40 Winks
Sleep is a critical component of healthy living

Problem
- Bad Sleep

Impacts
- Memory
- Mood
- Reaction Time
- Sleepiness
- Energy

Results
- Accidents
- Bad Mood
- Bad Performance

Solution
40 Winks analyzes information about your sleep and the affect it has on your life and provides information back to the user

Home screen dashboard shows current status and quick navigation

Application analyzes users data and communicates through helpful insights

Report screen shows you how the amount of sleep impacts your mood

Optimized input screens make it quick to enter assessments

Design Process

Research
- Meet With Sponsors
- Competitive Analysis
- Personas
- Sketching

Prototype
- Illustrator
- Team Discussions
- Axure

Test
- Paper Prototype
- Usability Study
- Hi-Fidelity Prototype

Team Inception
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