



Sphere

Yiying Pan

Keep life light



9:41



Heavy Mode

See all >



15:00

Data

Setting

STUDY

9:41



Start!

25:00

During this time
I want:



25:00

During this time
I want:



Light Mode

See all >



9:41



Heavy Mode

MUSIC

15:00

9:41



Heavy Mode

MUSIC

15:00

Research

1 Similar Apps



Forest



Focus Noodles



FocusPomo



2 User Group

21-34



College students
or
Working professionals

3 Interview



I conducted interviews with over 40 smartphone users online, asking them about any time-wasting behaviors they experience in their daily use of smartphones. The following keywords were obtained:

Repetitive Checking
Gaming

Short Videos

Shopping

Photo Editing

Social media

In addition, I interviewed users who had experience using these apps about their usage experiences.

"I only use this type of software before exams or when I have important work, so it doesn't really help me manage my daily overuse of the phone."

4 Persona



Alex 23 Student



Sarah 29 Staff

Feature

Good at using digital devices and has plenty of free time. Open to new things, which leads to an interest in learning various skills, but most of the time is spent on short videos.

Habits

Likes staying up late, uses time management apps for studying before exams, and spends over seven hours a day on their phone.

Pain point

Although time management apps are indeed needed, they tend to extend their breaks by getting absorbed in short videos, which disrupts their plans.

Need

Reduce phone usage and focus on learning the skills he want to acquire.

Busy with work and values relaxation time. Usually spends breaks on the phone, but the more they use it, the more exhausted they feel. They want to do something else to relax but can't resist scrolling through social media.

Likes staying up late, uses time management apps for studying before exams, and spends over seven hours a day on their phone.

They use time management apps while working, but opening the app makes them feel like they have to start working, which creates some resistance.

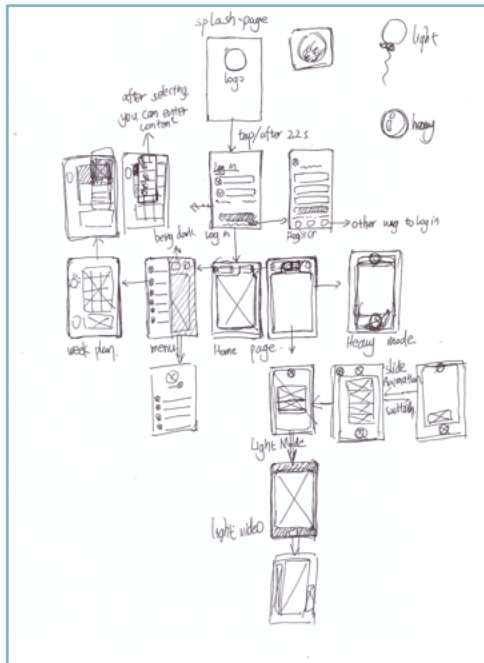
Minimize the phone's impact on planned schedules and use break times to accomplish more activities.

5 USP

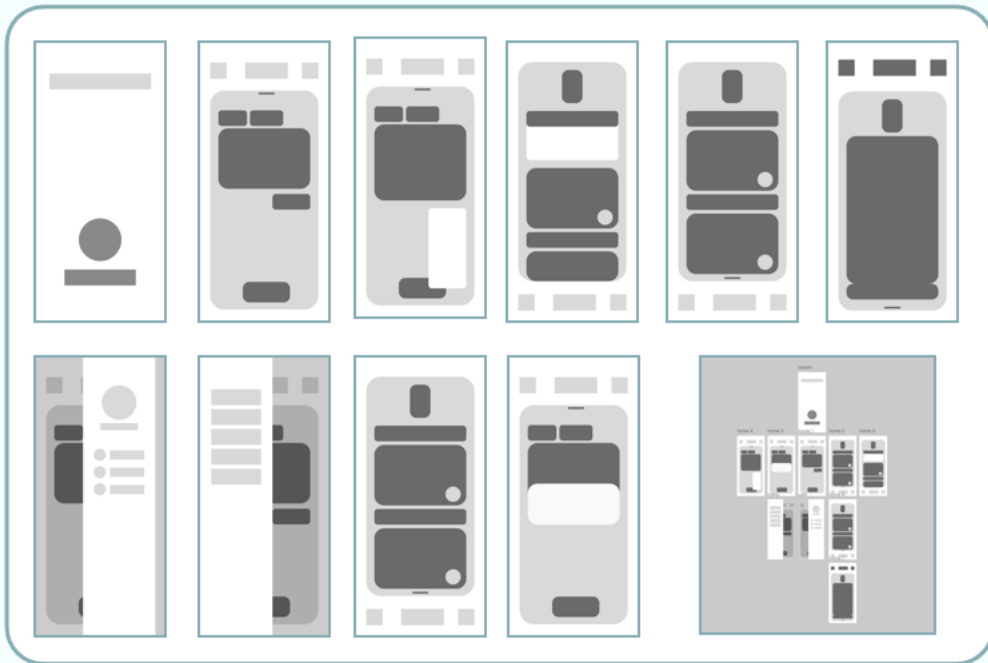
An app that can be used daily* to reduce phone addiction.

* (Time other than focusing on studying or working.)

Low-Fi



Sketch



Low Fi & Figma

High-Fidelity

#F5FFFA

#2C80AA

#FFF2F2

#D92822

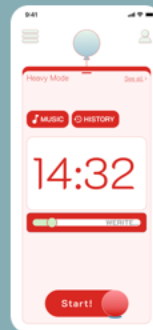
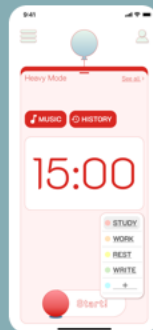
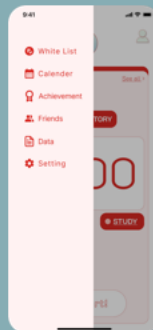
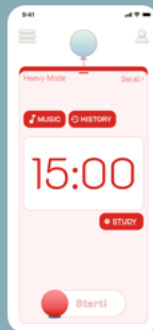
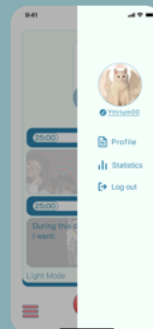
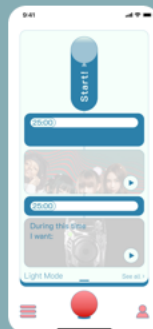
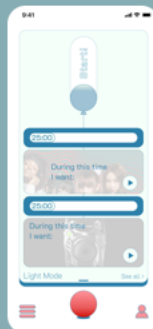
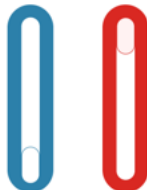
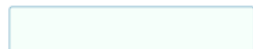
K2D Font testing

K2D Font testing

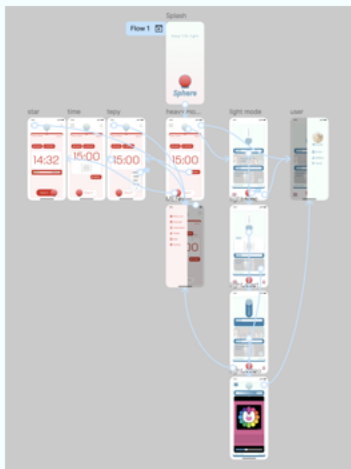
K2D Font testing

K2D Font testing

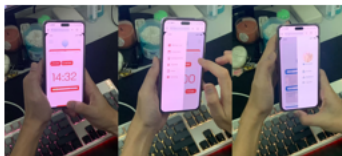
Sphere
Sphere



Testing & Feedback

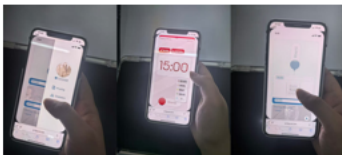


Initial Prototype



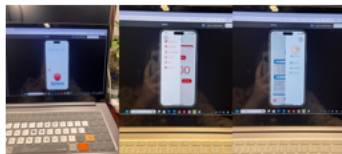
Tester A

"I really like the feeling of switching between the two modes, but it seems that the menus for both the light mode and heavy mode are not particularly complete."



Tester B

"The notification for successfully setting the clock is not very noticeable. Additionally, I hope a new method for switching videos can be designed to replace the swipe-to-switch feature, as it feels too addictive."



Tester C

"I hope there could be more options for leisure time in light mode. Sometimes, I don't just want to watch videos."

