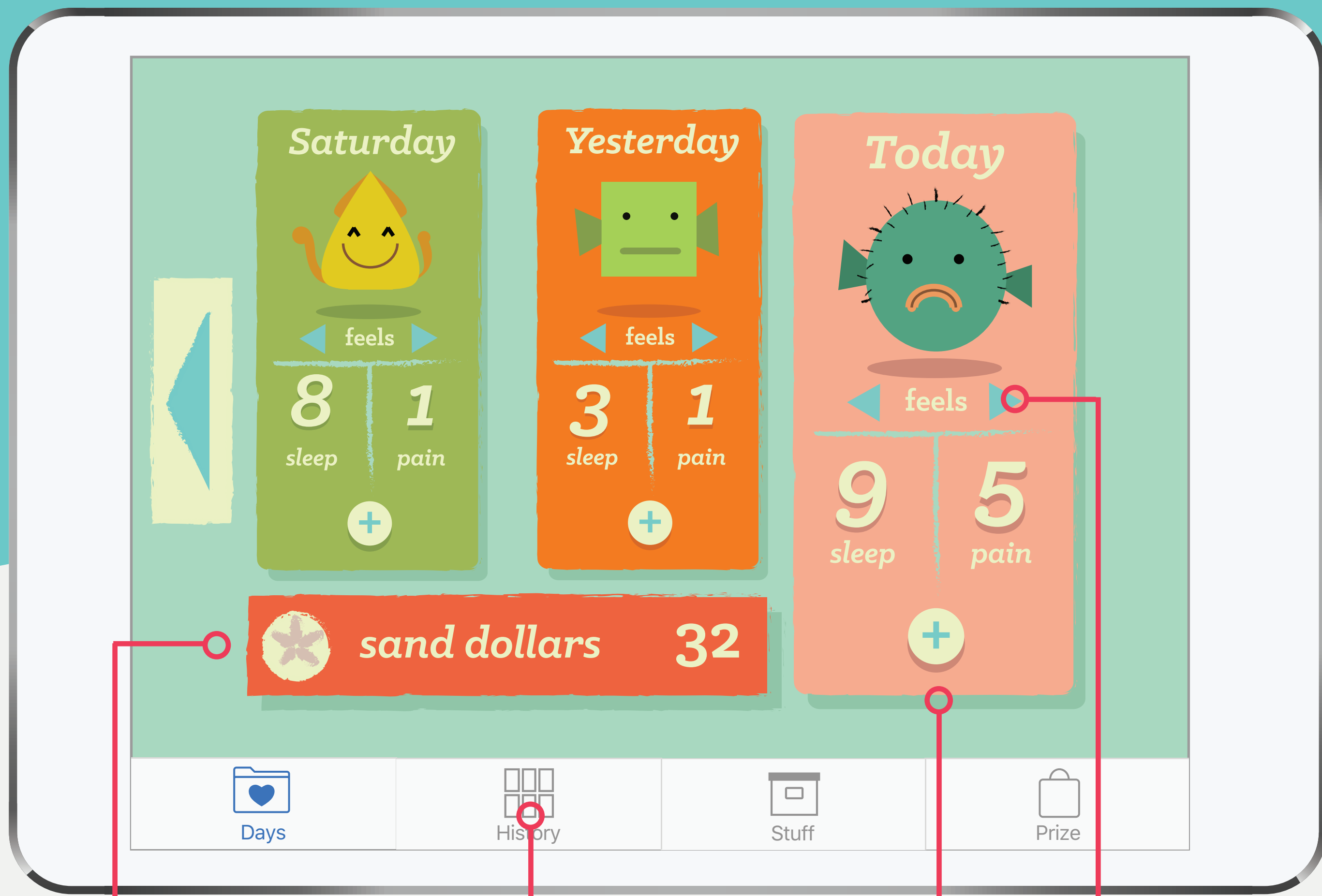


SLEEPING MANATEES

jon ascher • max k. lam • matt reynolds



currency

users are awarded points for consistent usage that they can exchange for prizes like wallpapers

calendar

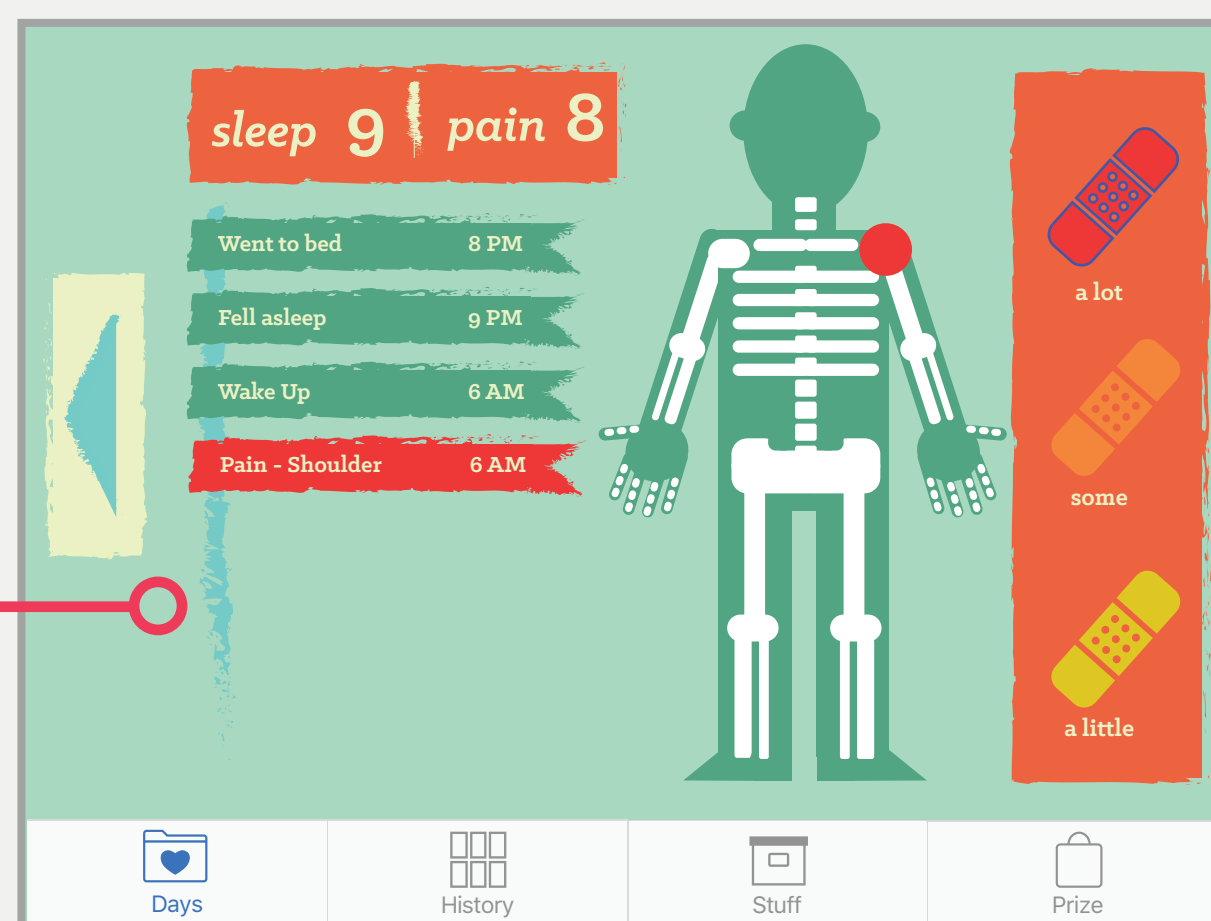
a summary of each day's mood for a month

mood

user can document their mood for that day

multi-directional input

parents can help by receiving notifications of data entry and entering observations where appropriate



pain input

users can input their pain and view a timeline of their day

problem

Families of children with Juvenile Idiopathic Arthritis (JIA) often suffer from sleep deficiency (inadequate amount of sleep or poor quality). A first step in solving this issue is tracking and communicating sleep patterns with their provider. However, families do not have an effective method to keep track of how they are sleeping. Furthermore, because diagnosing issues can be difficult, families with JIA often find themselves thrown from one specialist to the next and can quickly become overwhelmed and frustrated by it all.

solution

To help families better understand their sleep, we designed an app aimed at kids 8–12. The app allows kids to record pain and mood and visualize them along with sleep data. The underwater motif engages the younger population while prizes motivate them to engage with the app.

persona

Parents needed support in tracking data around their kids sleep, and kids needed something that was engaging and not a constant reminder of their illness.

competitive analysis

The competitive analysis showed us that multi-directional data entry was a missing link in the current app market.

prototyping

Sleep cycles exist over the course of two days, which made clear data entry and review challenging.

Children don't have the paradigms to understand charts and other complex visualizations.

usability testing

Two rounds of usability testing revealed many insights into our target age group. Initial prototypes were far too complex to give children insights into their sleep. Focusing on key data factors became important to help users understand their sleep.



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