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THE PROBLEM
Miami University students do not have an on-hand solution to educate them on healthy sleep habits.

SUCCESS STATEMENT
Miami University students will be more aware of how sleep can negatively affect them.

TARGET AUDIENCE
Students at Miami University

PROJECT OBJECTIVES
To create an aid for students to learn more about sleep as well as to get healthier sleep.
ACTION PLAN

Where do you need to go and what do you need to know in order to be ready to start solving?

In order to start solving my problem I need to survey students about their sleeping habits. I also need to go to websites like the National Sleep Foundation to research correct sleep habits and familiarize myself with the different causes and affects.

Who may you need to talk with so you can learn what you need to know?

I need to talk to different health professionals that specialize in sleep. I may also need to talk to Miami professors, Miami students, and possibly even Miami Parents to see how sleeping habits have affected their lives.

What do you need to examine or review in order to make sure you aren't doing something that's already been done?

I will need to examine online resources to search and see that my idea has not been done before. I can look at blogs and other research websites to see some other campaigns that have been done about sleeping.

What items, schedules, or other logistics must be coordinated so you can begin designing and/or test your outcomes?

I need to plan out a schedule as to when I will be conducting my research. I will start by surveying students, teachers, parents, and health providers. Later I will try to conduct interviews with individuals.
**QUESTIONS**

Do you feel well rested after a night's sleep?
Do you ever have a hard time concentrating in class when you are tired?
Do you feel as though lack of sleep has affected your academics?
How would you describe your sleep habits? Do you feel as though they are healthy?
Do you try to stick to a regular sleep schedule?
What is a typical bedtime routine for you? During the week? On weekends?
On weekends, do you find yourself sleeping in later? On average how many hours later?
Is your sleep ever disrupted due to being overly stressed?
What actions have you taken to help you sleep well?
Do you wish that there was a resource that you could use to help you sleep better?
Would you use a resource to help you get better sleep?

**RESOURCES**

- National Sleep Foundation
- Student Health Center
- Sleep Phones
- Huffington Post
- Scholarly Articles
Sleeping for college students

- Sleep disorder
- Other medical disorders
- ADD
- ADHD
- Anxiety
- Depression
- Involvement too much
- Too much to do
- Drinking
- Going out
- Not managing time well
- Lack of exercise
- Eating unhealthy
- Drinking too much
- Being unhealthy
- Environment
- Noisy
- Too much light
- Unhappy
- Mental state
- Hard time adjusting
- Homesick
- Mental disorder
- Stress
- Poor academic performance
- Fatigue
- Flabby eyes/ appearance
- Impatients
- Forgetfulness
- Tired
- Dispositions
- Friends
- Roommates
- Homework
- Drunk
- Time to drive
- TV
- Sleepy

Morgan Holliday
• Sleep cycle alarm clock: Tracks your sleep pattern and wakes you up at the lightest moment of your sleep with soothing tones
• Soothing songs, lullabies, and relaxing music
• Meditation: Voices talking you through it
• Learning tools
• Insomnia tips
• Yoga poses to help relax your mind and body
• Variety of sounds of nature and white noise
• Guided relaxation through multiple hypnotherapists
• Customizable sleep timer
• Breathing coach
• Recipes for natural sleep aids
Caffeine and Sleep

Caffeine has been called the most popular drug in the world. It is found naturally in over 60 plants including the coffee bean, tea leaf, kola nut and cacao pod. All over the world people consume caffeine on a daily basis in coffee, tea, cocoa, chocolates, some soft drinks, and some drugs.

Because caffeine is a stimulant, most people use it after waking up in the morning or to remain alert during the day. While it is important to note that caffeine cannot replace sleep, it can temporarily make us feel more alert by blocking sleep-inducing chemicals in the brain and increasing adrenal production.

There is no nutritional need for caffeine in the diet. Moderate caffeine intake, however, is not associated with any recognized health risk. Three 8 oz. cups of coffee (250 milligrams of caffeine) per day is considered a moderate amount of caffeine. Six or more 8 oz. cups of coffee per day is considered excessive intake of caffeine.

Caffeine enters the bloodstream through the stomach and small intestine and can have a stimulating effect as soon as 15 minutes after it is consumed. Once in the body, caffeine will persist for several hours. It takes about 8 hours for one half of the caffeine to be eliminated. There are numerous studies to support the idea that caffeine causes physical dependence. If you suspect that you or someone you know is dependent on caffeine, the best test is to eliminate it and look for signs of withdrawal, such as headache, fatigue and muscle pain.

Although caffeine is safe to consume in moderation, it is not recommended for children. It may negatively affect a child's nutrition by replacing nutrient-dense foods such as milk. A child may also eat less because caffeine acts as an appetite suppressant. Caffeine can be safely eliminated from a child's diet since there is no nutritional requirement for it.
sleep EASY
SLEEP app
SLEEP easy
Z
sleep easy
PROTOTYPE #1

This water bottle was designed to target students who were using coffee at King Cafe to pull all-nighters and avoid sleep. The idea behind this prototype was to educate students on the negative effects of lack of sleep on education so that they will make the choice of drinking this water over a cup of coffee. It grabs the students' attention by asking, “are you a part of the 11%”? This question refers to the 11% of college students who reported having healthy and regular sleep habits.
Only 11% Of College Students Have Good Sleep Quality

And this part 89% of students who have good sleep quality? Do you agree with this 89%? We all know that an extra cup of coffee at night while studying is a great way to stay awake and get more work done, but that caffeine may seriously disrupt your sleep patterns. So enjoy this bottle of water and rest up!

Effects of Not Getting Enough Sleep
- More illness, such as colds and flu, due to a lowered immune system
- Feeling more stressed out
- Increased weight gain and obesity
- Decreased overall health scores, such as depression and anxiety
- Decreased performance in athletics and other activities that require coordination
- Lower GPA and decreased academic performance
- Increased mental health issues, such as depression and anxiety
- Increased automobile accidents due to fatigue caused by “drowsy driving”
- Decreased performance in athletics and other activities that require coordination

Tips for Getting More Sleep
- Decrease caffeine intake
- Maintain a regular sleep pattern, even sleeping in just a few too many hours can disrupt your sleep pattern
- Exercise regularly early in the day
- Avoid nicotine and alcohol close to bedtime
- Avoid using computers and other bright screen electronics before bed
- Create a sleep-friendly environment, plus could be a dark, cool, quiet atmosphere if that works for you
- If you must take a nap during the day, limit it to one hour or less.
PROTOTYPE #2

This image is a life-size sticker that would be placed on a desk at King Library. It’s intention was to shockingly grab students attention to make them read more about the negative effects of lack of sleep that is on one of the papers that the student is sleeping on.
PROTOTYPE #3

This image is a life-size sticker that would be placed on a desk at King Library. It’s intention was to shockingly grab students attention to make them read more about the negative effects of lack of sleep that is on one of the papers that the student is sleeping on.
APP FEATURES

- Sleep cycle alarm clock
- Soothing songs, lullabies, and relaxing music
- Meditation
- Learning tools
- Insomnia tips
- Yoga poses for relaxation
- Variety of sounds of nature and white noise
- Guided relaxation through multiple hypnotherapists
- Customized sleep timer
- Breathing coach
- Recipes for natural sleep aids
POCKET CARDS

Since coding an app wasn’t feasible given the time frame, I came up with the idea of pocket cards to use to test my final designs. These cards are business card sized with all of the features that the app would include.
pocket cards to an easier sleep for the busy college student!

Effects of Unhealthy Sleep Habits

- Poor Academic Performance
- Weight Gain
- Memory Loss
- Mood Swings
- Driving Performance

In this stack you will find...

- Effects of Sleep Habits for College Students
- Sleep Tips & Resources while busy
- Breathing Tips
- Yoga Poses for Relaxation
- Resources for Soothing Sounds to Sleep

Note: Track your stack usage and sleep on the back of these cards!
POCKET CARDS

After testing the pocket cards, I found that I needed to figure out a better and easier way to encourage people to use them. My final designs include a quiz in a “choose your own adventure” style that allows you to see what features would help you the best.
pocket cards to an easier sleep for the busy college student!
APP DESIGN

After testing the pocket cards, I continued on to design what the app and functionality would be. The app was then mocked up with POP App to display the functionality of it.
REFLECT
Different people have different needs when it comes to sleep. Creating a resource that can help all people’s sleep needs requires many resources.

Based on my final research I would want to narrow my app down even more. I would like to target stressed out students specifically and create a resource that aids them in relaxing so that they may get a restful night’s sleep.