Shift workers run on a different schedule than most people. 60% of these workers suffer from health issues and endure poor sleep quality to provide 24/7 coverage of positions critical to public health and safety.

We had the opportunity to work with Philips Healthcare and a special research group at the Monash Institute of Cognitive and Clinical Neurosciences to create an app for a national sleep study in Australia aimed at helping shift workers find solutions for their schedule related challenges.
The Zest mobile app helps shift workers manage their schedule, work towards personal goals, and recover faster.

The Level 11 team leveraged insights provided by our partnership with the Monash Institute of Cognitive and Clinical Neurosciences sleep study to get a deeper understanding of the problem space and pain points afflicting shift workers.

75% of shift workers felt they had little control over their sleep routines, while 25% were skeptical that any solution could be found to provide long term relief.
CASE STUDY

Designed to be low friction, the app gives users quick access to key functions.

We integrated health center data from iOS in order to provide users with an automatic sleep score right on the home page in conjunction with key activities, tips and sleep guidance.

The Calendar was designed to easily enable shift workers to enter their work schedules and see integrated third party calendars. The sleep button allowed for easy tracking of sleep times and sleep-wake algorithm factors.
CASE STUDY

Through the Zest app shift workers are empowered to change their behavior and improve their quality of life.

Users are provided personalized, clinically validated sleep and wellness coaching modeled around their schedule and self-defined goals.

[https://vimeo.com/329469989/f5e1d6bd42](https://vimeo.com/329469989/f5e1d6bd42)

SERVICES: UX | UI (Philips Branded) | FE DEV | BE DEV

52% INCREASE IN RECOVERY
81% SLEEP QUALITY IMPROVEMENT
67% SUCCESSFUL BEHAVIOR CHANGE
82% OF USERS EASILY ADDED APP TO DAILY ROUTINES