



The Sleeping Maze



A Visual Guideline for the Sleeping Maze App

BACKGROUND AND CHALLENGE

An app that tracks your focus based on your inner clock, called Circadian Rhythm. Is useful for a better quality of sleep.

The app has a SleepAid page where you can listen to stories or just a simple White Noise.

The app suggests couple of useful links for you to research and understand more about the beauty of sleep.

Although this app can be used for different age group, it was created in mind for young adults with ages between 20 and 30 that need 7-8 hours of sleep per night.

From this age is vital to keep healthy sleep hygiene in order to not develop late in life, sleep disorders such as insomnia for instance.

Those are statistically the ones that skip important sleep hours and are at the most high risk of sleep deprivation.

'Sleep is God. Go Worship!' - Jim Butcher



1 - LOGO



2 - TYPOGRAPHY

FUTURA

HEAVY OBLIQUE

LIGHT

MEDIUM

BRAND IDENTITY

3 - COLOUR SCHEME



• Lavender Purple



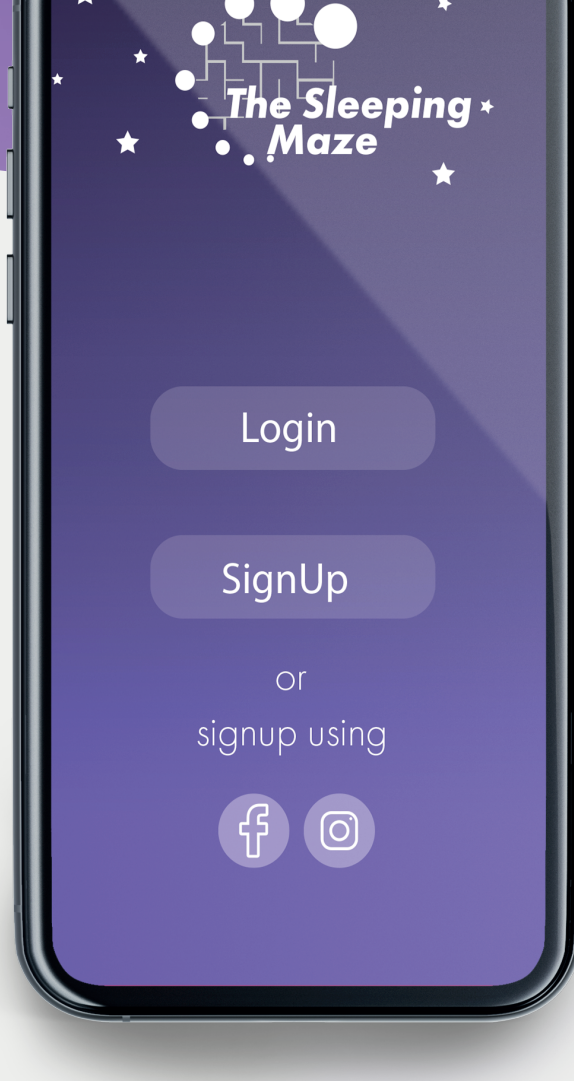
• Dark Purple



• Dusky Purple

4 - MINDMAP

1 - Login/SignUp



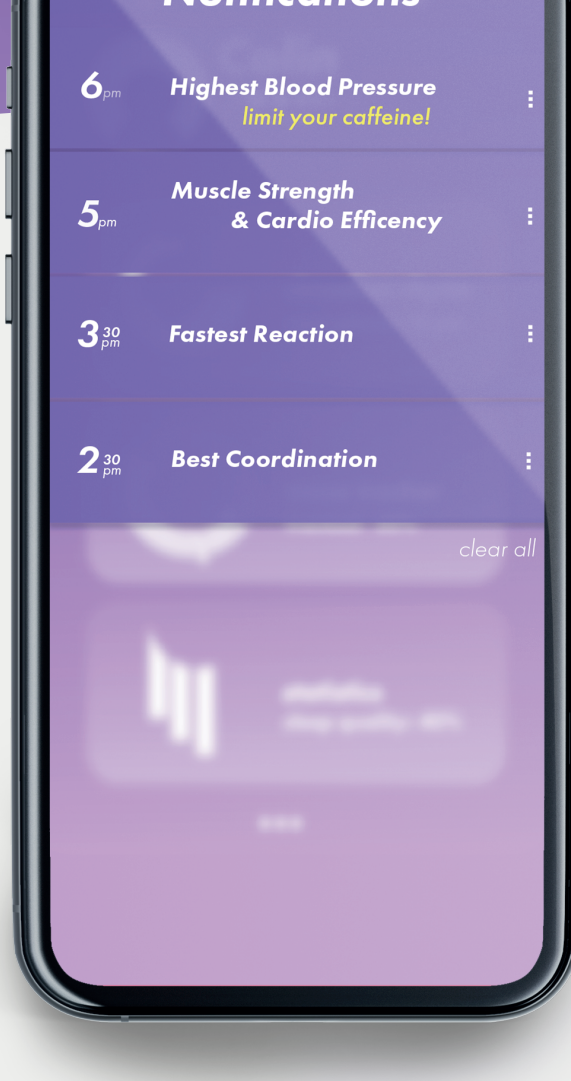
2 - MainBody



3 - Options



4 - Notifications



WIREFRAME

This example shows how the new users can sign up to the app

PDF-VIDEO

ALL MAIN SCREENS



KEY FEATURES

- Tracking the users circadian rhythm
- Notify the user when a phase has passed
- The user needs to hit a daily streak
- In order for the maze to track

- The user can choose how many phases can be tracked

- The tracker works by adding % depending on the chosen phases (EX: 2 Phases = 50% each.)

- The app will not notify the user between his chosen hours for sleep and also after 22 PM.

- The app has option to change the brightness, sound and reset the app.



Thank You & sleep well

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