



SOUNDSCAPE

PROCESS BOOK

Sasha Shehryar

PACT ANALYSIS

The background features a dark blue gradient with abstract, flowing lines in shades of blue and green. A grid of fine, light-colored lines is visible, creating a sense of depth and movement. The overall aesthetic is modern and technological.

PACT ANALYSIS:

PEOPLE

Physical

- Working students in university
- Aged 19-26
- All genders, varying height and weight
- Focused on hearing, using sound to calm down
- Have to consider those who are hard of hearing and/or visually impaired

Psychological

- Be able to navigate through apps in low-light settings
- Use of sounds to help user navigate
- High levels of tiredness and stress will impact their ability to use the app
- Incorporate timed responses for app, hands free usage
- Be able to interpret English or French language
- Late-night usage may cause user to forget their way through the app

Usage

- People at this age are usually have high technical knowledge when it comes to smartphone apps, experienced users need interesting and unique aspects to be attracted to the app
- Might attract those who do not use apps often, need to provide guides and tutorials
- Novice users also will need reminders to check in, provide push notifications
- Use of clear buttons to guide novice users through the app
- Easily target the homogeneous group of students struggling to get sleep, can also help a broad group of people looking into improving their sleep

ACTIVITIES

Purpose

- Students are constantly lacking sleep due to pulling all nighters, anxiety and stress.
- Through this app, students will be able to curate and listen to calming sounds that will help them sleep, and log their sleep every night to help get their sleep schedule right
- There will be a large library of sounds the users will be able to choose and create playlists from as they have been proven to help those with anxiety and stress to calm down and sleep easily

Frequency

- Everynight before bed
- Will be able to check in on their progress and log any important information throughout the day

- Mostly used during the school year, on school nights

Cooperation

- Used alone
- May be able to share progress with others

Complexity

- Simple framework to help users who are very tired to easily comprehend the app and their preferred sounds
- May have access to in depth reports if they choose to want it

Safety

- Users will need to understand that this is only a method to help reduce anxiety and stress, will have to see a medical professional for help with anxiety disorders
- Be aware of the effects of using a phone late at night, enable night mode feature

Content

- Data Input:
 - Sign in information
 - Transfer phone alarms to app
 - Choosing sounds
 - Create playlists
 - Log sleep
- Data Output:
 - Share playlists with friends
 - Sleep log exported in infographics
 - Download playlists for offline use

CONTEXTS

Physical

- Used primarily indoors, in comfortable setting for sleep
- Must have access to internet to download/stream sounds and save progress
- Must be able to hear the sounds as clearly as possible, even at a low volume
- Be connected to a power source to ensure battery power does not run out in case of all night usage
- Can be used in offline settings if user has previously downloaded their preferred sounds

Social

- Typically cannot sleep during class and/or during work
- Made to be used alone, during breaks
- Loud, long sounds are not permitted in professional settings

- More effective when used by one person, alone, to ensure their focus is on themselves, cannot be distracted
- Appropriate to use at home, in bedroom
- May be supported by some understanding teachers with the use of headphones, can be used during long commutes as well

Organizational

- Users are typically either in a university campus or at a part time job facility
- Trying to sleep is generally not accepted in these settings, not made for organizational settings
- Made to help destress from organizational settings

TECHNOLOGIES

What Are People Using?

- Audience is typically using smartphones and laptops the most before bed
- Smartphones and earbuds are used the most in bed
- Often using technology to distract themselves and end up spending too much time on it
- Will need the app to reduce the overall amount of time spent on the phone in bed, be compatible with all wireless earbuds

Medium

- Radios, Kindles, Mobile phones and desktop apps have all been created to attempt to use sound to induce sleeping
- Also use smartwatch types to track sleep

Input

- Touch and gesture for navigating through apps
- Mouse and trackpad for desktops / tablets
- Motion detection used to track sleep cycle
- Pen also used to help navigate touch screen devices

Output

- Audio to play calming sounds
- Audio for guided meditation
- Speech display for opening screen
- Information graphics for important figures
- Easy to read outputs so its easily remembered

Communicate

- Need storage for mp3 and jpeg files
- Network needed to download sounds and share progress

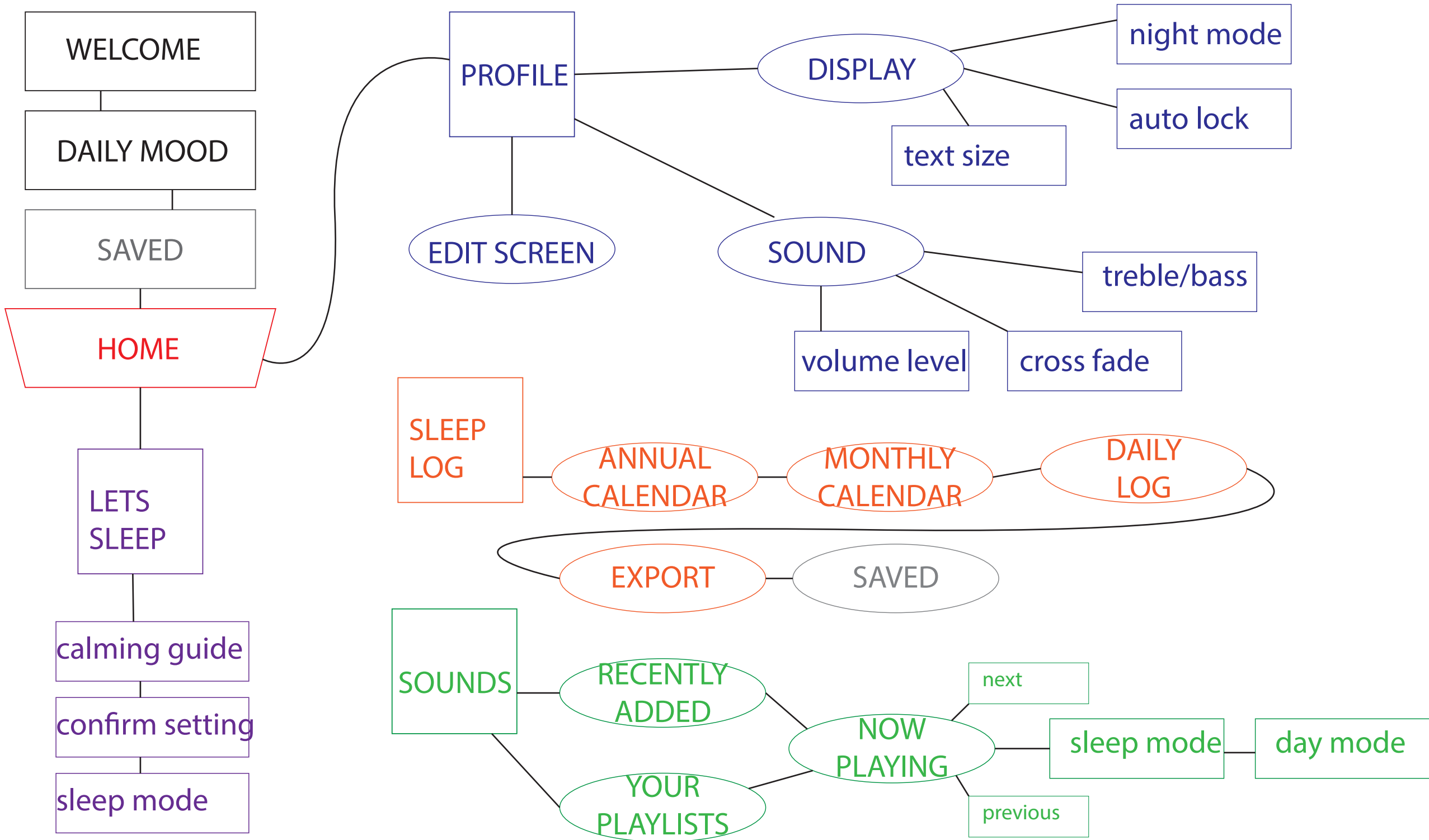
- One on one if they are using the app alone for themselves
- Push notifications needed to remind them of app

Content

- Presented in infographics, sophisticated, easy to read, trustworthy
- Users will need up to date and very accurate information regarding their sleep
- Be able to archive information to save storage
- Will need to be able to control content through earbud remotes

FLOWCHART

The background features a dark blue gradient with abstract, flowing lines in shades of blue and green. These lines create a sense of movement and depth, resembling a stylized landscape or a complex network of paths. The word 'FLOWCHART' is centered in a bold, white, sans-serif font, standing out against the darker background.



APP OBJECTIVE

The background features a dark blue gradient with abstract, flowing lines in shades of blue and green. These lines create a sense of movement and depth, resembling waves or a digital landscape. The overall aesthetic is modern and tech-oriented.

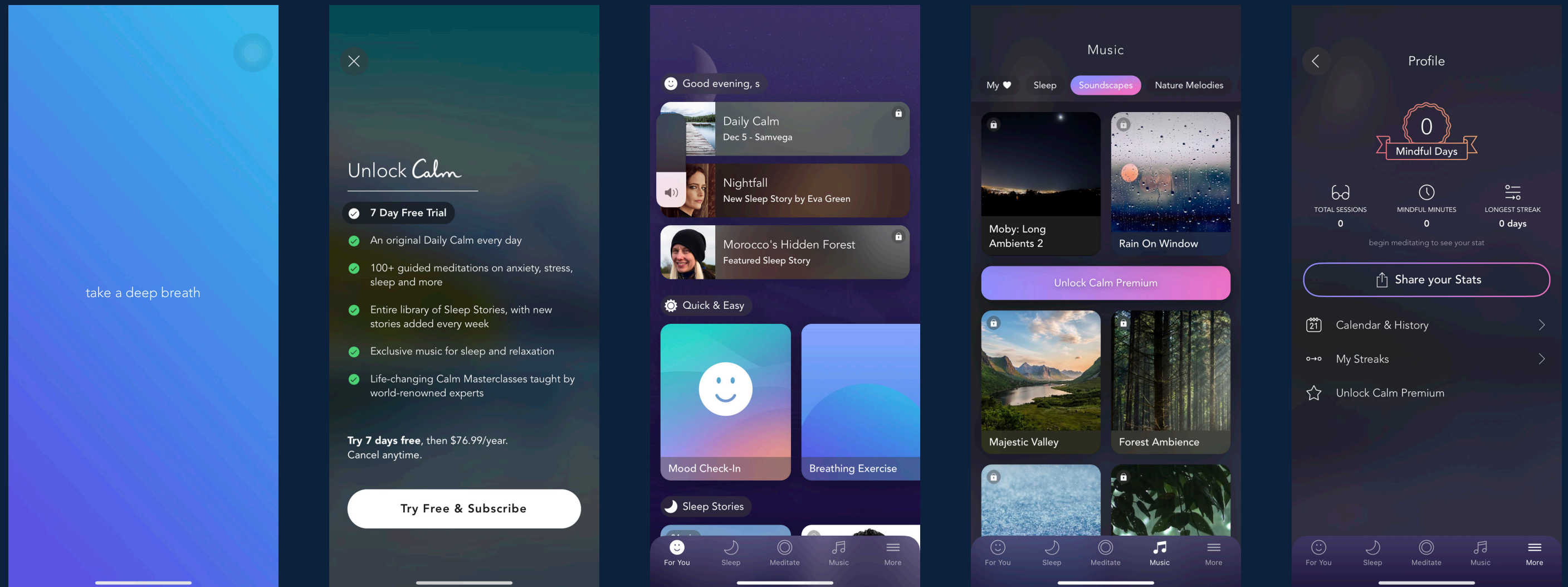
The objective of this app is to allow those who struggle with maintaining a sleep schedule, and rely on calming sounds to fall asleep, to get control over their sound catalogues. This app is meant to be the control centre where sound and sleep meet to better the lives of both the new and experienced users. Since our lives are becoming increasingly scattered and busy, this app is designed to keep all your immersive soundscapes in one place, a simple, easy to navigate app.

TARGET AUDIENCE

The target audience for my app are young adults aged 21-30 who are beginning to have their sleep cycles decline, and also listen to music often throughout their day. They have busy lifestyles and find it difficult to wind down. This app will also appeal to those who might have a chronic sleep problem and already use soundscapes to sleep better, but are in need of an app which can store all their personalized information in one place.



COMPETITION



The Calm app provides a lot of resources for their users. The app shines in the variety of options they provide for those who need more calmness in their lives. However, the app appears cluttered, and is overwhelming to the new user. Much of their features are only available for purchase, which is a put off for those who might have downloaded the app for that specific feature.

Bluezen



The Bluezen app focuses more on meditations techniques, with music being a feature you must pay monthly for. The app works well in its simplicity, but falls short in the amount of options it gives its user. All data is transferred from the iPhone's Health center, and you cannot build your own profile. It does not feel as personalized as it could be.

STYLE TILES

The image features a dark blue background with a complex, abstract pattern of flowing, wavy lines in shades of blue and green. These lines create a sense of movement and depth, resembling a stylized landscape or a digital data visualization. The text 'STYLE TILES' is prominently displayed in the center in a bold, white, sans-serif font.

soundscapes

how are you
feeling?

^Bodoni 72 // H1

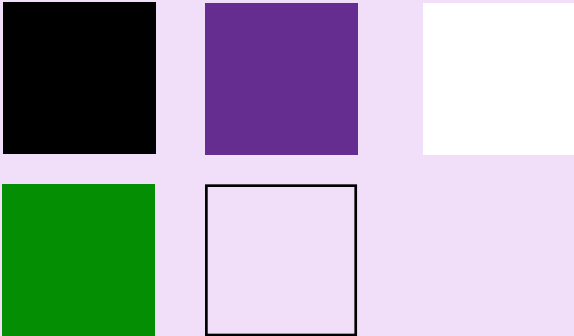
This is a subtitle.

(Cooper Hewitt // H2)

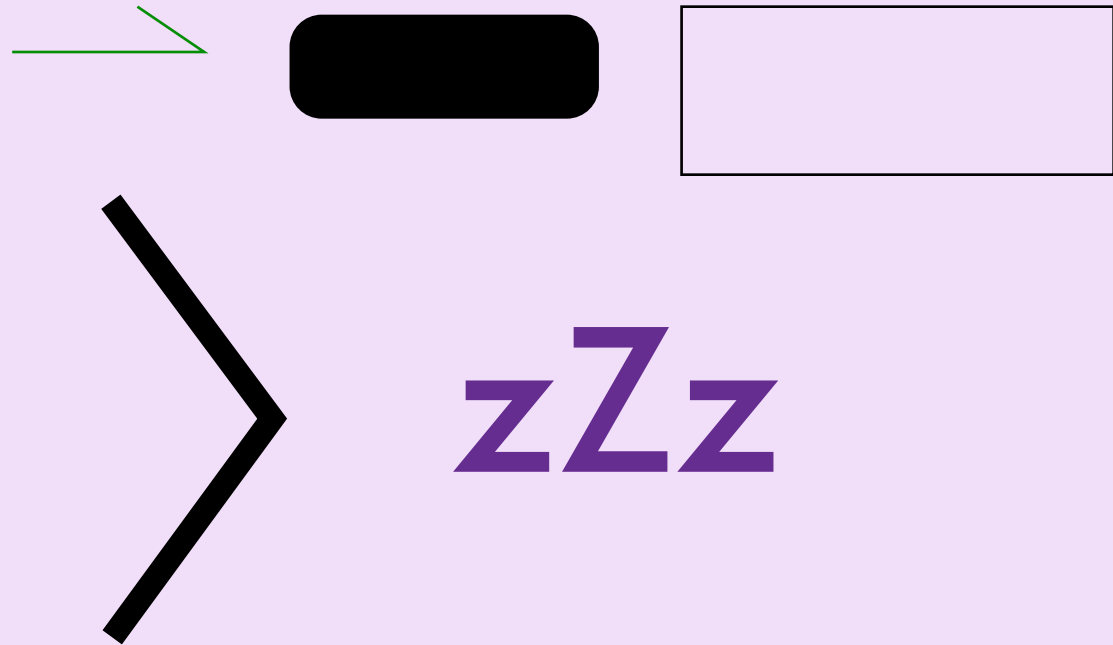
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(Cooper Hewitt // body text)

COLOUR PALETTE



GRAPHIC ELEMENTS



ADJECTIVES

typographic
bland
feminine
direct
simple
Calm

SOUNDSCAPES

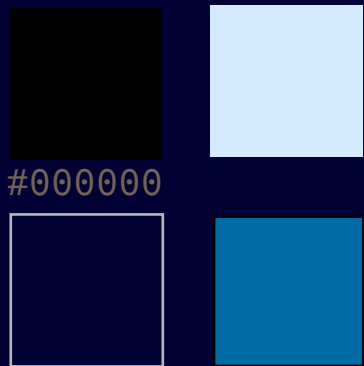
How are you feeling?

^Cooper Hewitt // H1

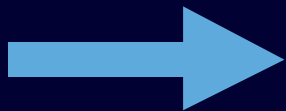
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COLOUR PALETTE



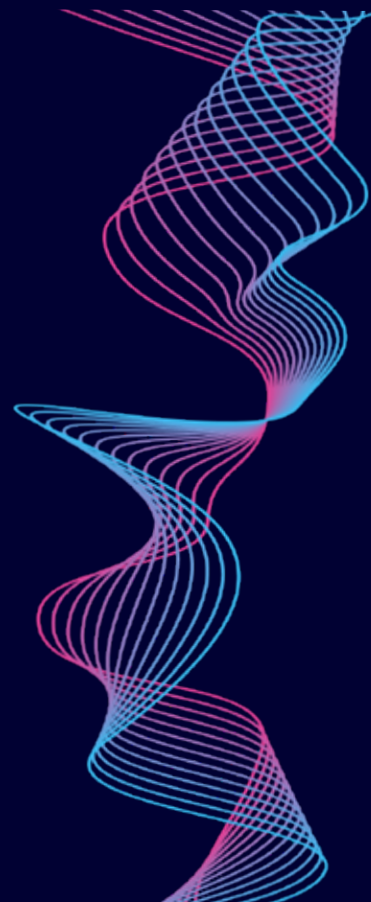
GRAPHIC ELEMENTS



ADJECTIVES

STRONG
Minimal
direct
easy to follow
relaxing

IMAGE TREATMENTS



CONTEXT SCENARIOS

The background features a dark blue gradient with abstract, flowing lines in shades of blue and green. These lines create a sense of movement and depth, resembling waves or a complex network of paths. The lines are more prominent in the lower half of the image, where they form a series of overlapping, undulating shapes.

CONTEXT SCENARIOS

A

An experienced user wants to access their sleep log from yesterday. and export it to save to their files and go directly back to the home screen.

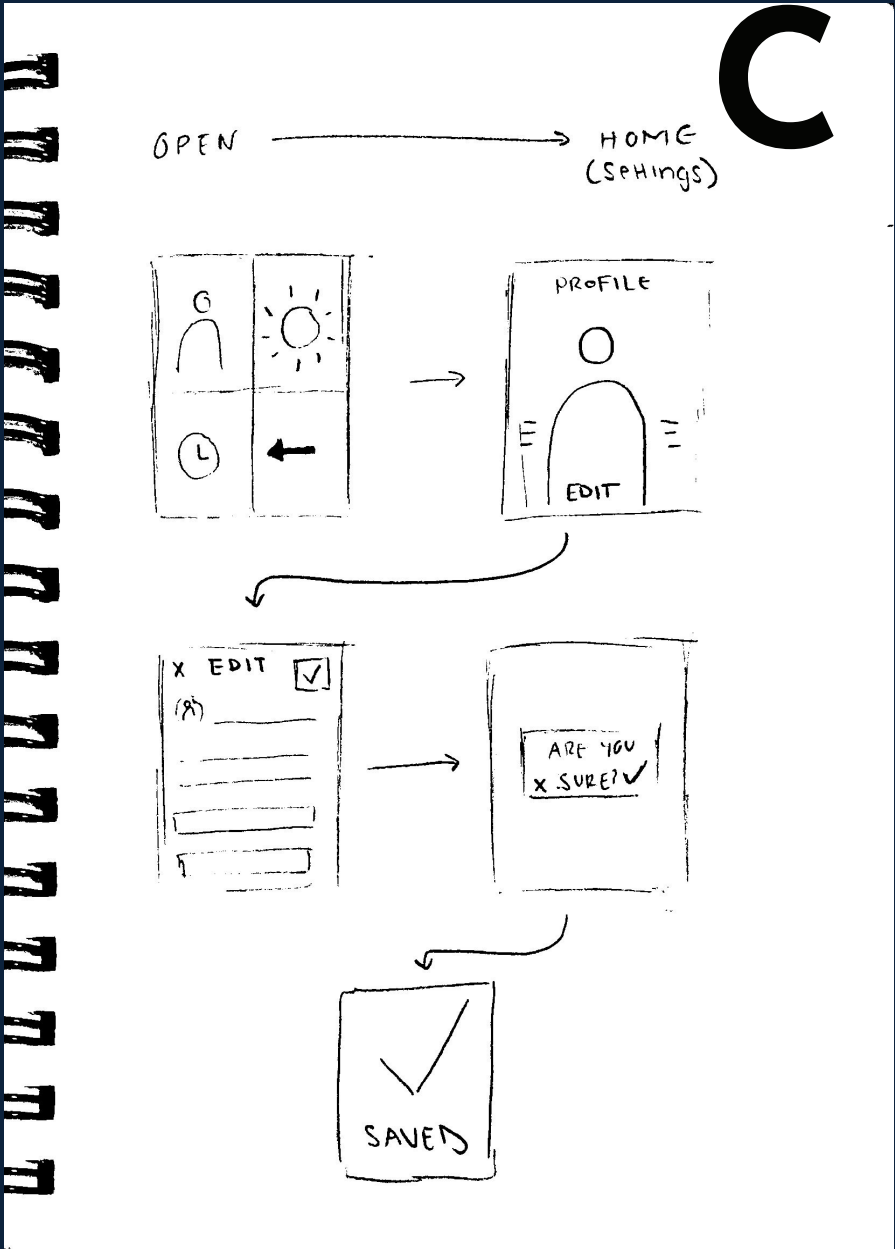
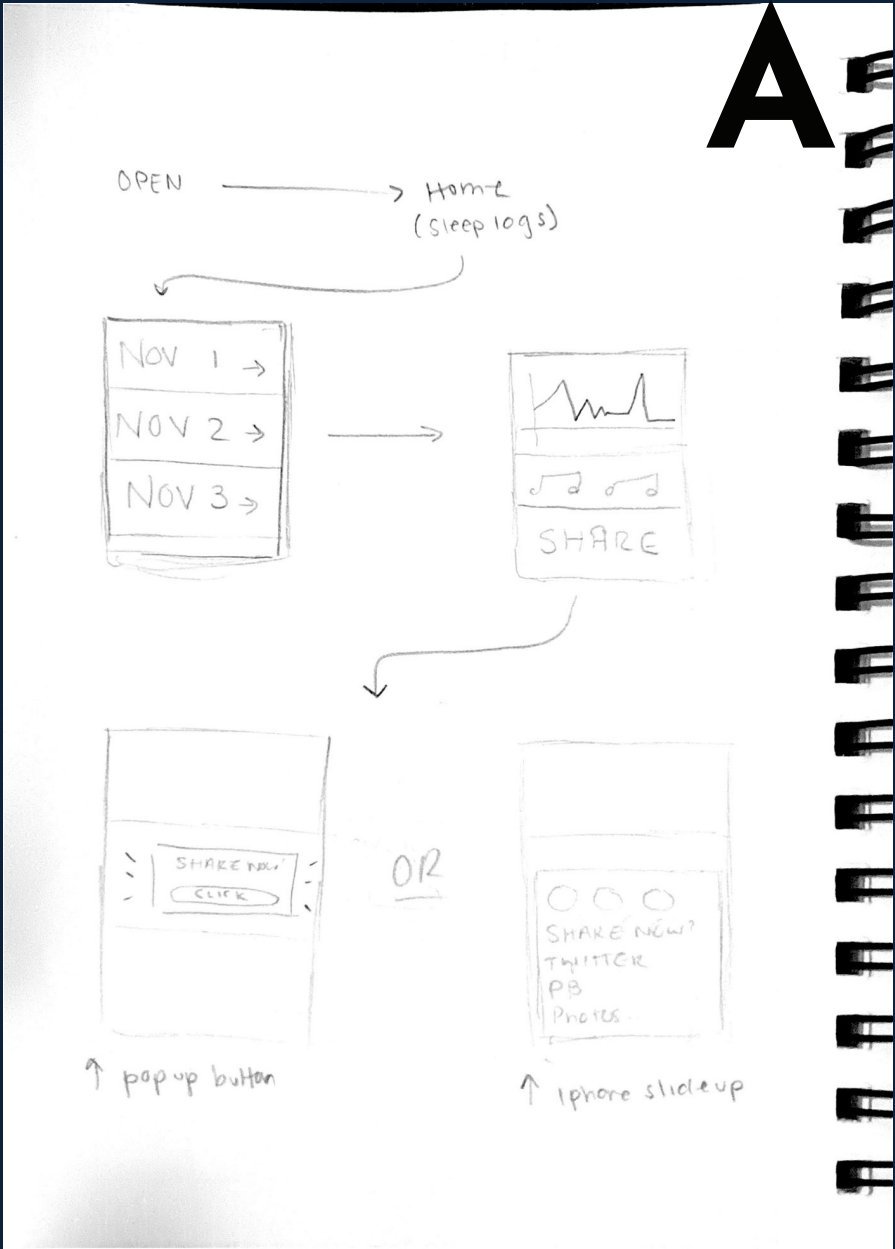
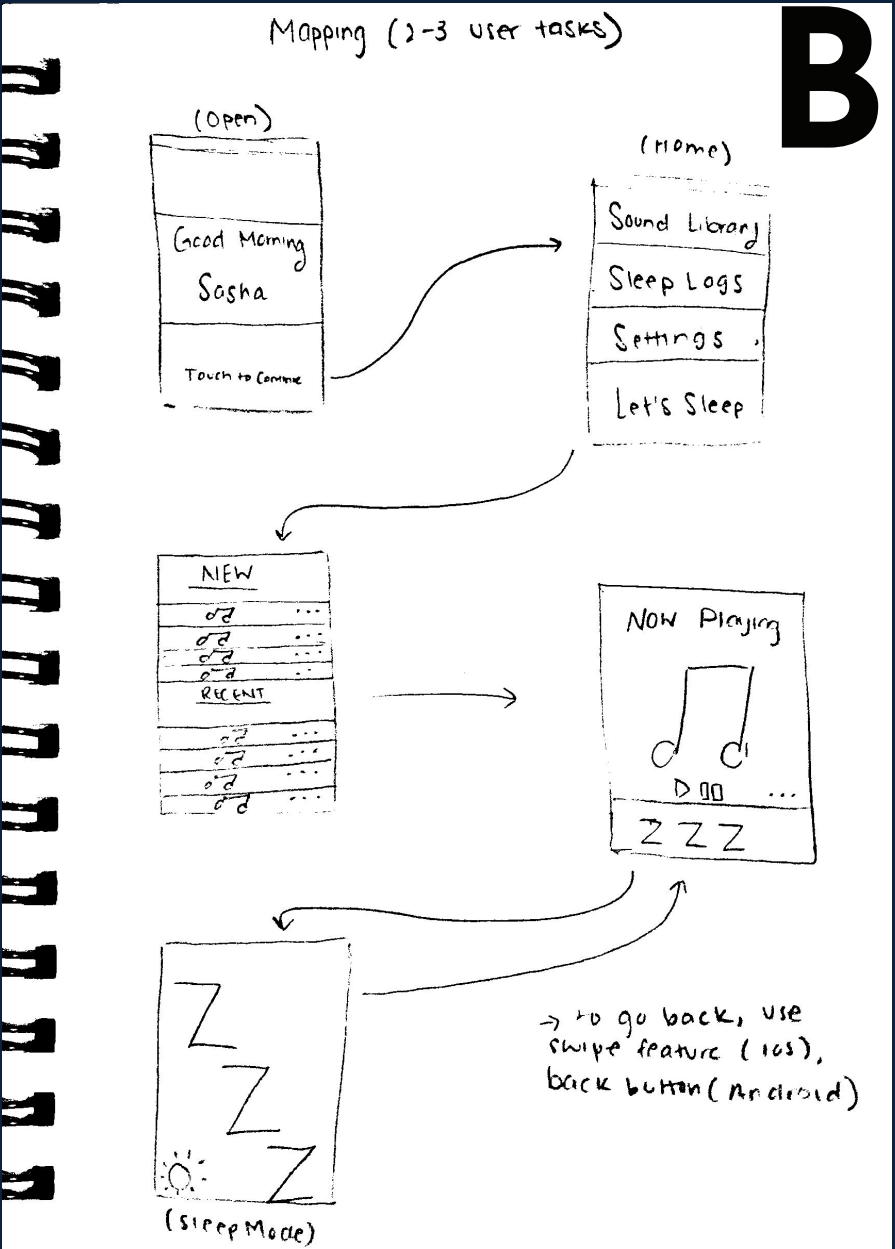
B

A user wants to access their favourite playlist, and toggle between sleep and day mode.

C

A new user wants to access their profile settings., edit their display name and toggle between dark and day mode.

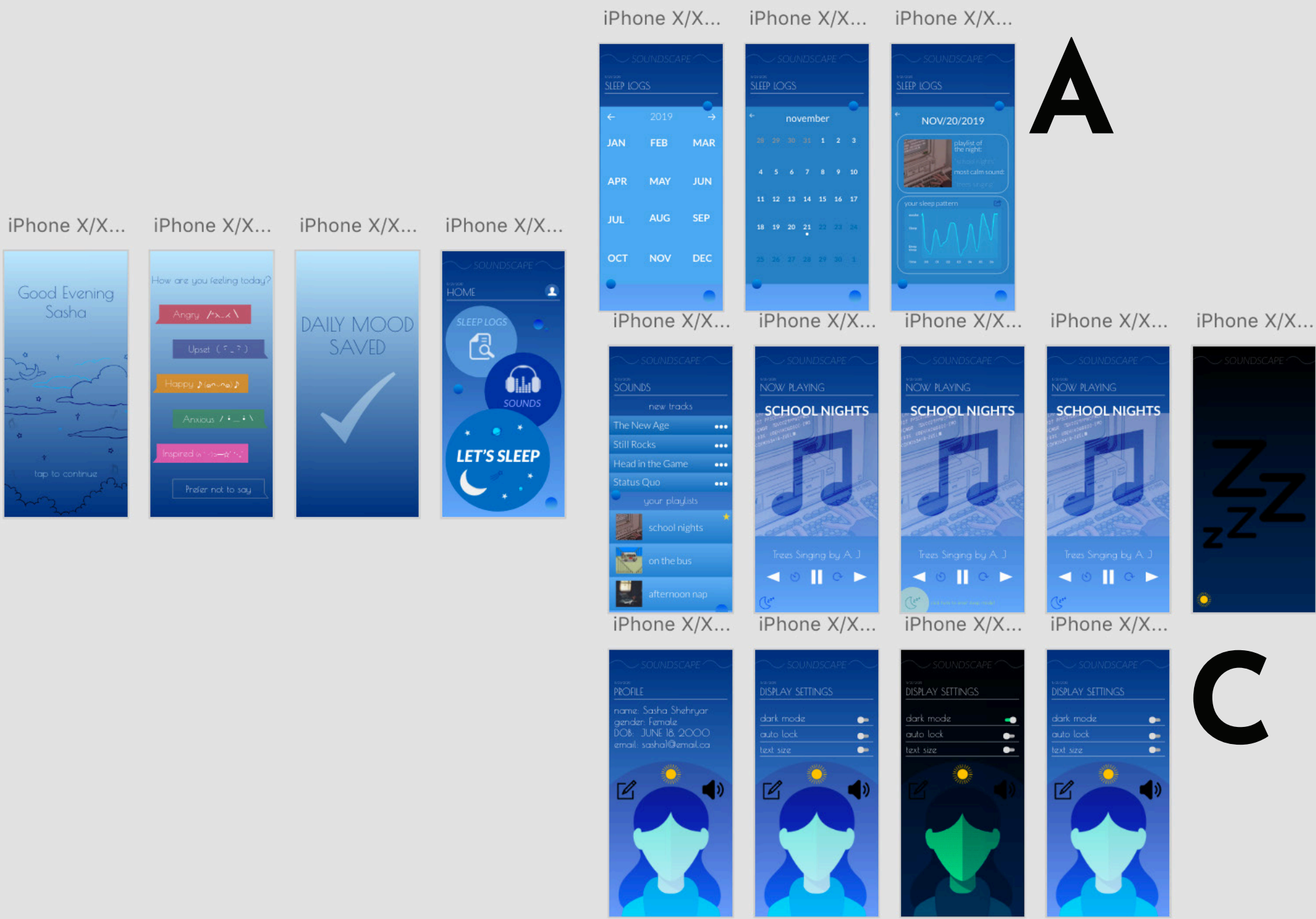
CONTEXT SCENARIOS - ROUGH MAP



CRITIQUE

Keep the app simple. Create consistency through which grid systems are being used on each screen. Create hierarchy within each screen, this will help plan the overall layout of the app and help users navigate through the app. Make calendar display a longer period of time.

CONTEXT SCENARIOS - DIGITAL SCREENS



CRITIQUE

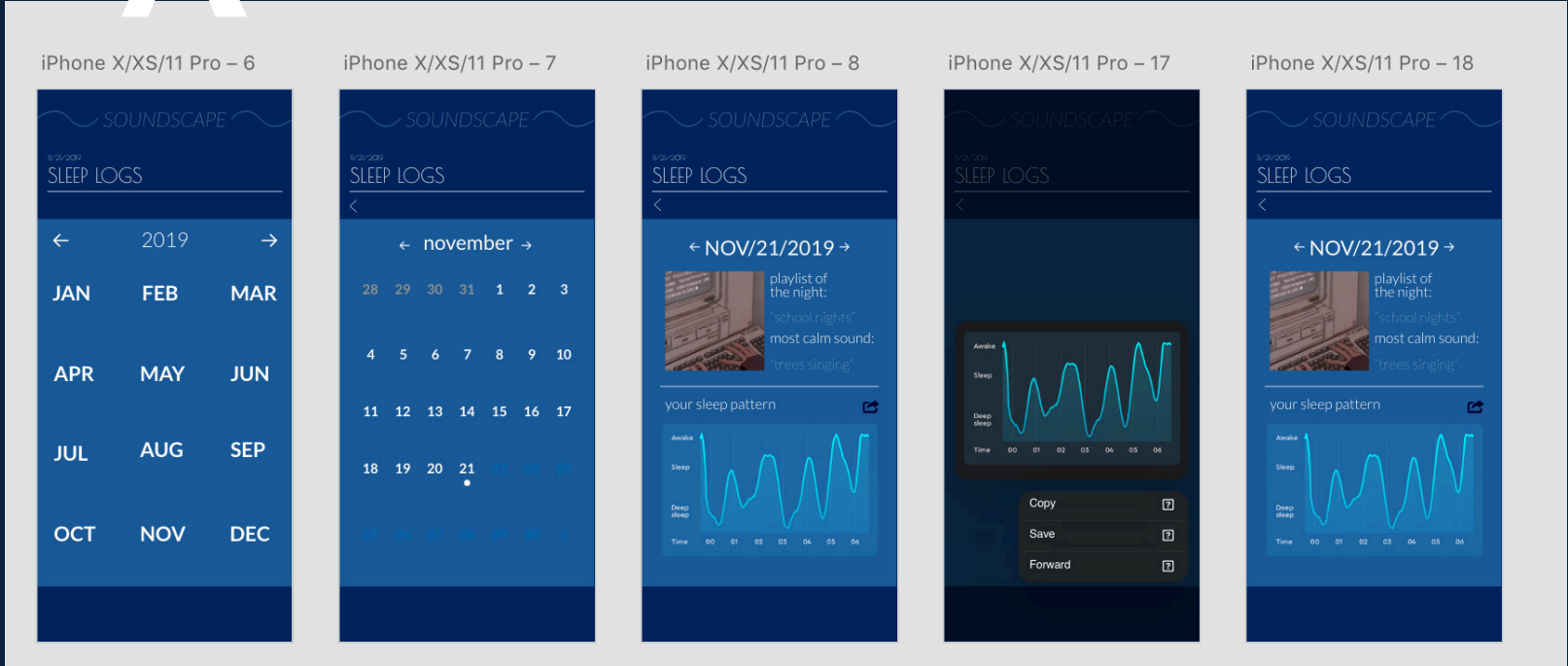
Get rid of gradient circles and gradient rectangles. Keep consistency with shape (no rounded edges). Positioning of icons on 'now playing' screen. Redo layout for profile setting screen.

PEER FEEDBACK

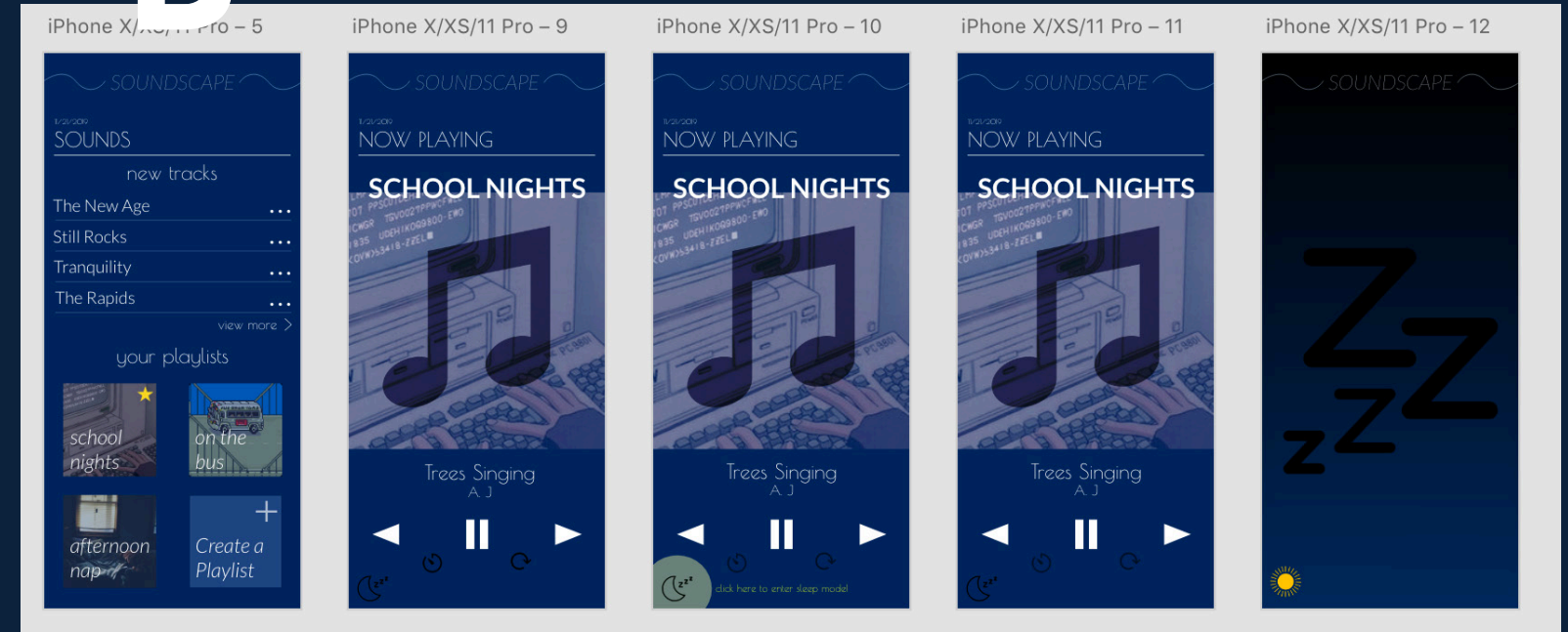
Profile screen should clearly indicate that it can be edited. Define what sleep mode does for new users.

CONTEXT SCENARIOS - DIGITAL SCREENS REVISED

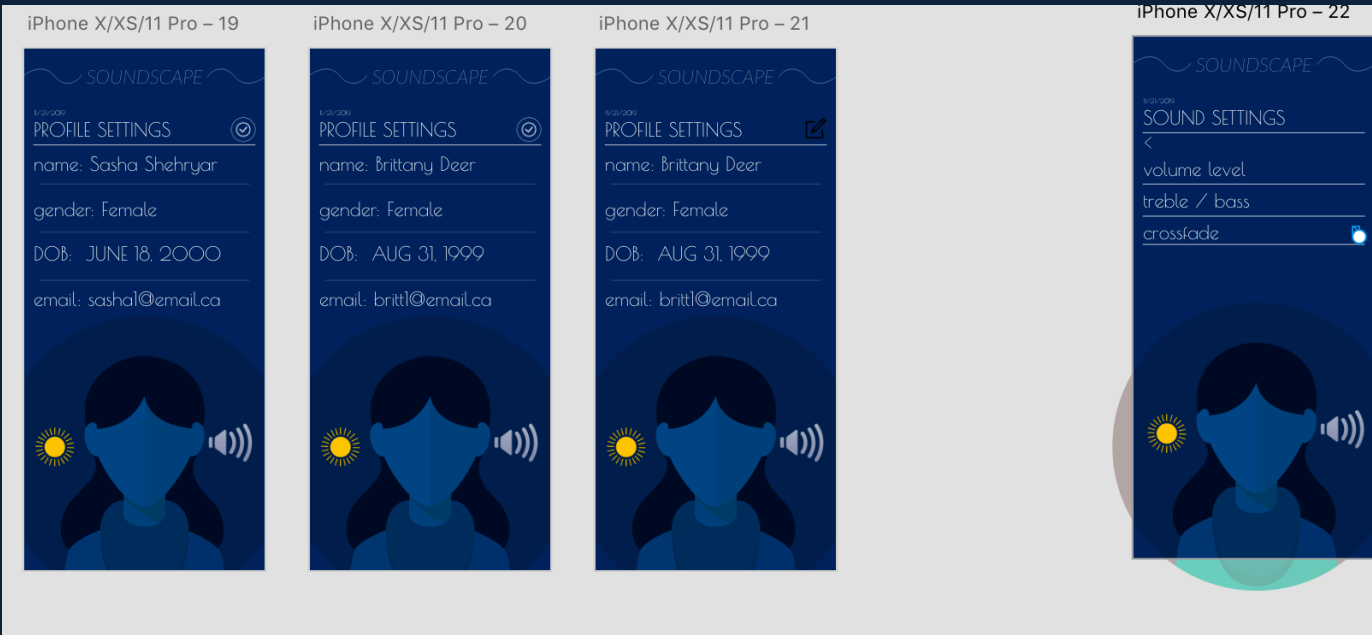
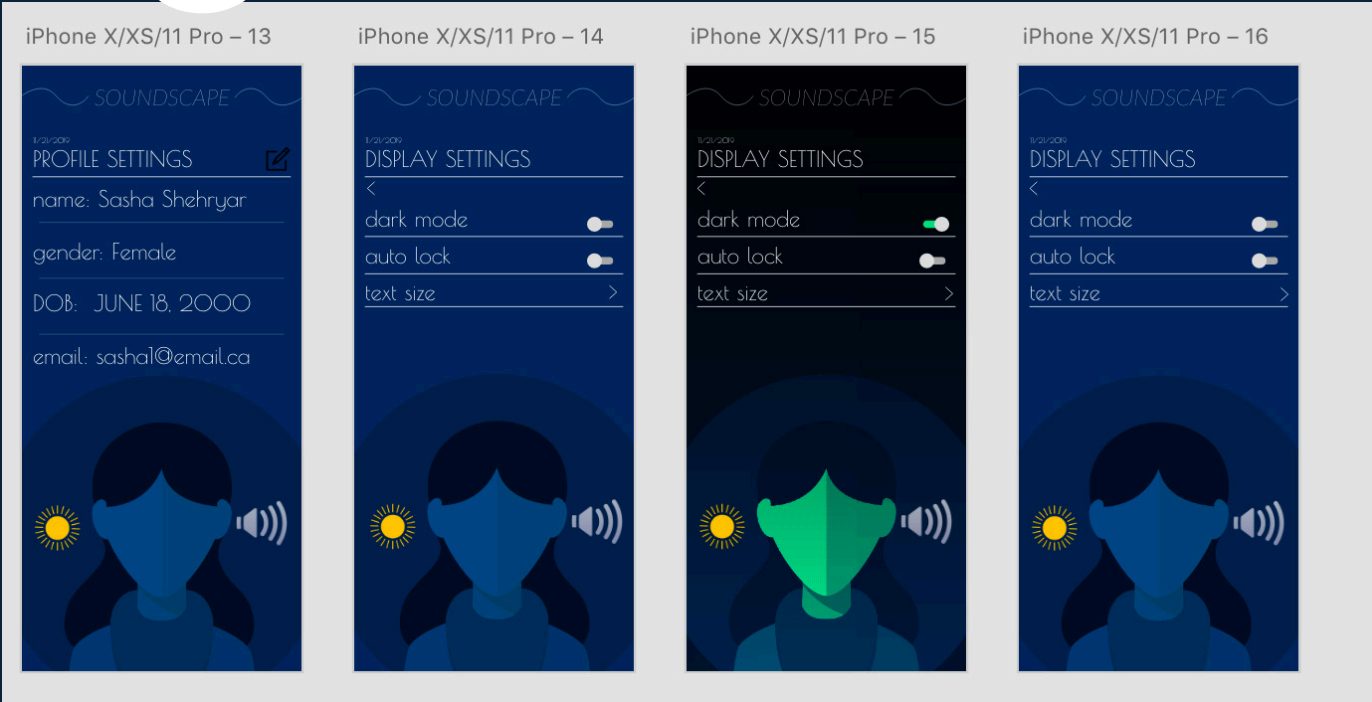
A



B



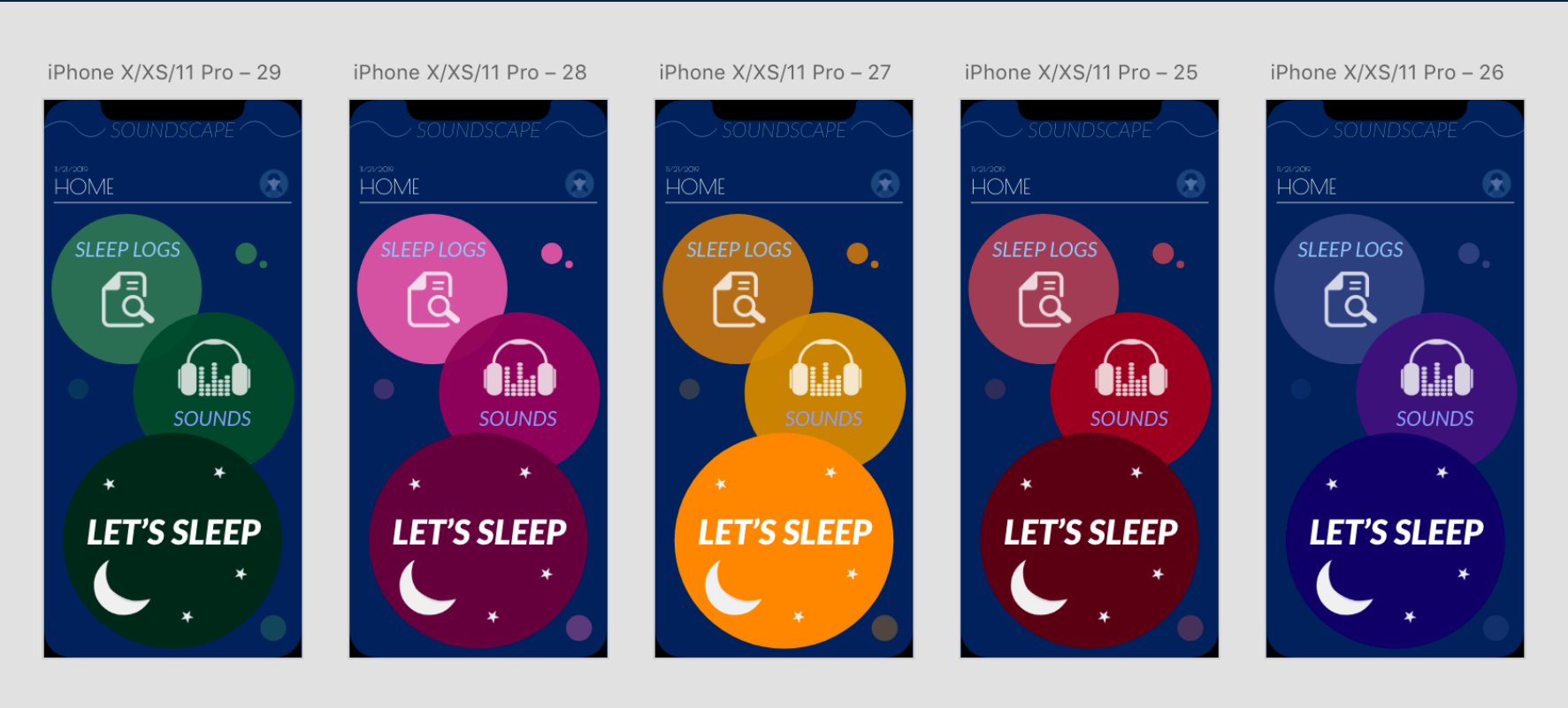
C



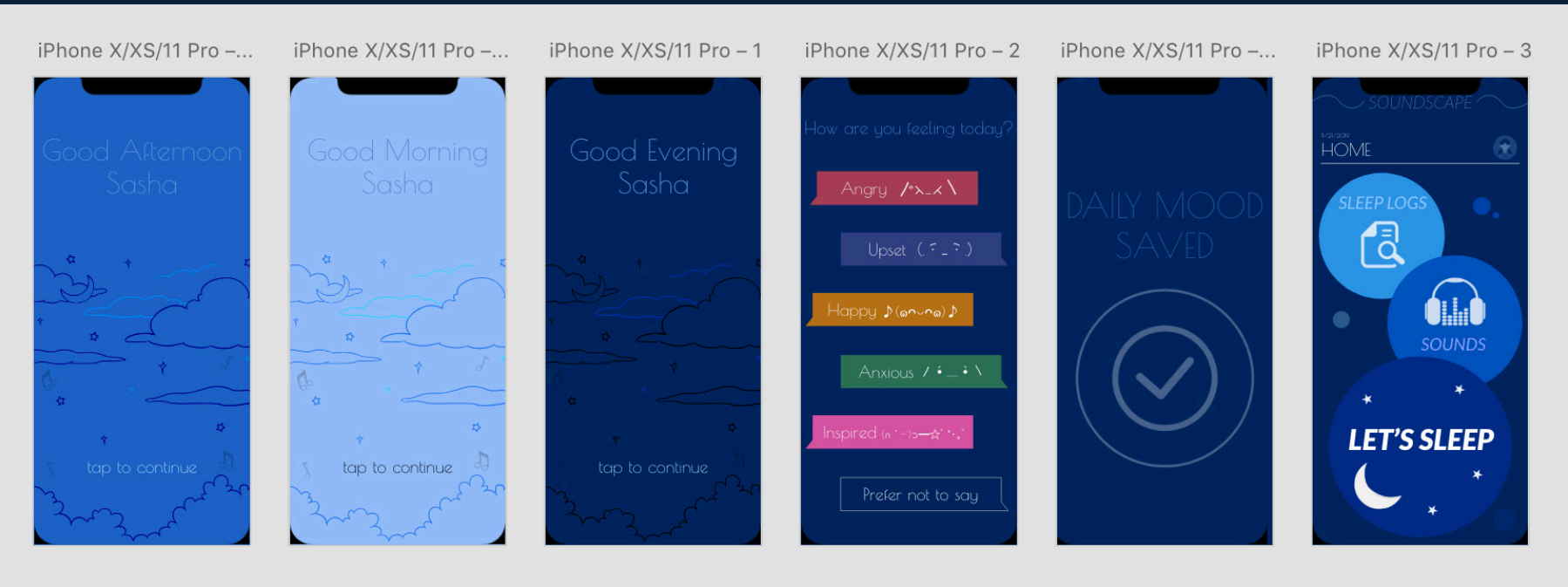
PROTOTYPE

FULL PROTOTYPE

home screens by mood:

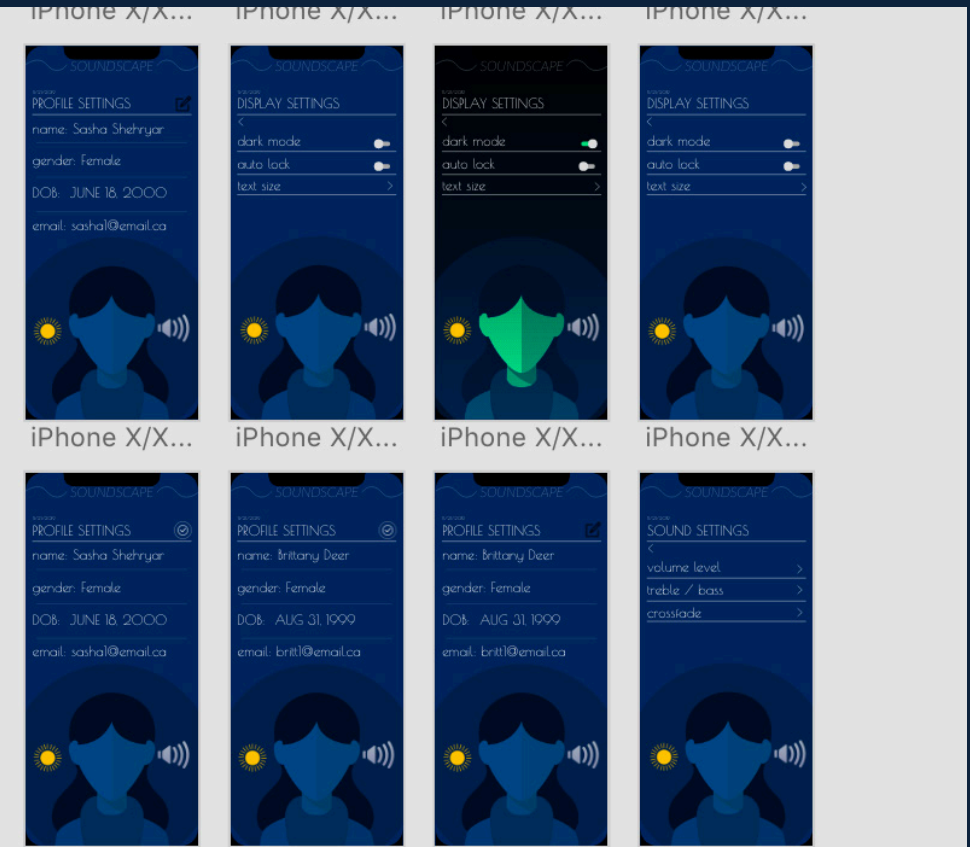
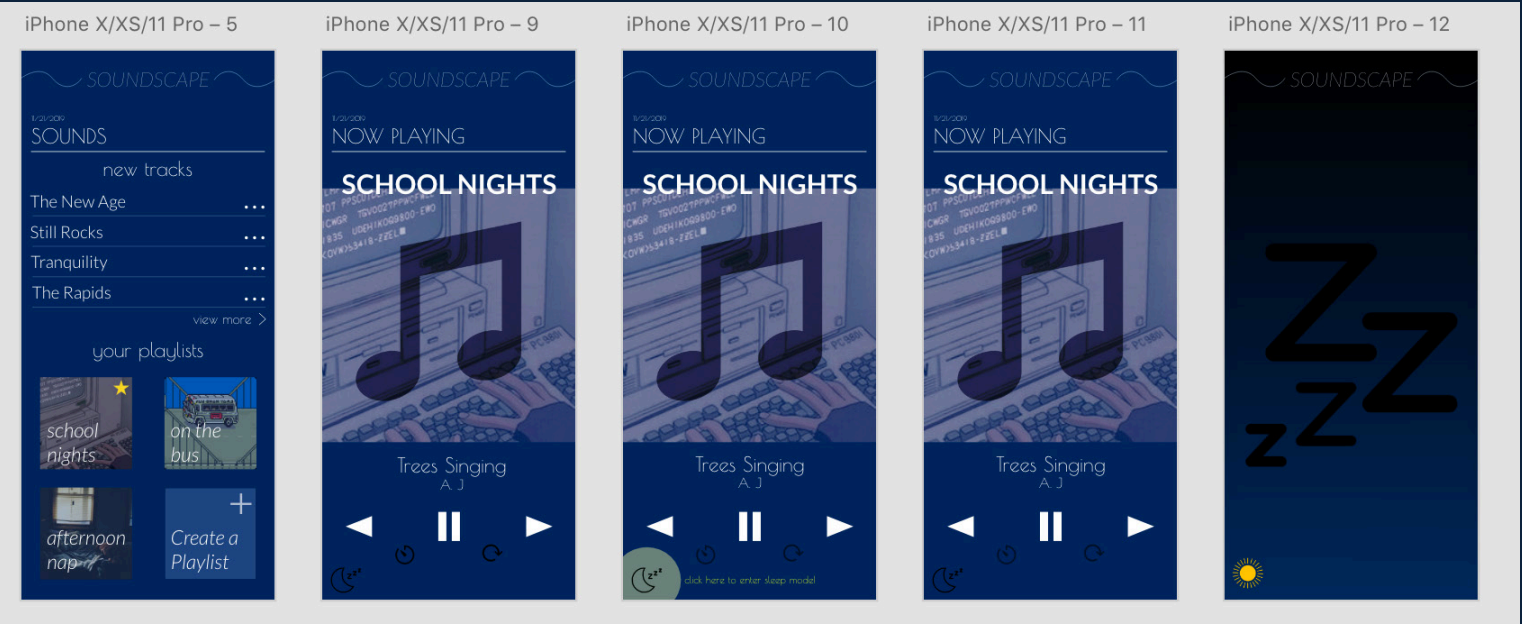
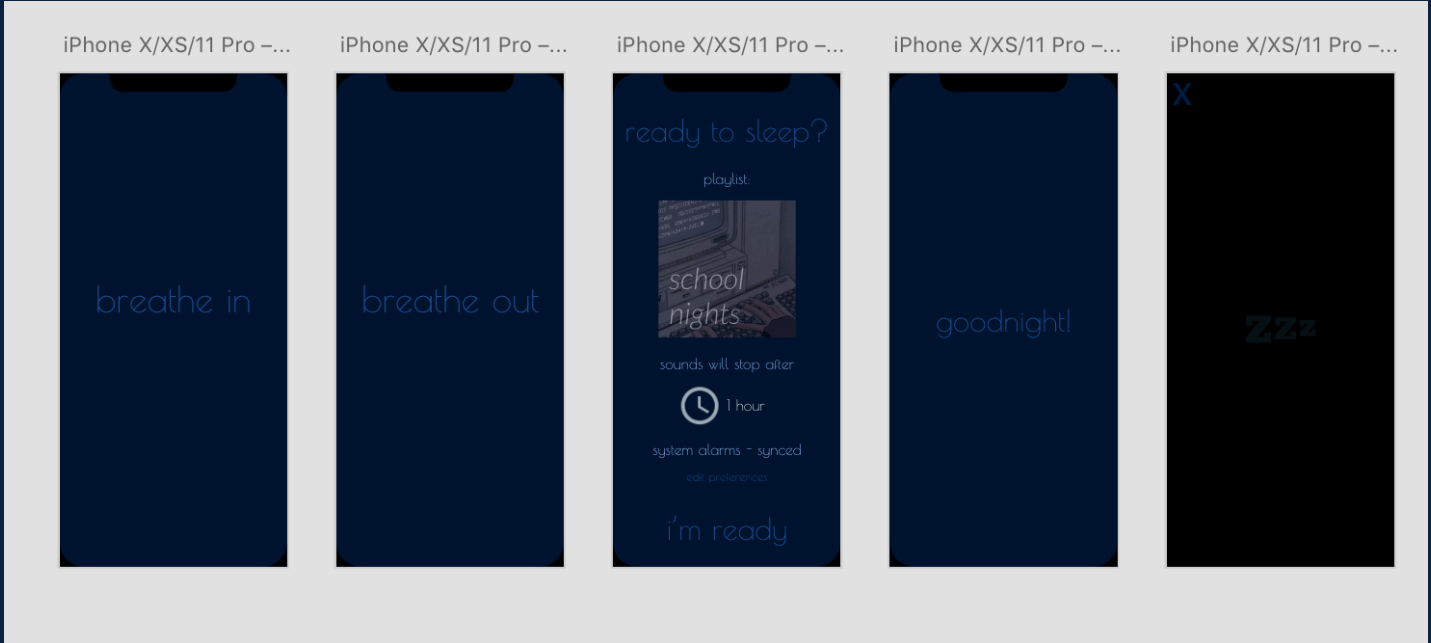
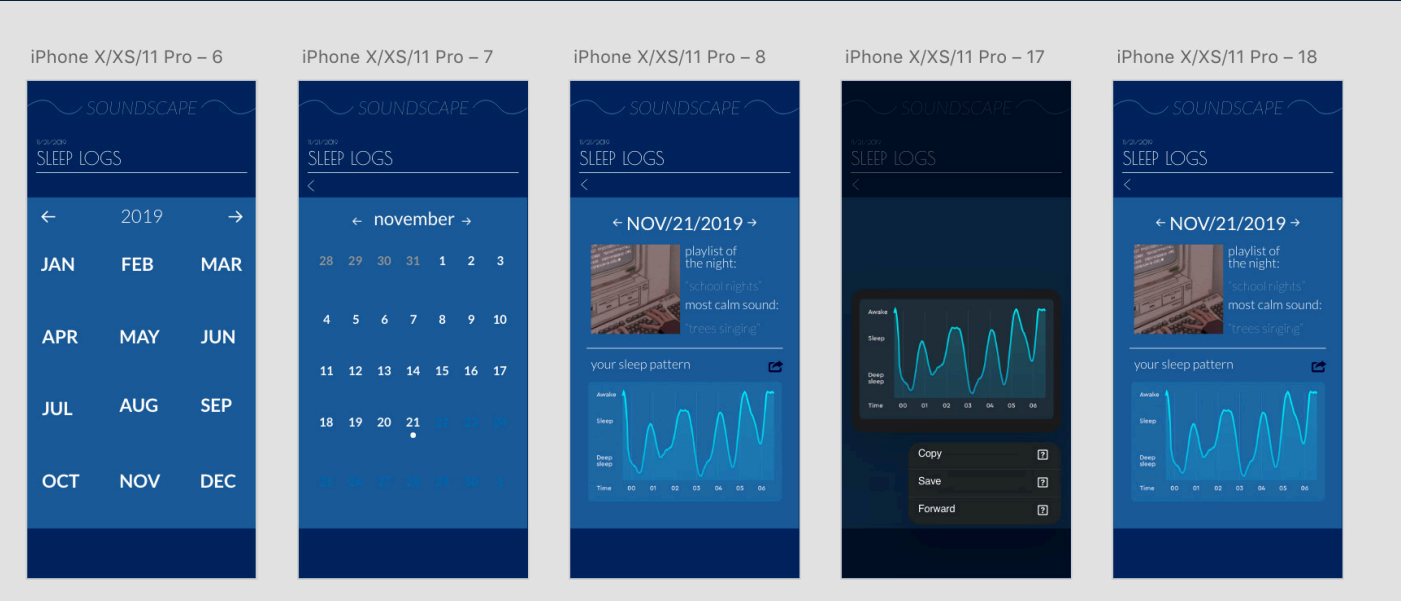


home screens and welcome screens:



FULL PROTOTYPE

all app options



LINK TO FULL PROTOTYPE

<https://xd.adobe.com/view/0c1d4aee-7788-43b1-69c2-9a76b6f240aa-7a2c/?-fullscreen>

