

NightMind

Measuring Nights for brighter Days

Atakan Göksel, Madison Jennings,
Lucía Martos

Index

01. Why

02. What

03. How

04. Final Result

Index

01. Why

02. What

03. How

04. Final Result




Accorrding to the national institute of health

1 out of 10

European adults suffer with chronic insomnia

And this number is only going up. The prevalence of sleep issues around the world is becoming an apparent issue and often times sleep quality is related to the external stressors you may face in life. It would be beneficial to monitor sleeping habits to better the quality of life you maintain



The Importance of sleep in Mental Health

chronic sleep deprivation can lead to severe health consequences, including increased risk of car accidents, workplace errors, heart problems, reduced immune function, obesity, and earlier death

Sleep significantly affects mood and emotional regulation, enhancing the ability to manage stress and emotional reactivity

Sleep is necessary for the brain to make new neural connections, which are essential for learning new information and forming memories.

Sleep promotes immune function and helps the body fight off infections and diseases

Depression and sleep issues have a bidirectional relationship, where poor sleep can contribute to depression, and depression can lead to poor sleep.

The Importance of sleep in Mental Health

chronic sleep deprivation can lead to severe health consequences, including increased risk of car accidents, workplace errors, heart problems, reduced immune function, obesity, and earlier death

Sleep significantly affects mood and emotional regulation, enhancing the ability to manage stress and emotional reactivity

Sleep is necessary for the brain to make new neural connections, which are essential for learning new information and forming memories.

Sleep promotes immune function and helps the body fight off infections and diseases

Depression and sleep issues have a bidirectional relationship, where poor sleep can contribute to depression, and depression can lead to poor sleep.

01. Why

02. What

03. How

04. Final Result

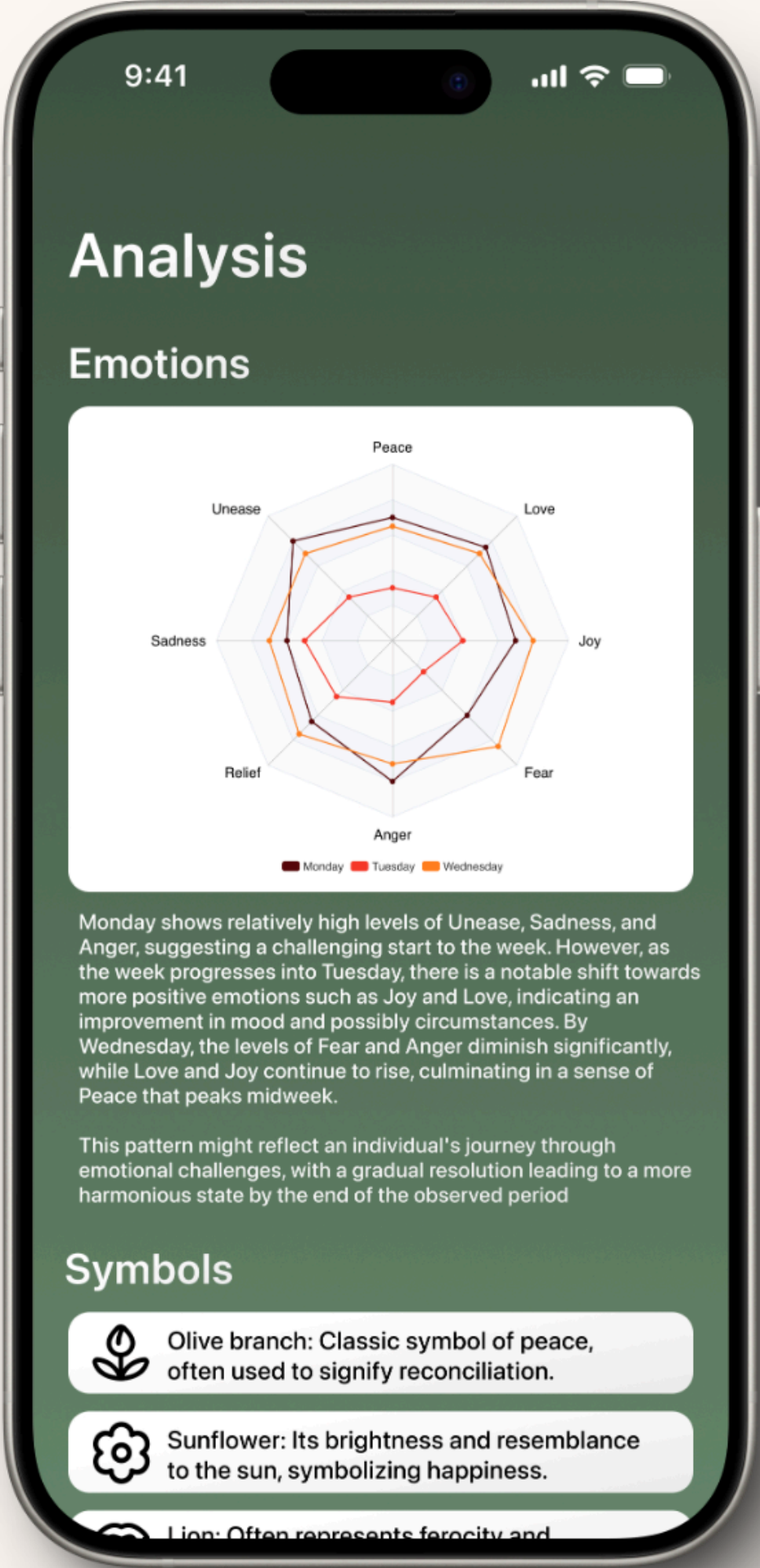
What is NightMind

Night Mind is an innovative sleep tracker and dream journal app designed to promote mental health awareness by monitoring sleep, a crucial component of cognitive well-being. Users can easily log dreams through text, voice notes, or a photo diary, and assess the emotional impact of each dream. The app analyzes patterns in dream content and emotional responses, identifying recurring nightmares or distressing themes. It offers optional connections to professional help when needed, making mental health support more accessible. By fostering self-awareness and providing insights into one's sleep and mental state, Night Mind empowers users to take proactive steps towards emotional well-being.





**We measure
sleep quality and
overall wellness**



Detailed Emotional & Symbols Analysis

Measuring the Quality of Sleep
Measuring the Length of Sleep
Measuring the Intensity of the Dream

Measuring & Analying



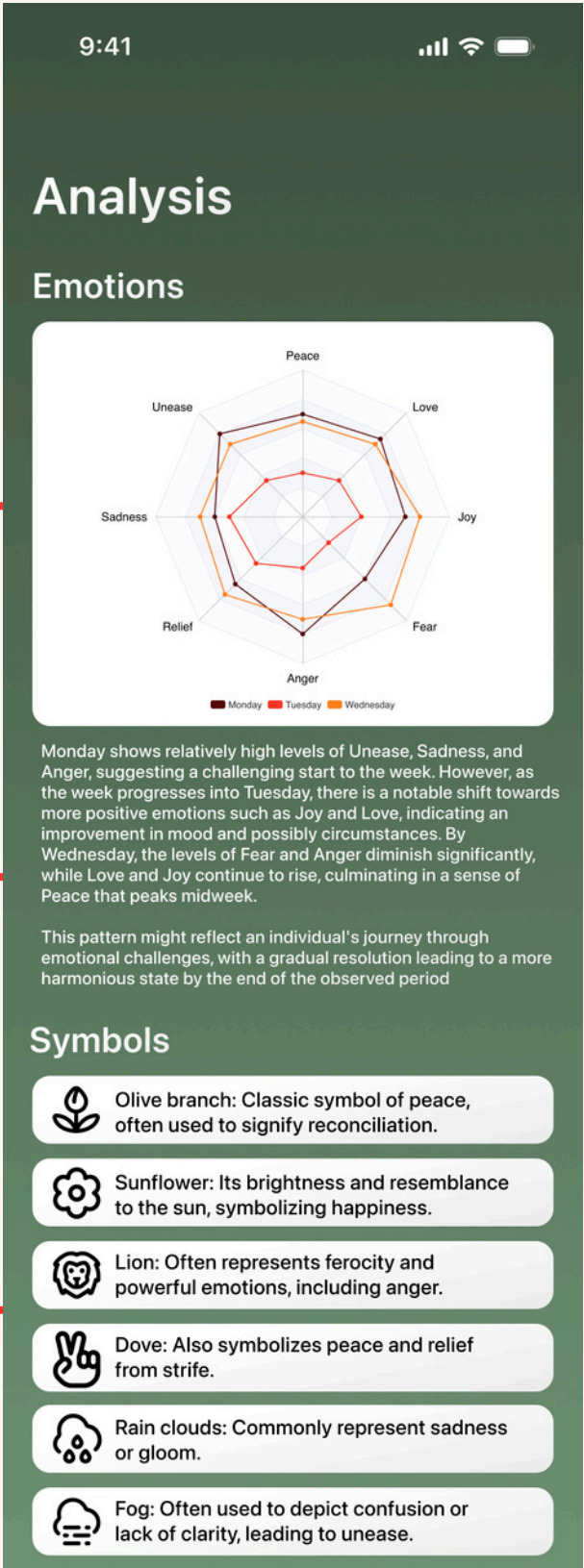
General statistics

Graph on emotions based on entries

Quality of sleep statistics

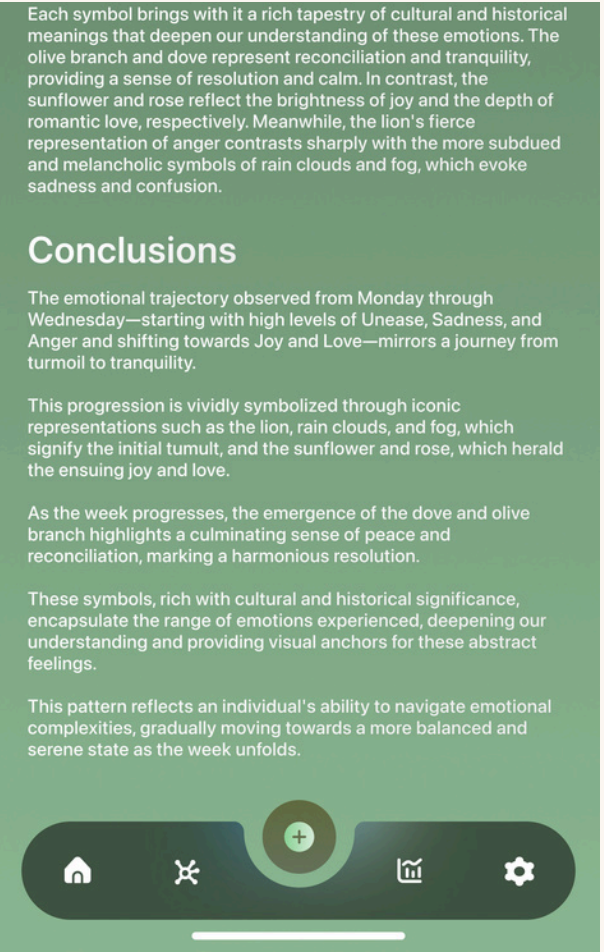
Feedback based on emotions

Symbol analysis on most repeated symbols.



Feedback based on symbols

Conclusion based on most repeated symbols and emotions in the users dreams



why green?

Colours can have a profound impact on our emotions, and green, the colour of nature and life, holds a special place in its ability to **soothe, heal, and rejuvenate our mental and emotional wellbeing**. From verdant forests to open meadows and urban parks, the colour green is abundant in nature, and its **therapeutic effects** should not be underestimated. Green therapy, also known as ecotherapy or nature therapy, harnesses the power of the natural environment to promote holistic wellbeing. Research has shown that exposure to the colour green can **reduce stress, improve mood, increase creativity, and enhance cognitive functioning**.

Target Audience

Main target audience:

- Young Adults 16-25

Other audiences we believe may benefit from NightMind

- Working Professionals 26-40
- Middle-Aged Adults 41-60
- Older Adults 61+



Benefits of using NightMind

Understanding of Sleep Patterns



Benefits of using NightMind

Understanding of Sleep Patterns

01.

Night Mind takes the initiative to support mental health by monitoring patterns within your dreams and how they manifest in your daily life.



Benefits of using NightMind

Understanding of Sleep Patterns

01.

Night Mind takes the initiative to support mental health by monitoring patterns within your dreams and how they manifest in your daily life.

02.

Night Mind is all-encompassing: it tracks, analyzes, and provides insights into the messages your dreams convey including detailed symbol analysis of your dreams, offering a comprehensive emotional analysis to help you understand the deeper meanings behind your dream experiences.



Benefits of using NightMind

Understanding of Sleep Patterns

01.

Night Mind takes the initiative to support mental health by monitoring patterns within your dreams and how they manifest in your daily life.

02.

Night Mind is all-encompassing: it tracks, analyzes, and provides insights into the messages your dreams convey including detailed symbol analysis of your dreams, offering a comprehensive emotional analysis to help you understand the deeper meanings behind your dream experiences.

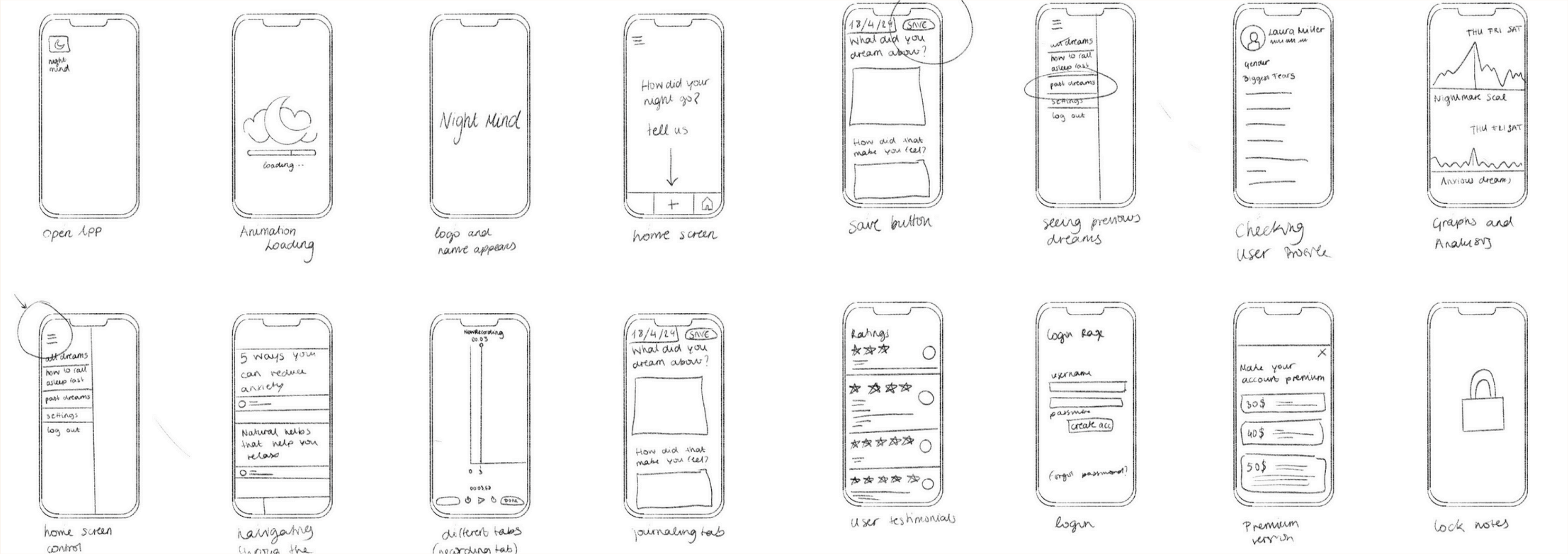
03.

Your journey to emotional well-being begins with a personalized approach. Our questionnaire delves into factors such as sex, age, nighttime routine, stress triggers, and more to tailor the app's features to your individual needs.

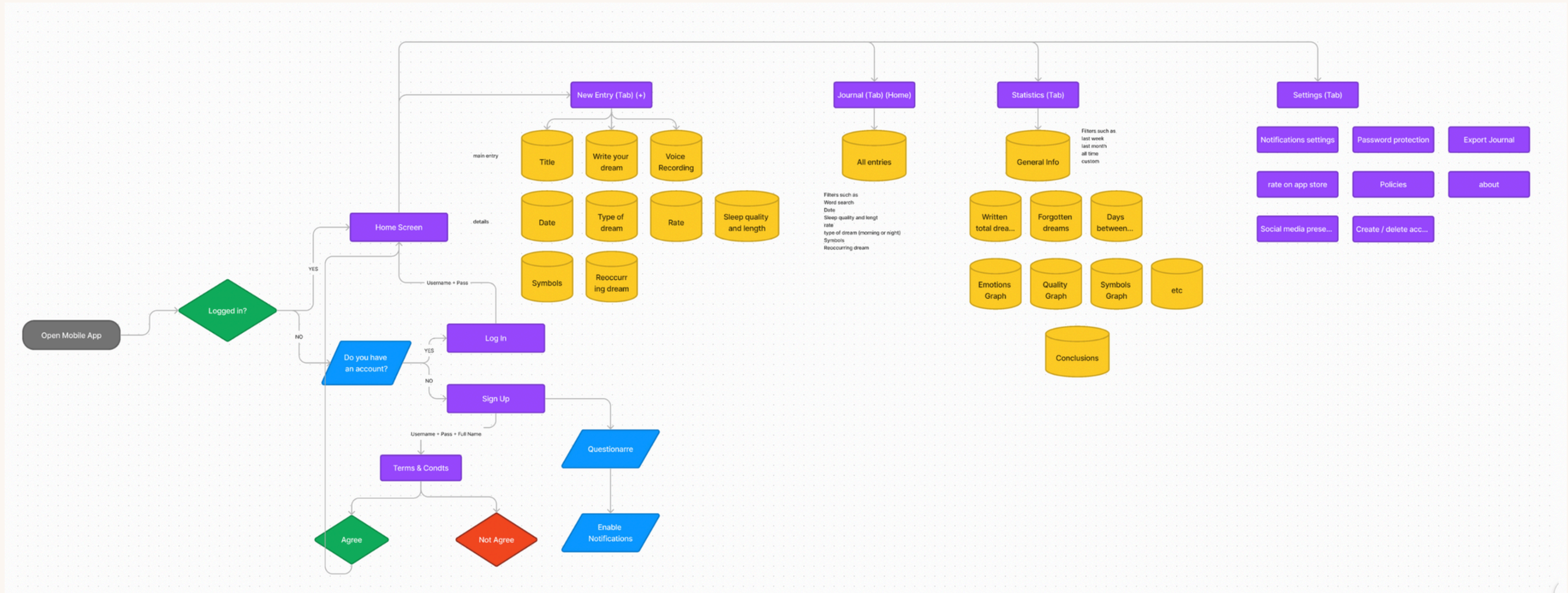


01. Why
02. What
- 03. How**
04. Final Result

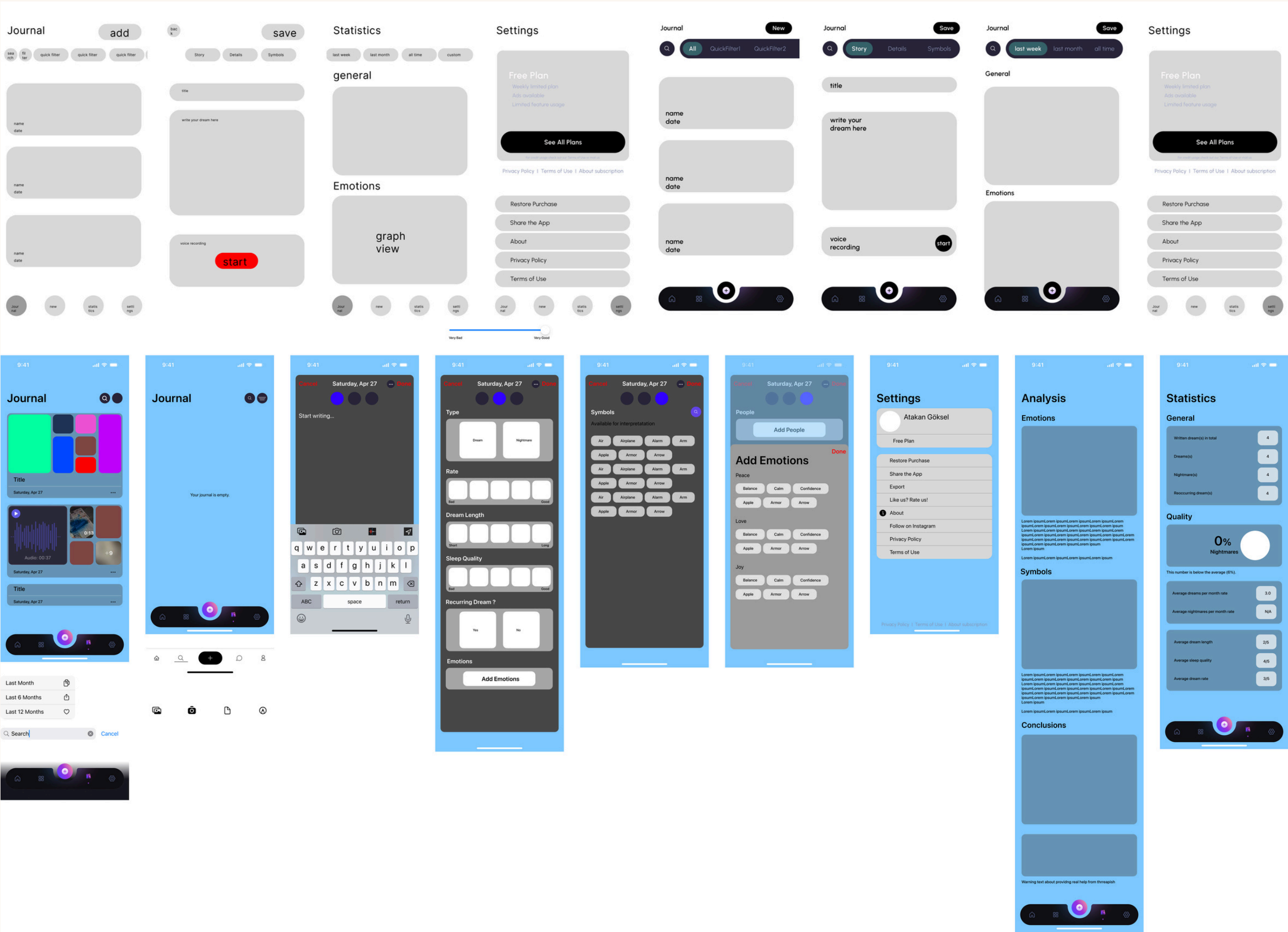
Storyboard



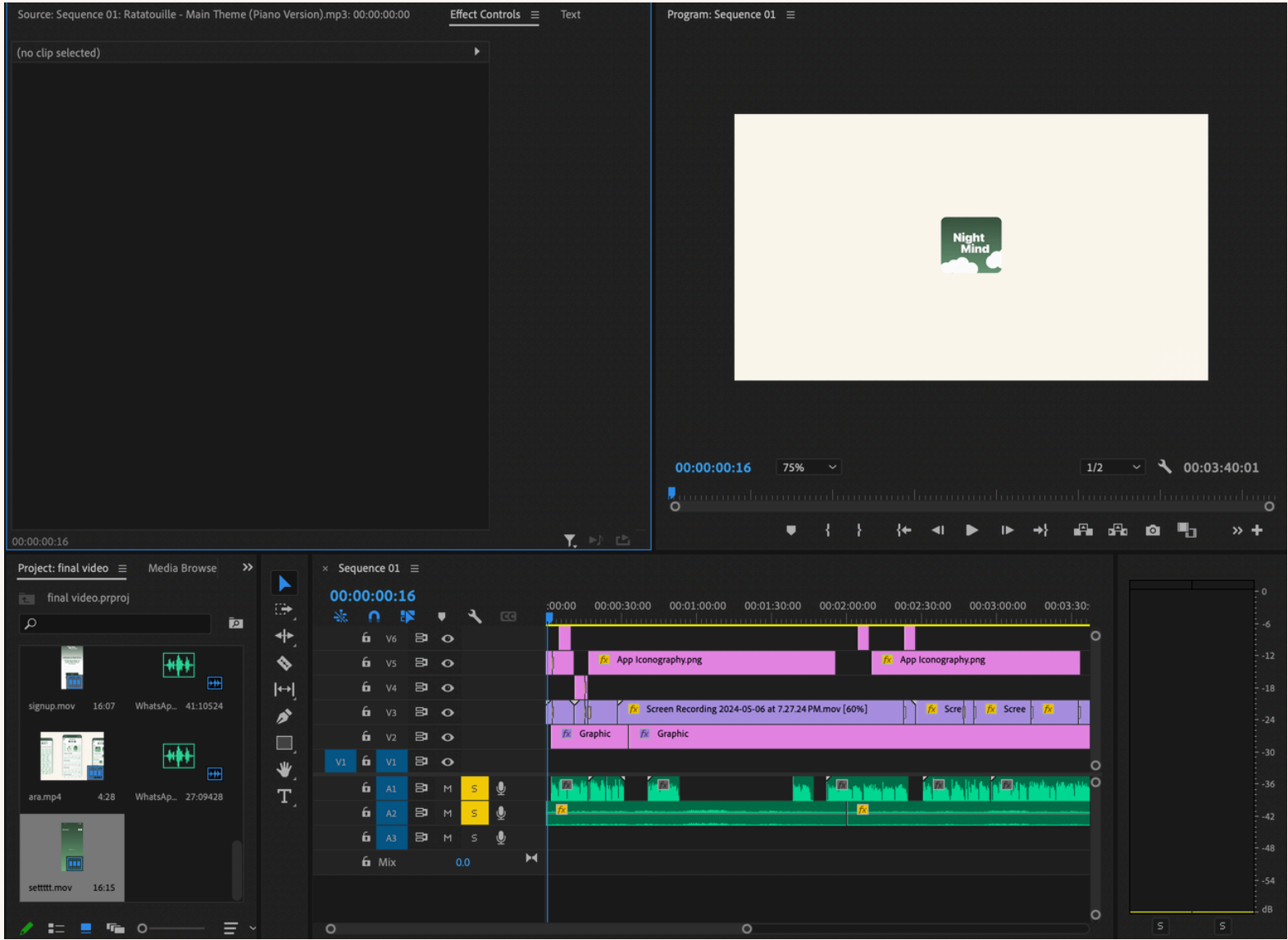
User Journey



Process of Wireframes

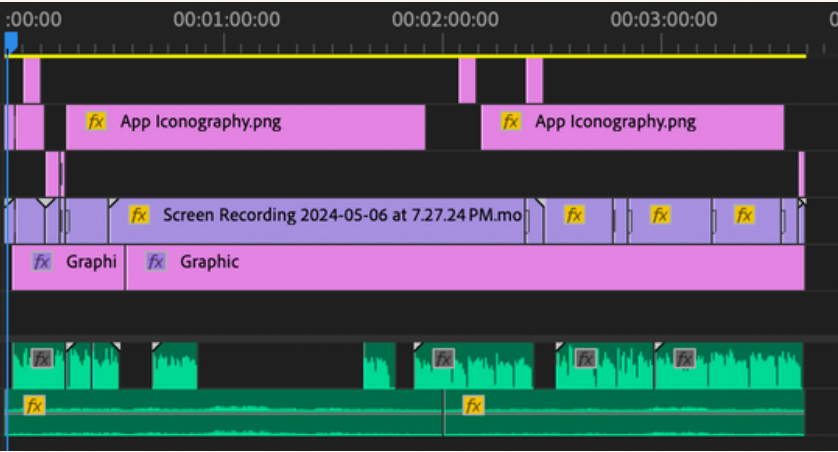


Process of Video



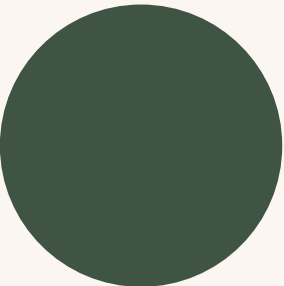
Name	Frame Rate
Label color	Sequence 01
super good.mp4	30.00 fps
setttttt.mov	59.44 fps
signup.mov	59.50 fps
Screen Recording 2024-05-0	59.80 fps
Screen Recording 2024-05-0	59.93 fps
Screen Recording 2024-05-0	60.00 fps
WhatsApp Audio 2024-05-0	44100 Hz
WhatsApp Audio 2024-05-0	44100 Hz
WhatsApp Audio 2024-05-0	44100 Hz

Different mockup videos and screen recording combined with our narrative



Elements, masks, graphics, recordings, narration, soundtrack

Primary Colors



Hex

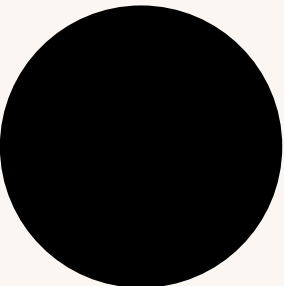
#D8EEDB

#3F5442

CMYK

cmyk(9.24%, 0%, 7.98%, 6.67%)

cmyk(25%, 0%, 21.43%, 67.06%)



Hex

#FFFFFF

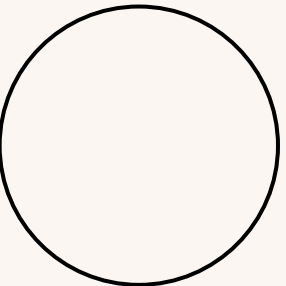
#000000

CMYK

cmyk(0%, 0%, 0%, 0%)

cmyk(0%, 0%, 0%, 100%)

Secondary Colors

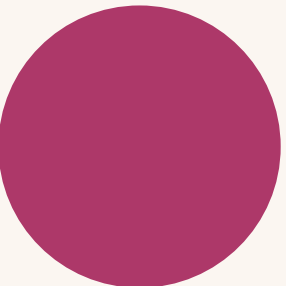


#ECD03E

#FBF6F1

cmyk(0%, 11.86%, 73.73%, 7.45%)

cmyk(0%, 1.99%, 3.98%, 1.57%)



#AD3869

#8BB892

cmyk(0%, 67.63%, 39.31%, 32.16%)

cmyk(24.46%, 0%, 20.65%, 27.84%)

Font Types

SF Pro Rounded

Contact & Questionnaire Screens with
Semibold and Bold

SF Pro Display

Main Screens with Semibold and
Medium

Touvlo

Presentation

Hex

#FFFFFF

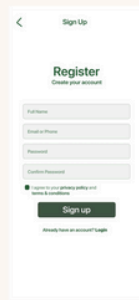
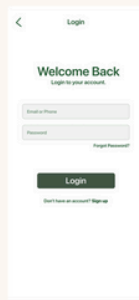
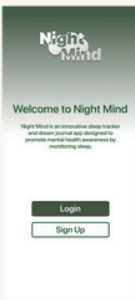
#000000

CMYK

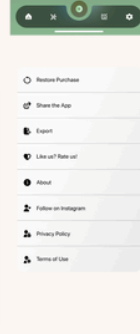
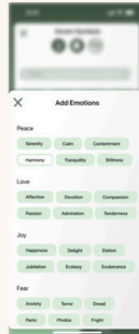
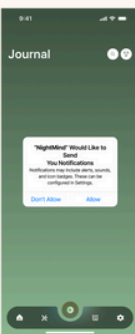
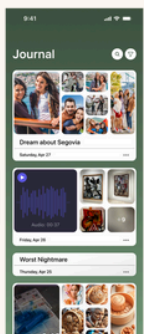
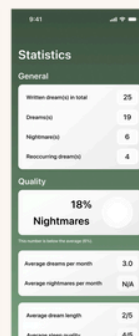
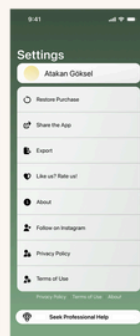
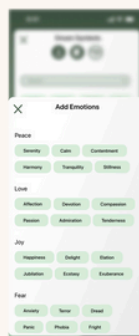
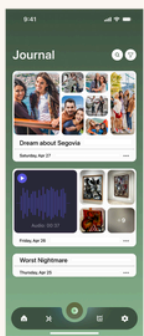
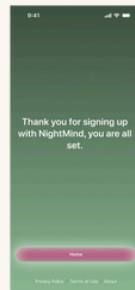
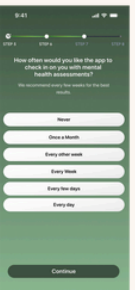
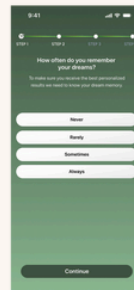
cmyk(0%, 0%, 0%,
0%)

cmyk(0%, 0%, 0%,
100%)

Process



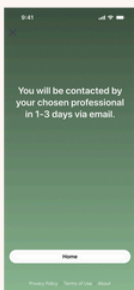
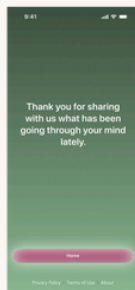
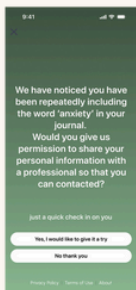
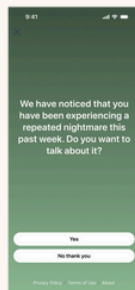
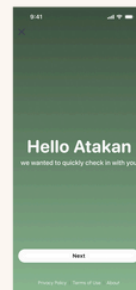
0:01 0:02 0:03



"I would like to find
the best professional
for my needs. I want to
find a professional who
can help me with my
anxiety and stress."

Start Now

Start Now

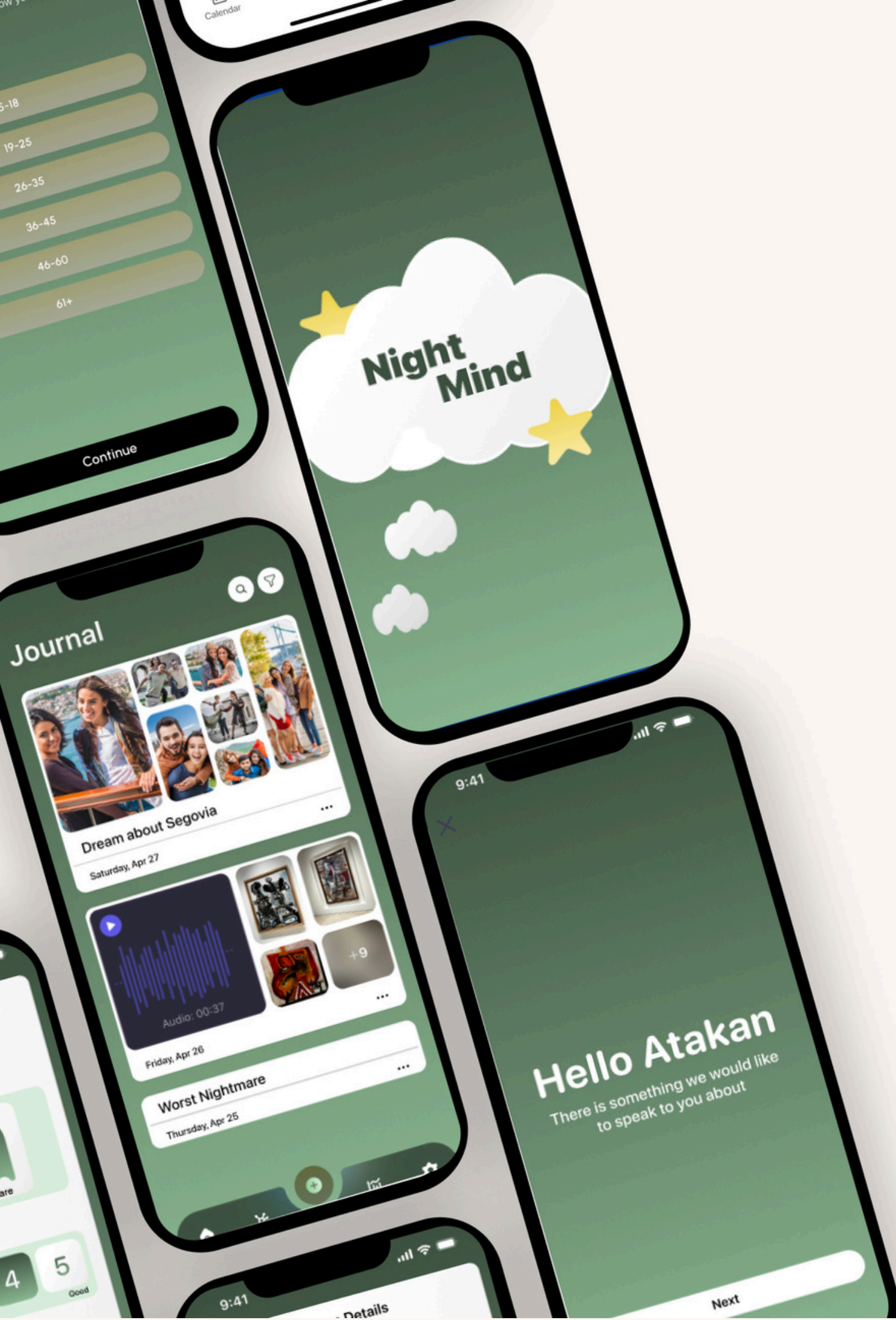


01. Why

02. What

03. How

04. Final Result



Where Dreams Unravel, and Mental Health Awakens

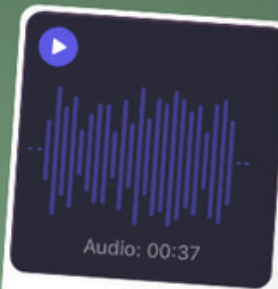


Journal



Dream about Segovia

Saturday, Apr 27



Friday, Apr 26

Worst Nightmare

Thursday, Apr 25

9:41

Please choose your
professional suit
best

This is the list of the best psy
in your area



Beatriz Molina Gor
Calle Lopez de Hoy

Trauma Psicologico, Deper
emocional, trastorno obs
compulsivo, ansiedad, cont
emocional, Terapia EMD



Francisco Javier Prado
Calle Quintanilla 28, 1

Adiccion, Drogadependencia,,
trastornos de personalidad,,
depresion, ansiedad

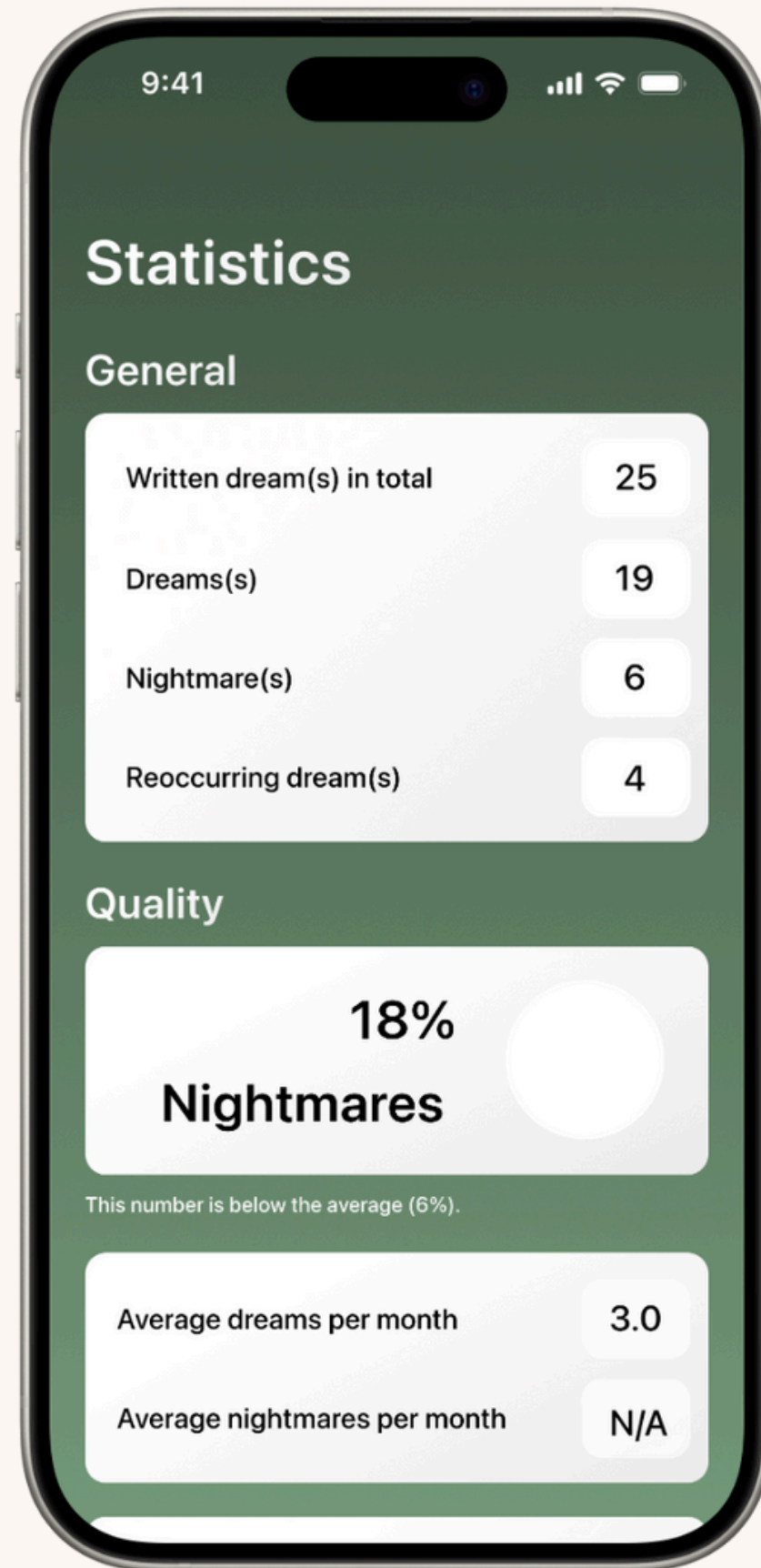


Isabel Garcia Santiago
Pintor Rubera 2, ss. Izq

Autoestima y desarrollo eprsonal,
estres, trastorno obsesivo-
compulsivo, ansiedad, control
emocional, Terapia EMD

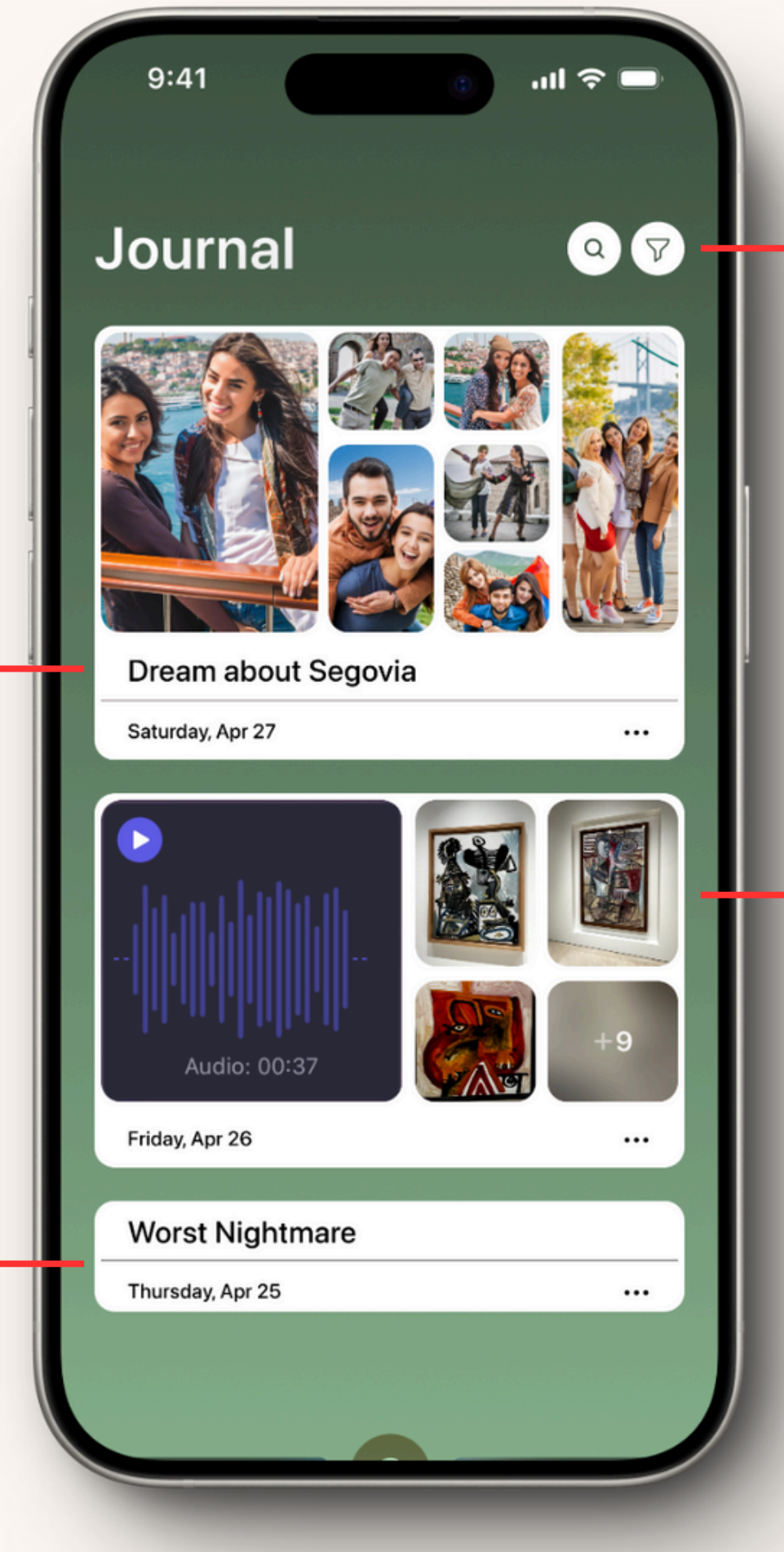
Night
Mind





Night Mind changes the way we think about and treat emotional well-being by **bridging the gap between sleep and mental health**. It enables people to take proactive measures towards improved mental health through **dream analysis and access to professional care**

Home / Journal



Information about the entry

Keyword Research and Filter

Example entry without photos or
voice-recordings

Example entry with photos and
voice-recording

Dream Entry

9:41

X Saturday, Apr 27

Start writing...

Continue

Story

9:41

X Dream Details

Type

Dream Nightmare

Intensity of Feelings

1 2 3 4 5

Bad Good

Dream Length

1 2 3 4 5

Short Long

Sleep Quality

1 2 3 4 5

Bad Good

Recurring Dream ?

No Yes

Dream Details

X Add Emotions

Peace

Serenity Calm Contentment

Harmony Tranquility Stillness

Love

Affection Devotion Compassion

Passion Admiration Tenderness

Joy

Happiness Delight Elation

Jubilant Ecstasy Exuberance

Fear

Add Emotions

X Dream Symbols

Search...

Apple Arrow Angel Axe

Airplane Ants Acorn Attic

Alley Anchor Aquarium Art

Arm Abandonment Autumn

Avalanche Alarm Ashes

Abyss Antelope Armor

Amber Astronaut Applause

Anvil Apron Amulet Altar

Acrobat Alligator Amnesia

Alleyway Adoption Baby

Balloon Beach Bear Bed

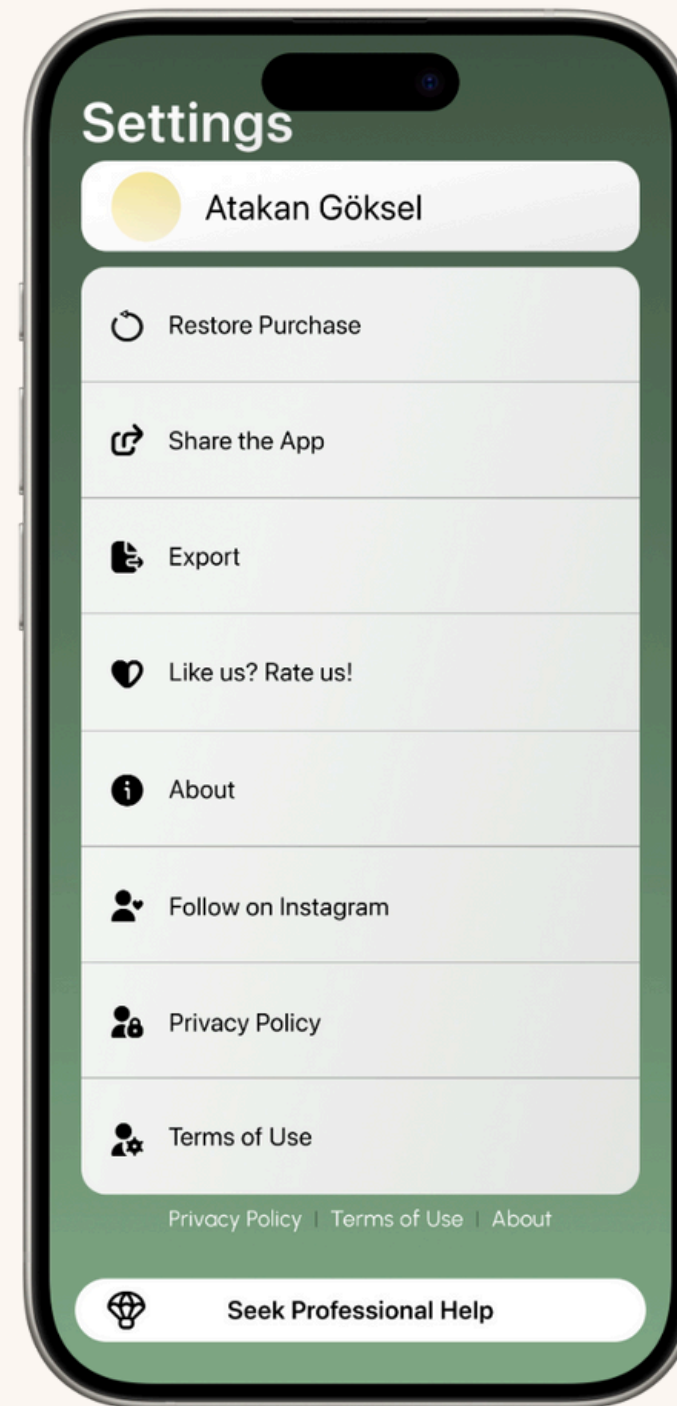
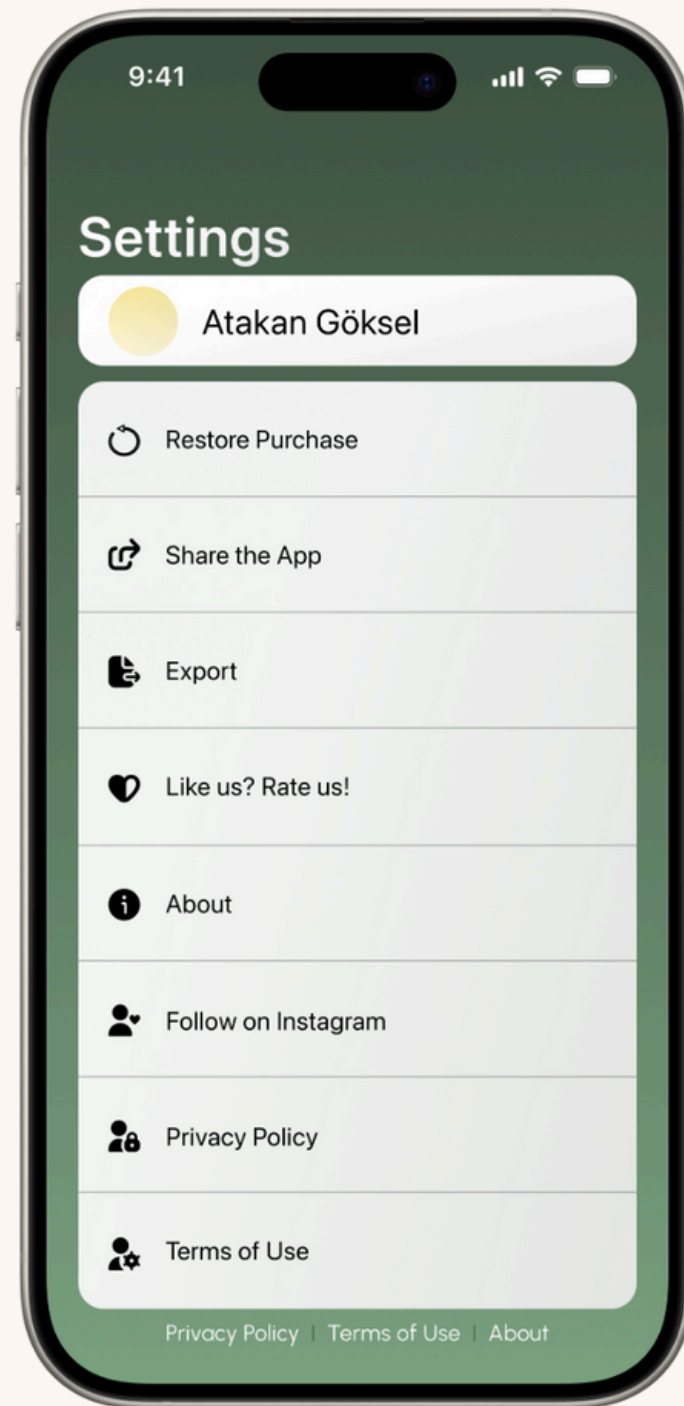
Bee Bicycle Boat Book

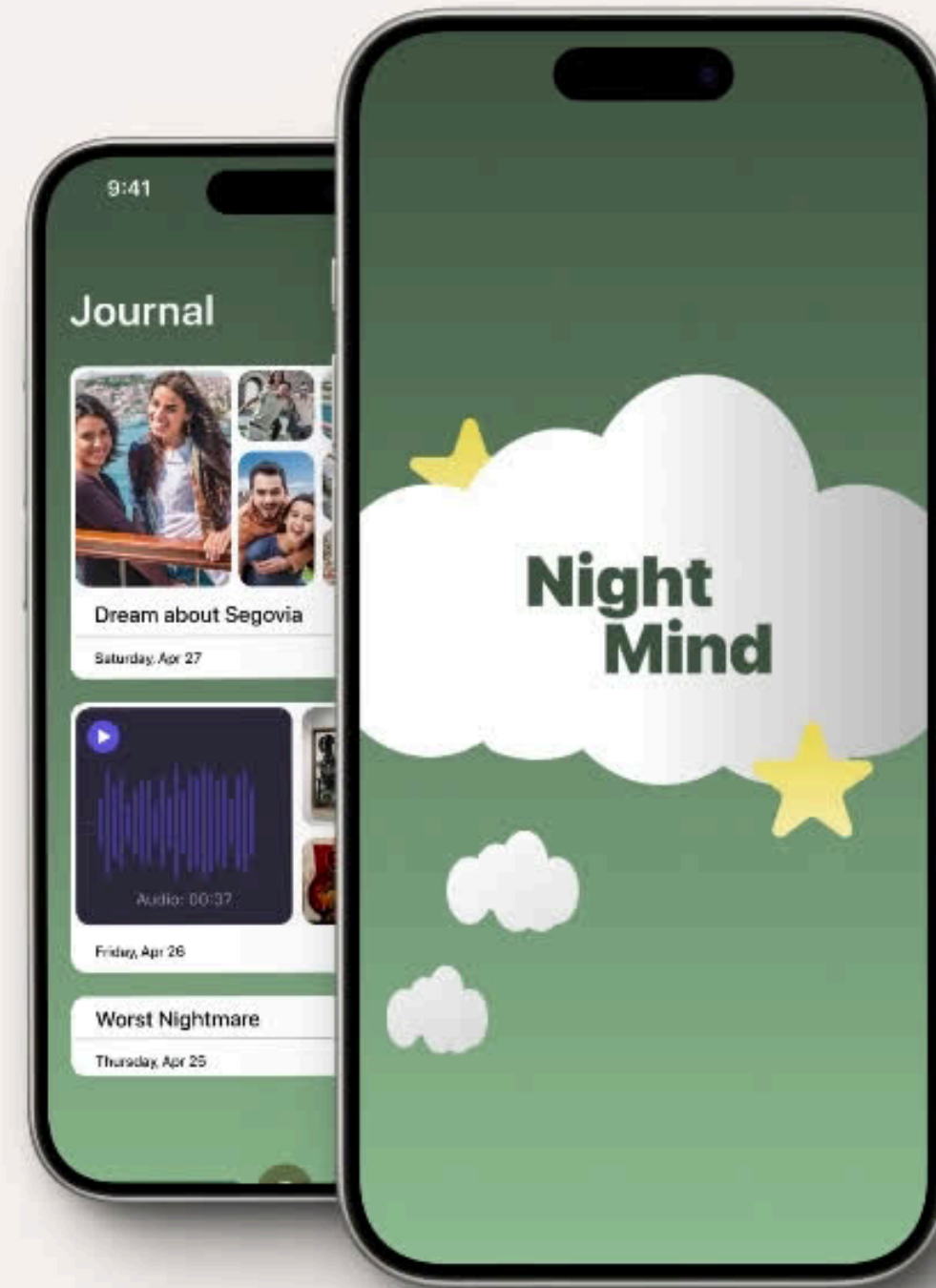
Bridge Butterfly Bread Bat

Blizzard Ball Basket Bell

Dream Symbols

Seeking Professional Help





Night Mind

Thank you!



References

www.flaticon.com/icons for all iconography

[Apple Design Resources - IOS 17 for Apple Native Elements](#)

[IOS Dialogs for Apple Native Elements](#)

[Ratatouille Main Theme Soundtrack](#)

[jitter.video](#) for animations

[shots.so](#) for mockups

[shorturl.at/oqMN2](#) **drive link**

[shorturl.at/dsX17](#) **figma file**

[shorturl.at/gqrsy](#) **figma working prototype**

403 ERROR

The request could not be satisfied.

Request blocked. We can't connect to the server for this app or website at this time. There might be too much traffic or a configuration error. Try again later, or contact the app or website owner.
If you provide content to customers through CloudFront, you can find steps to troubleshoot and help prevent this error by reviewing the CloudFront documentation.

Generated by cloudfront (CloudFront)
Request ID: hcNVlKpd5bzfYG7rfm0LeYMFcGJ5AAMDoiDBoPc8UsJrYDzxXK-3Q==

403 ERROR

The request could not be satisfied.

Request blocked. We can't connect to the server for this app or website at this time. There might be too much traffic or a configuration error. Try again later, or contact the app or website owner.
If you provide content to customers through CloudFront, you can find steps to troubleshoot and help prevent this error by reviewing the CloudFront documentation.

Generated by cloudfront (CloudFront)
Request ID: wPDmnJEJXtcBQhAGdYrEnQjmoUzL9__ksJsy0XpcS1uDJsNssAR8Dw==