

# Improve Your Sleep Quality

ARTGR 540



Design for Behavioral Change

# The Idea

Improve the quality of anyone's sleep by following a behavior changes based and research-backed framework.



# Framework contents

01

## Understanding your sleep

A 7 day sleep journal to evaluate their sleep

02

## Apply proven methods

Apply breakthrough techniques like binaural beats, NSDR, Bed exercises

03

## Evaluate sleep quality (Again)

Follow the steps religiously for a week and evaluate again in the journal



# Sleep's role in childhood

- Sleep pattern changes dramatically in early childhood.
- Establishing a healthy sleep pattern in early life is very important for child development.
- Sleep plays a critical role in learning and memory, emotional regulation, and related brain structure development.

Source: <https://doi.org/10.1159/000508055>



# Hours of sleep

	Age	Recommended hour of sleep
<b>Newborn</b>	0-3 months	14-17 hours
<b>School age</b>	6-12 years	9-12 hours per 24 hours (including naps)
<b>Teen</b>	13-18 years	8-10 hours per 24 hours
<b>Adult</b>	18-60 years	7 or more hours per night

# How to sleep better



**Step 1**



**Step 2**

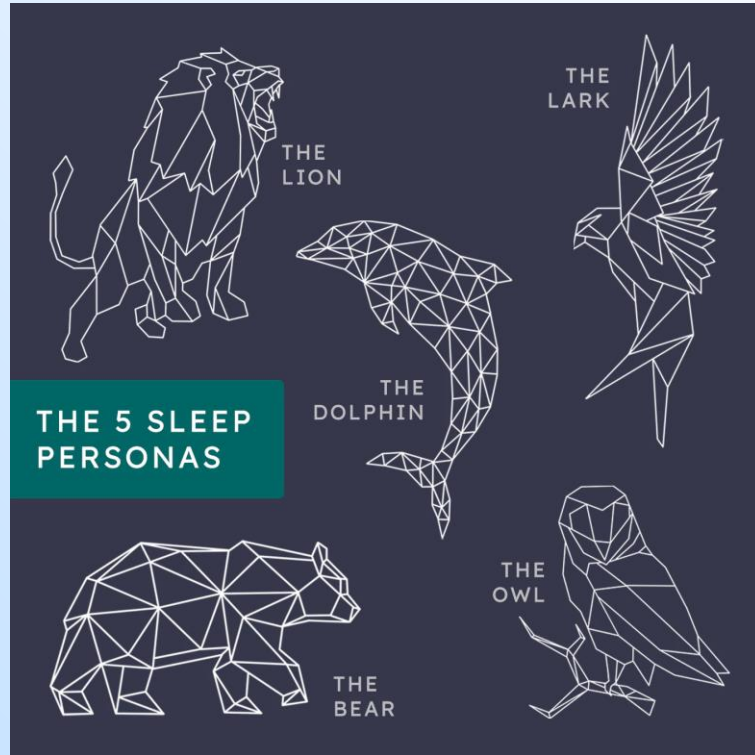


**Step 3**



**Step 4**

# Personas



# Personas

- <https://www.dailymail.co.uk/femail/article-8838643/New-quiz-reveals-sleep-persona-provides-expert-tips-improve-slumber.html>



**Thanks!**

