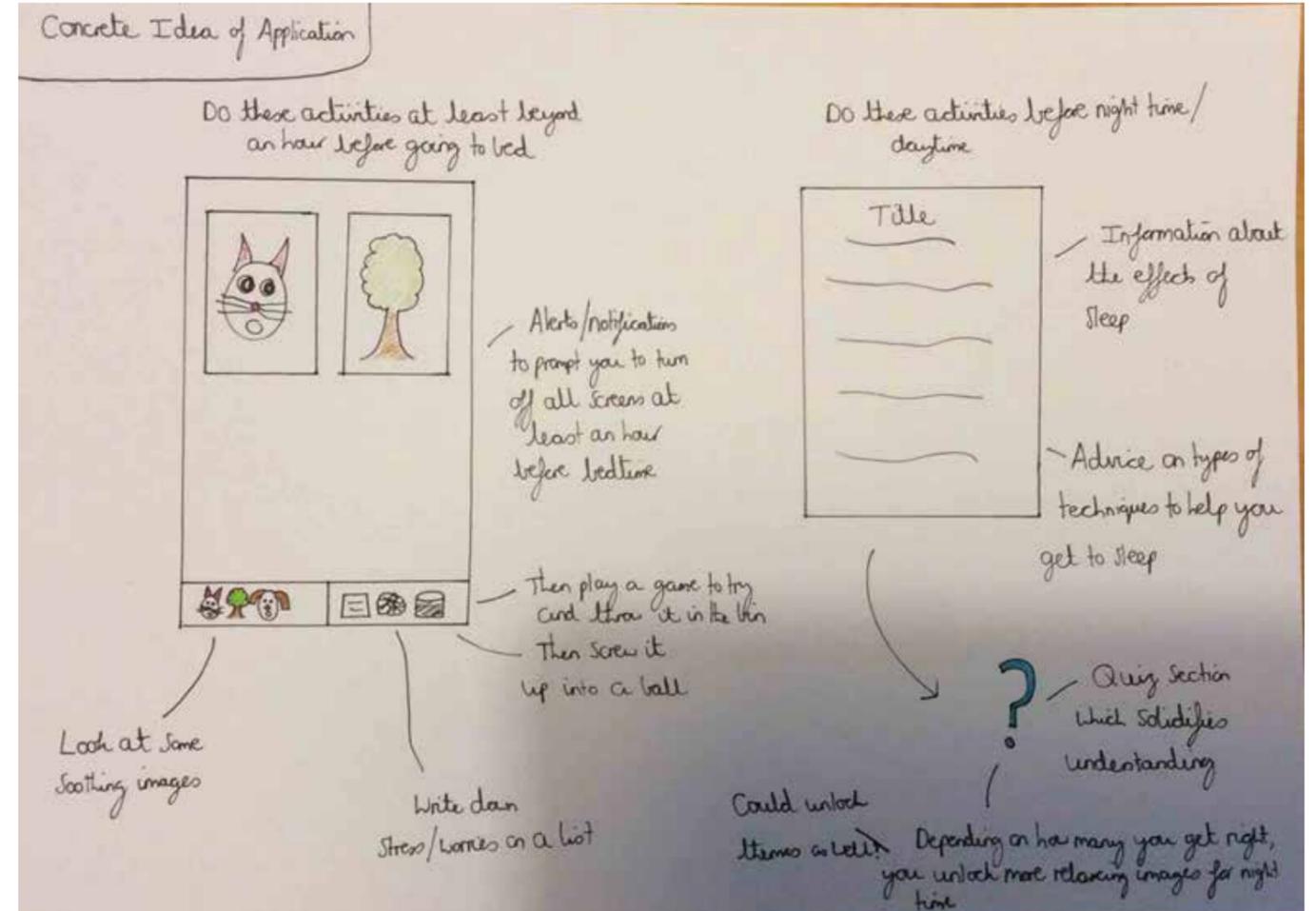
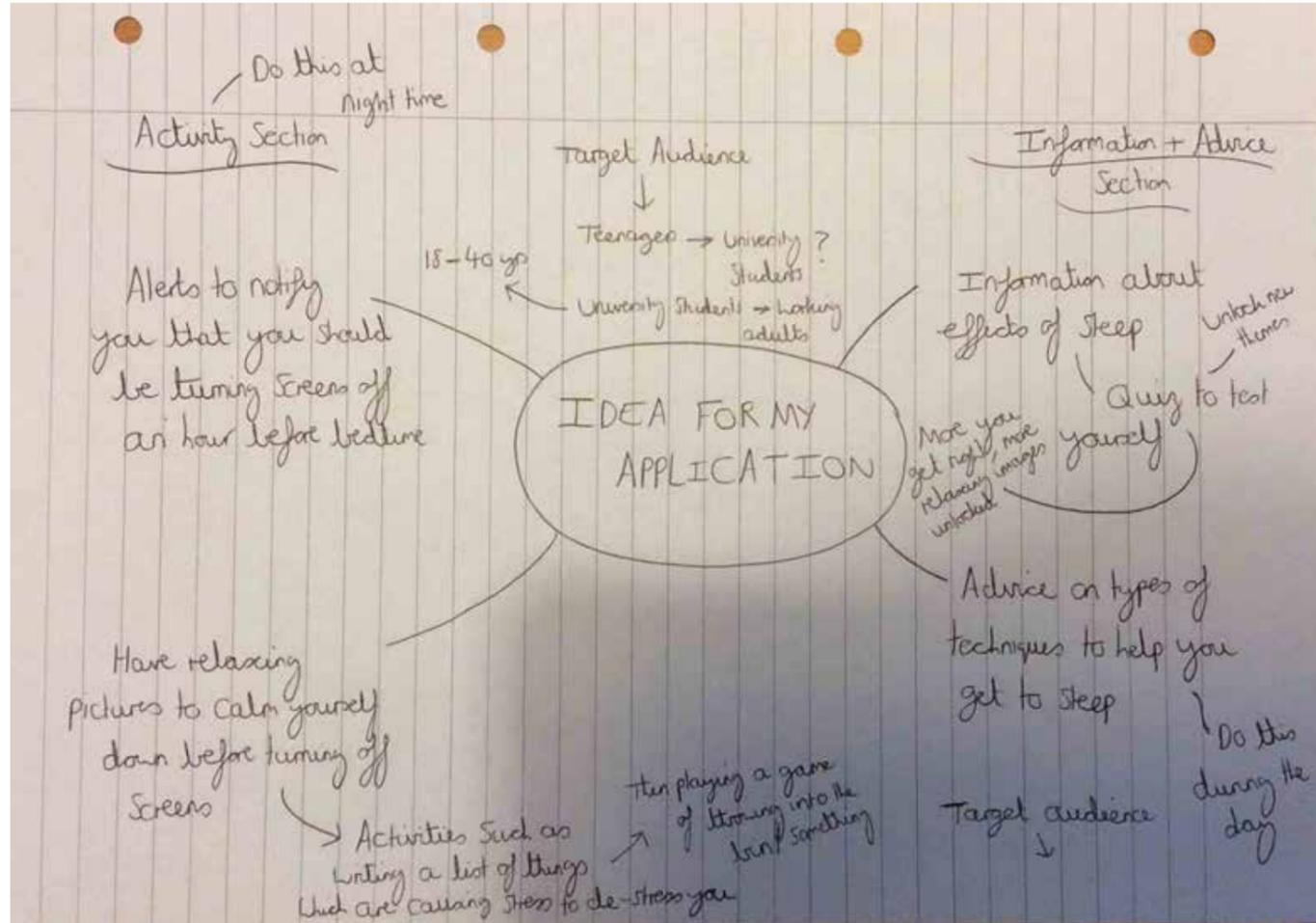
- A type of system which could be implemented into computers/laptops which disconnects from WiFi and closes down applications you are utilising for work, etc.
- A website which allows you to print off activities to completed before bedtime that doesn't involve a screen e.g. reading, colouring books, dot-to-dot books, etc.



These applications were viewed to gain inspiration but to also identify a need that wasn't being thought of in these applications.

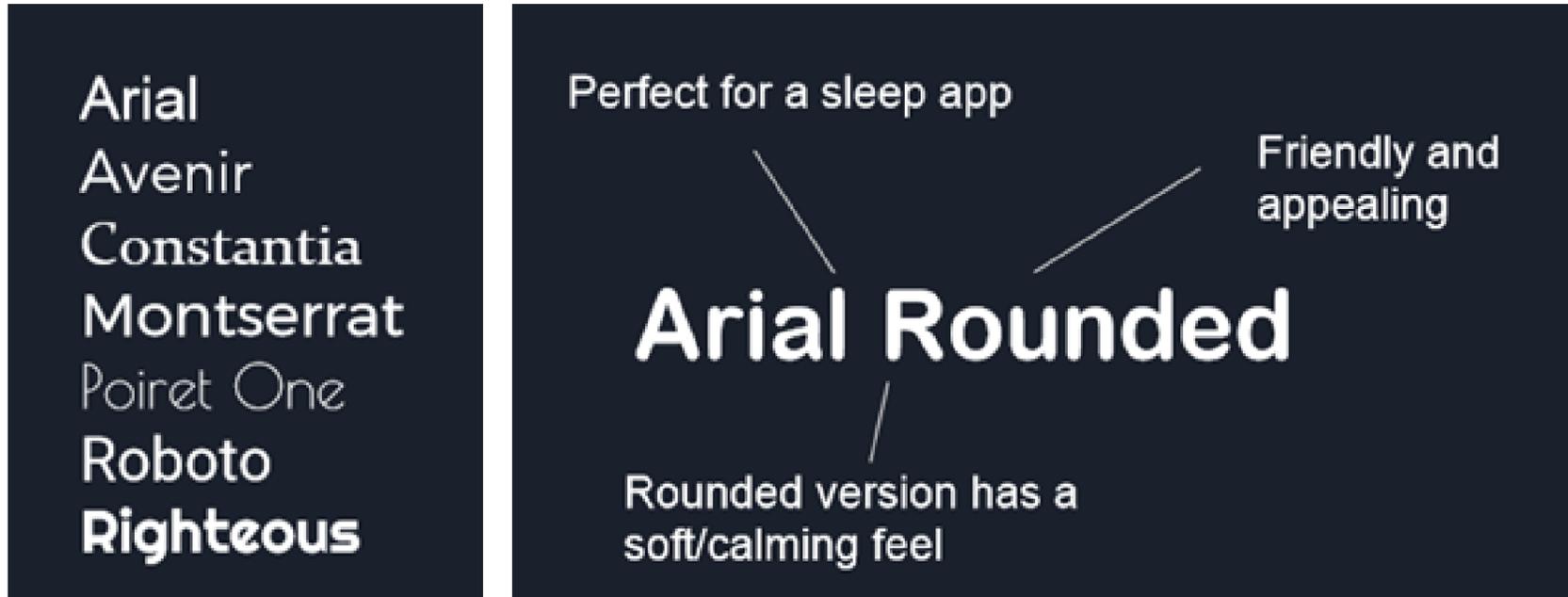


Confirmed Idea



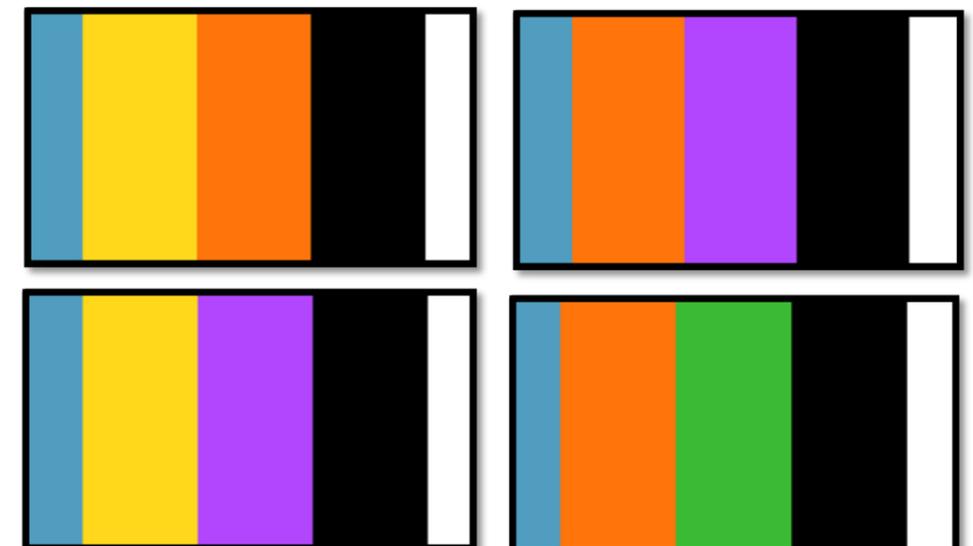
The chosen idea was an application divided into two sections, one a daytime section which provides information about sleep, advice and a quiz to test knowledge obtained from the application. The better the score, the more calming images unlocked for the night-time section. The night-time section enables the user to set alerts reminding 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, a gallery of calming images to be viewed and creation of stress lists which can be scrunched into balls and thrown into a virtual bin.

Fonts and Colours

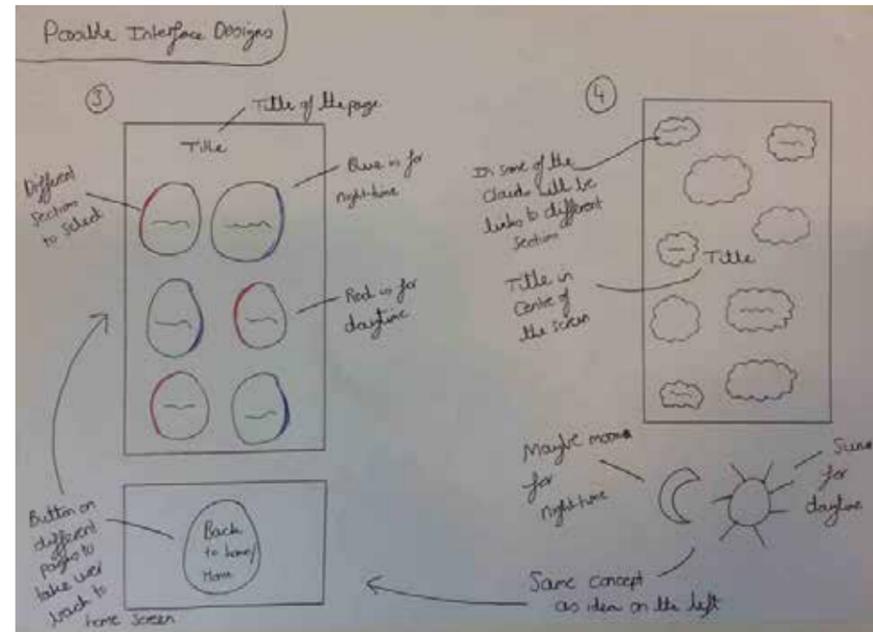
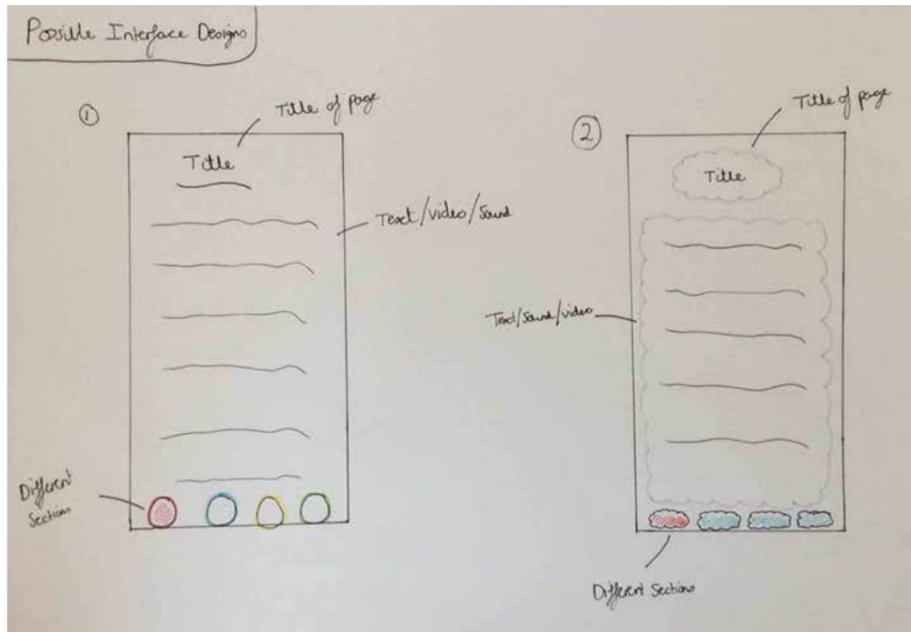
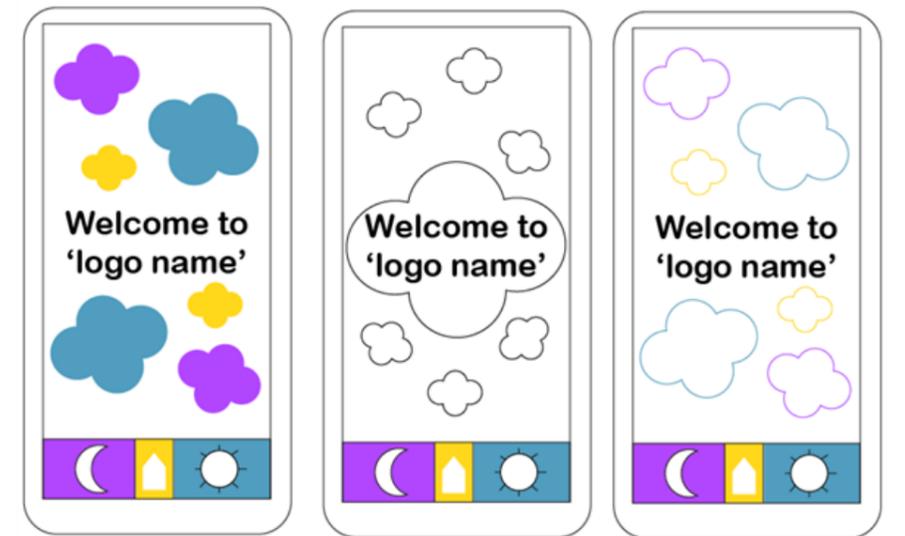
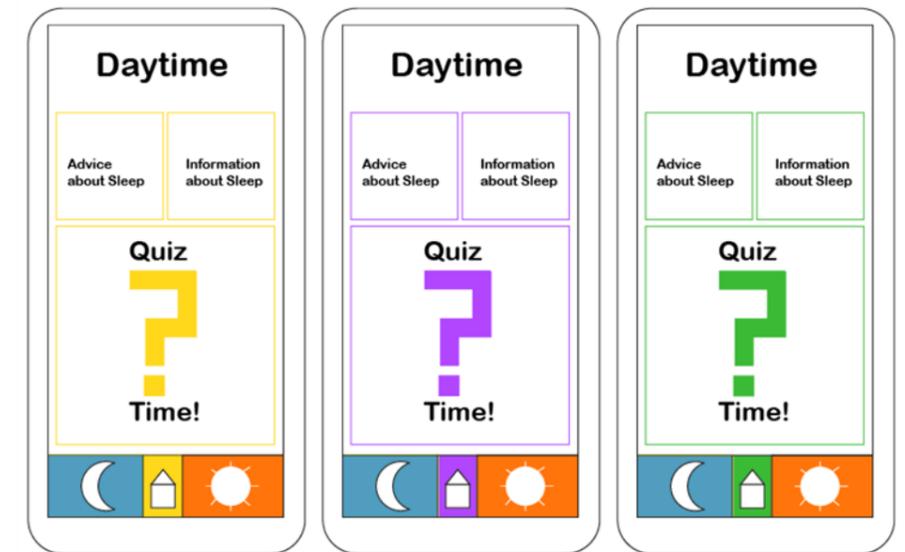
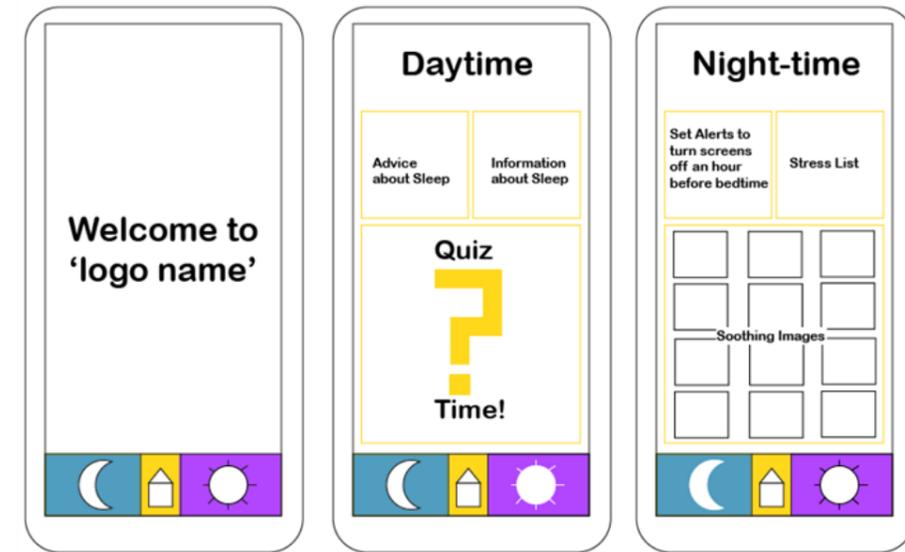


Fonts were analysed in detail, stating the advantages and disadvantages of each. The general reason why 'Arial Rounded' was chosen instead of any of the other fonts was due to the fact that it has a friendly, welcoming and modern feel to it rather than a stern and old fashioned feel as some of the other fonts have.

After deciding which font was going to be used, colours were focused on and to begin some research was undertaken in relation to which colours help sleep. Then, a variety of colour palettes were produced including these colours. As will be evident further on in this document, the colour palettes were each trialled on some mock-ups of the interface.



Interface Design

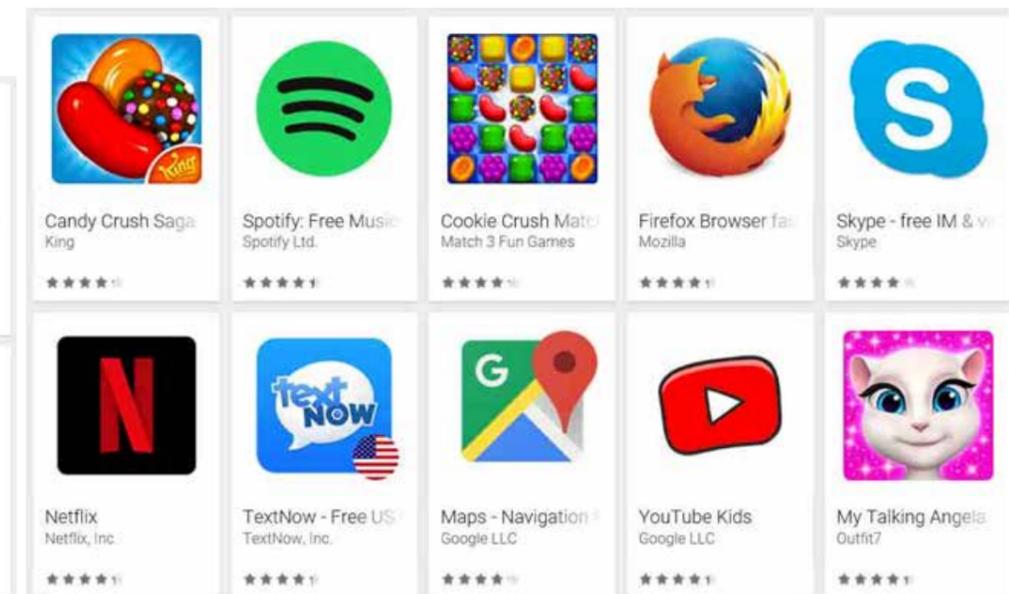
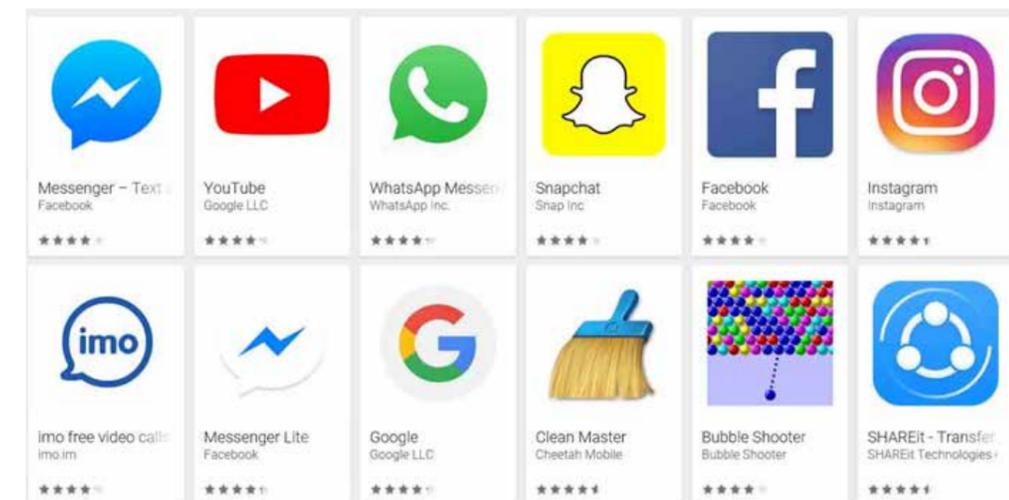
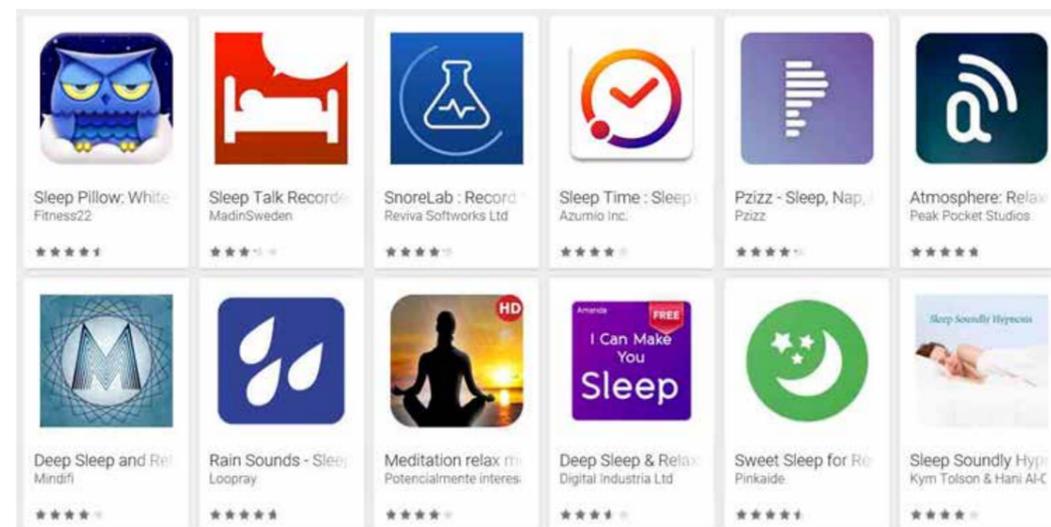


To gain some inspiration for the interface design of my application, I first viewed the interfaces of a couple of the competitors that I had found, both Sleep Cycle and Noisli. From this I understood that a more simplistic design is more effective with a combination of visuals and text being utilised. The navigation bar at the bottom of the interface for Sleep Cycle also appealed to me. Then I started to produce some sketches as well as making a few practice designs for the interface (as can be seen on the right-hand side of the page).

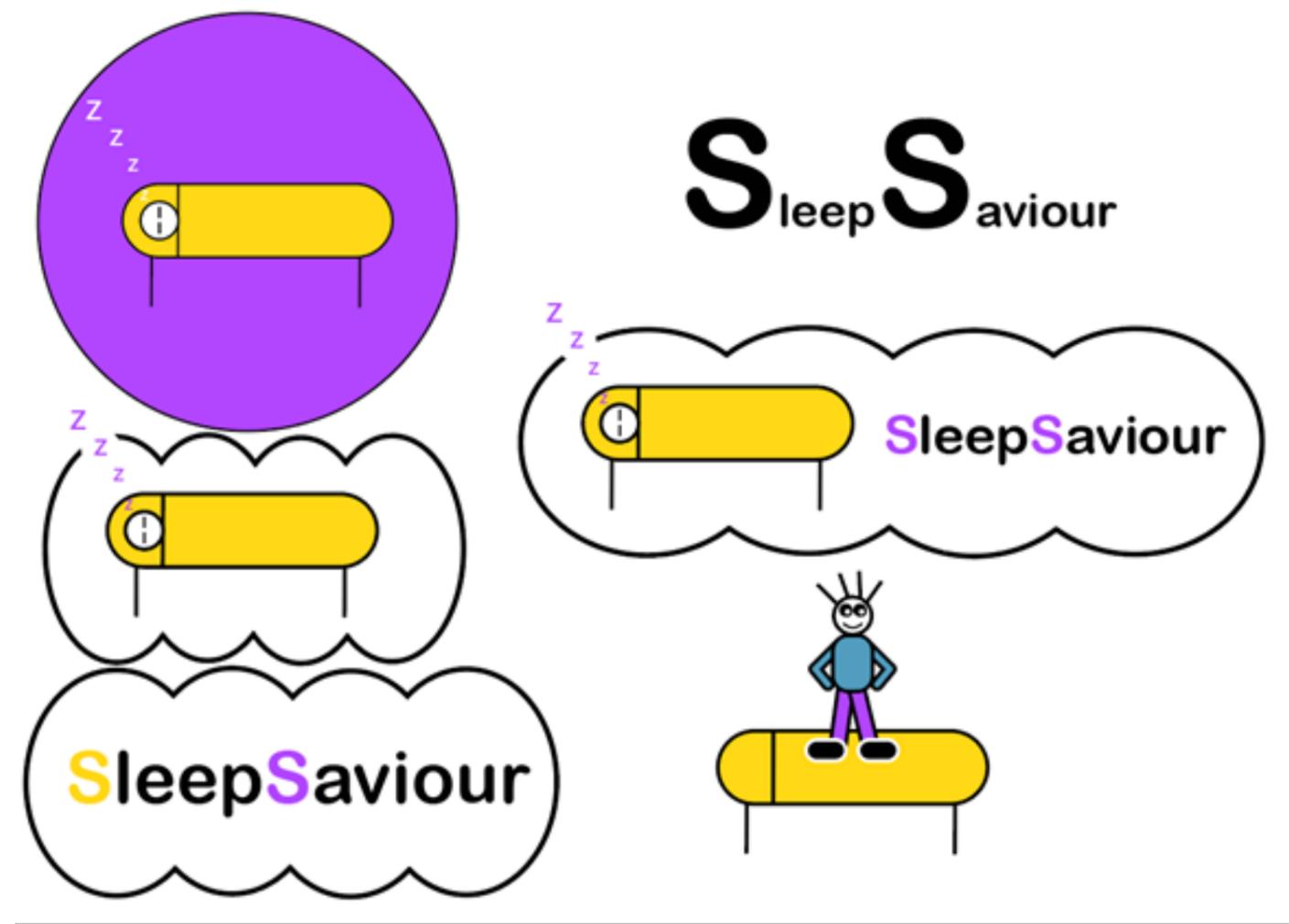
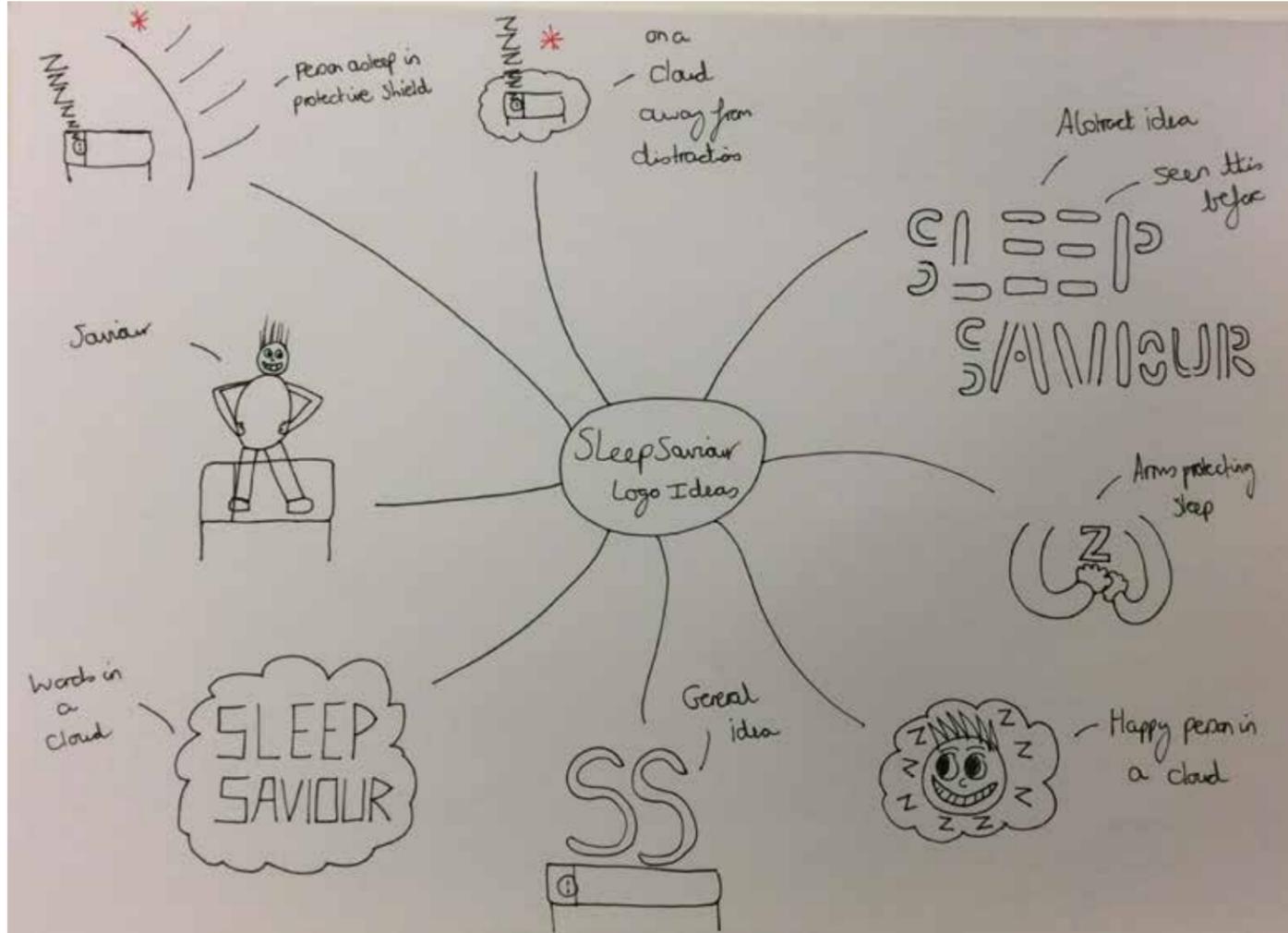
Name and Logo Inspiration

- *Night night* (Already in use)
- *Sleep tight*
- Wind down
- SleepBuddy (Already in use)
- SleepCuddle
- SleepyTime (Already in use)
- SleepCompanion
- Rise and Shine (Already in use)
- SleepySleep (Already in use)
- SleepMinder
- **SleepSaviour (Could be used)**
- SleepRelaxer (Could be used although just refers to relaxation rather than electronic screens)

Before focusing on the logo for the sleep application, a list of names for it was created. Unfortunately, the majority of the names thought of already existed which narrowed the choice. However, from the names remaining, 'SleepSaviour' was chosen as the idea of the application is to save your sleeping time from any distractions and I thought the word 'Saviour' highlighted this. Then some visual research was undertaken highlighting simplistic but effective logos. Research was undertaken for both applications in general but also sleep related applications. This then helped to finish my logo designs as the logo sketches had already been produced. These can be viewed on the next page.



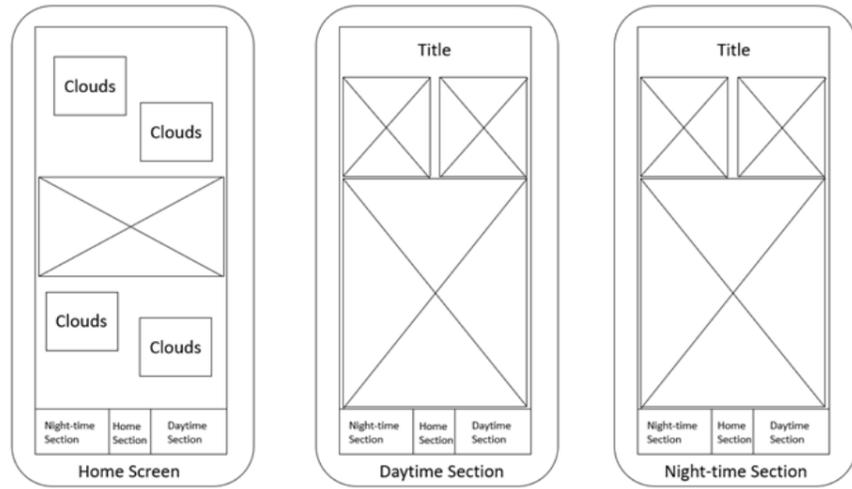
Initial and Confirmed Logo Ideas



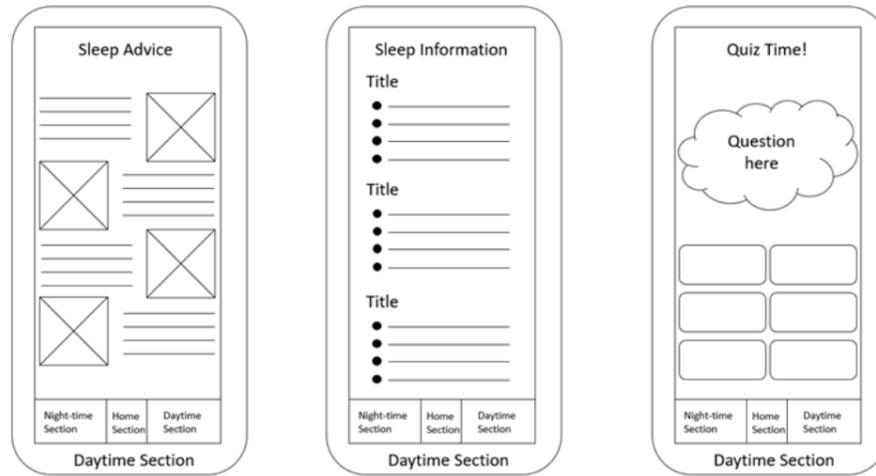
As is evident, the logo sketches I created before undertaking visual research try to integrate aspects which relate to sleep. In some sketches, a bed has been included and some others a cloud. The sketches with a red star indicate ideas which were then further designed later on in the process. These developed ideas are viewable above, some integrating text, visuals and also both. The two ideas which were then considered are underneath the sketch. It was decided that the idea on the right was better as it appeared to be more professional but also because of the fact that the visual element was incorporated into the name of the product. This was then altered at a later stage as on darker backgrounds, one of the 'z' letters showed a white background.

Wireframes and Sitemap

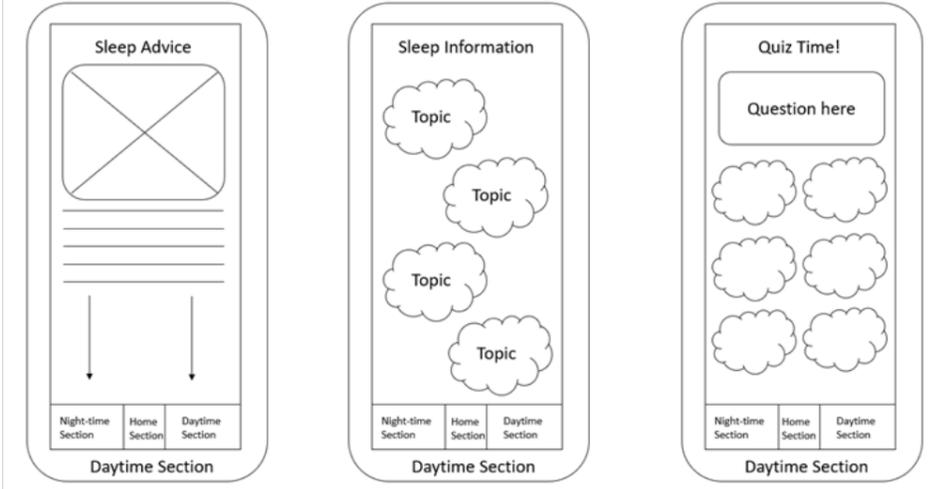
Main Screens Wireframes



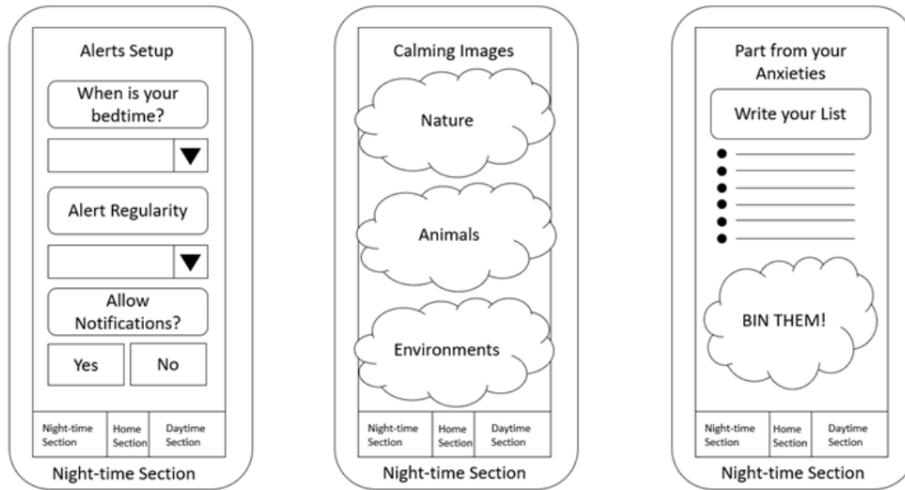
Daytime Sections Wireframes 1



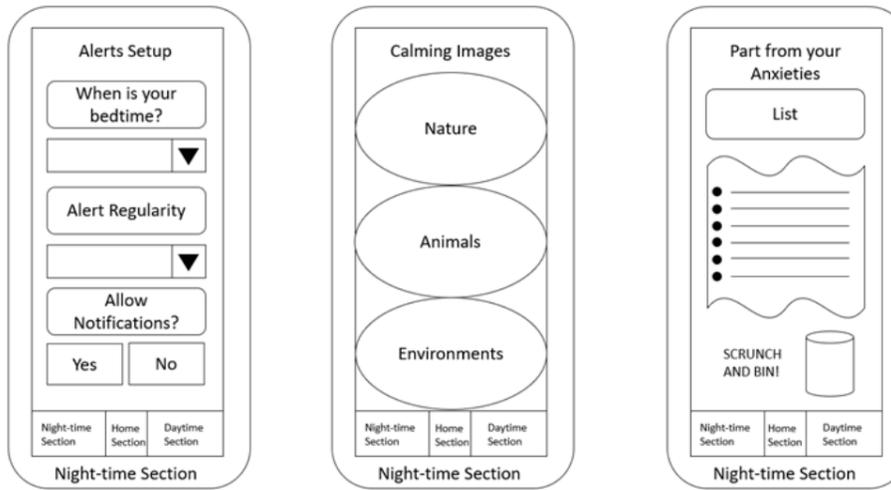
Daytime Sections Wireframes 2



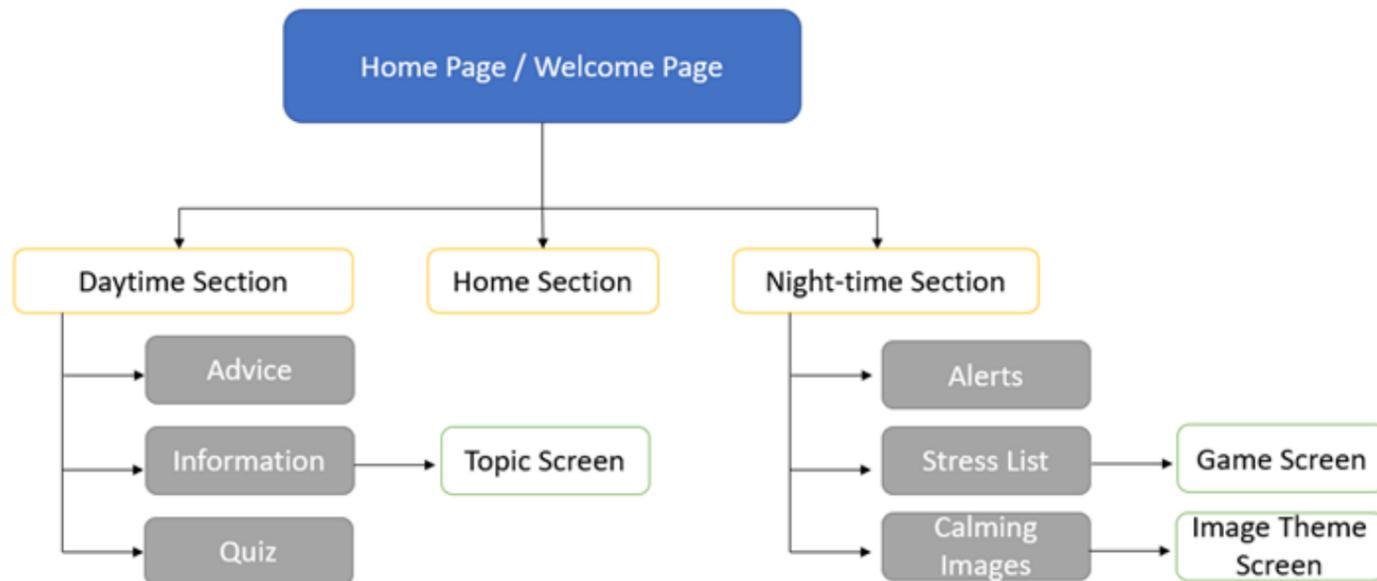
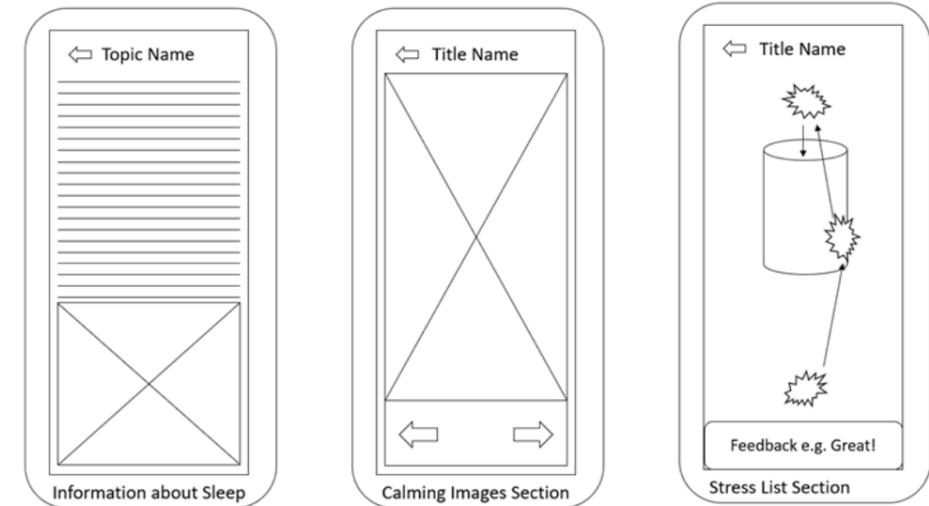
Night-time Sections Wireframes 1



Night-time Sections Wireframes 2

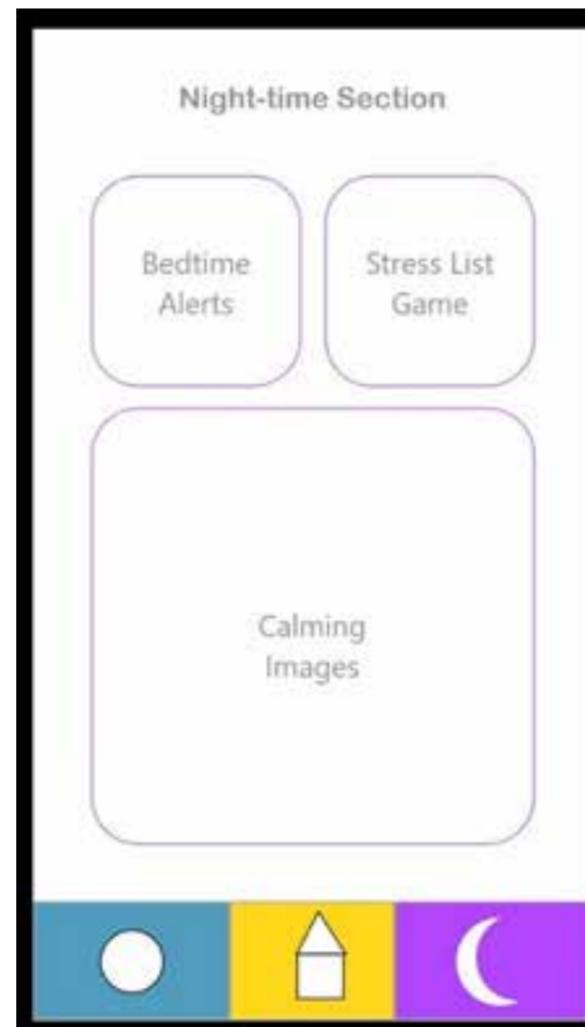
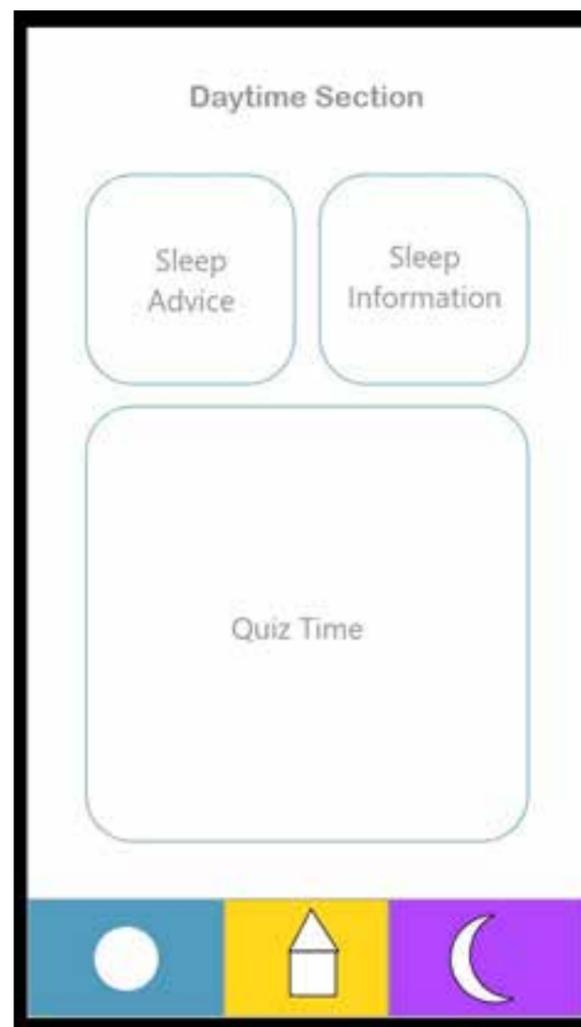
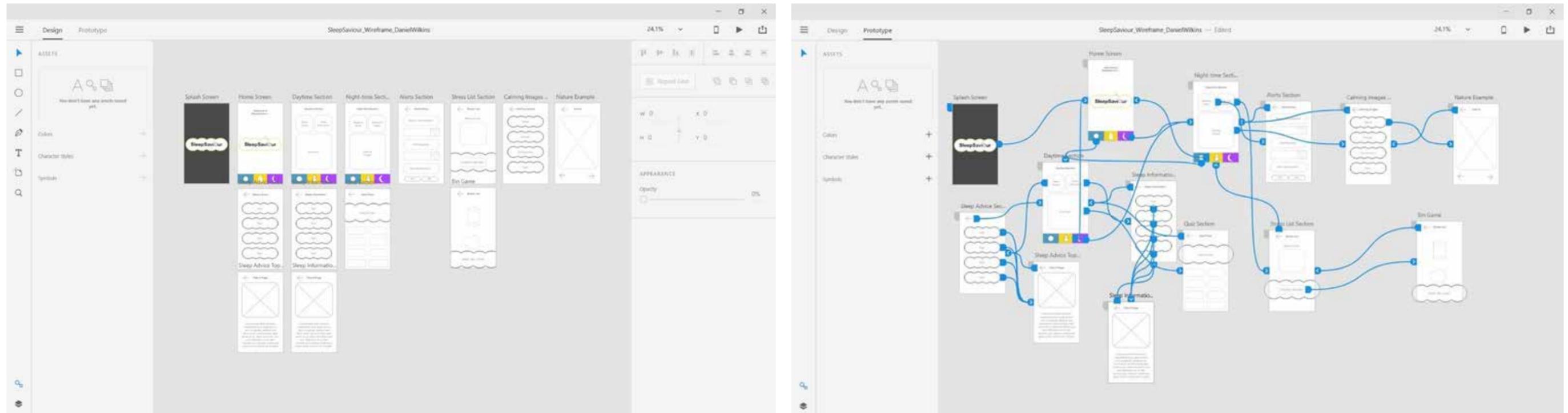


Sections which continue to further Screens



Before producing the 'Adobe Xd' file for my application, I produced some wireframes and a sitemap to help me understand the navigation of the interface fully.

Adobe Xd



After producing the design aspects of the application, Adobe Xd was then used to make an interactive interface to display how the application would be navigated through, displaying various sections. The images at the top of this page show an overview of the different screens with the first showing the design aspect and the second displaying the prototype element.

The interactive interface can be viewed and navigated via this link:

<https://xd.adobe.com/view/ede0a6e4-910d-4882-9ac9-31d8a18ffa1c>



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