

# SleepWell

## A SLEEP SUPPORT ALEXA SKILL FOR CHILDREN WITH ARTHRITIS

**300,000**

estimated number of children in the U.S. with arthritis

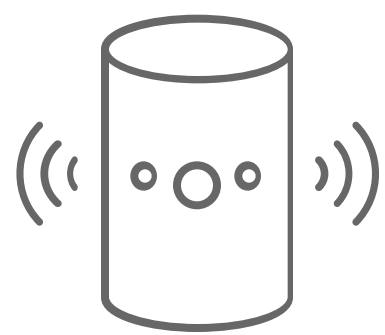
**>20%**

percentage of children with arthritis affected by sleep deficiency

**60,000+**

potential number of children that could benefit from SleepWell

### SleepWell Features



#### SOOTHING SOUND + MUSIC LIBRARY

"I'm having trouble falling asleep... Alexa, play ocean sounds."



#### TOOLS FOR DEVELOPING HEALTHY SLEEP HABITS

"I need a better routine... Alexa, set a 9pm bedtime reminder"



#### GUIDANCE FOR RELAXATION TECHNIQUES

"My mind can't stop racing... Alexa, help me meditate."

### User-Centered Research + Design Process

