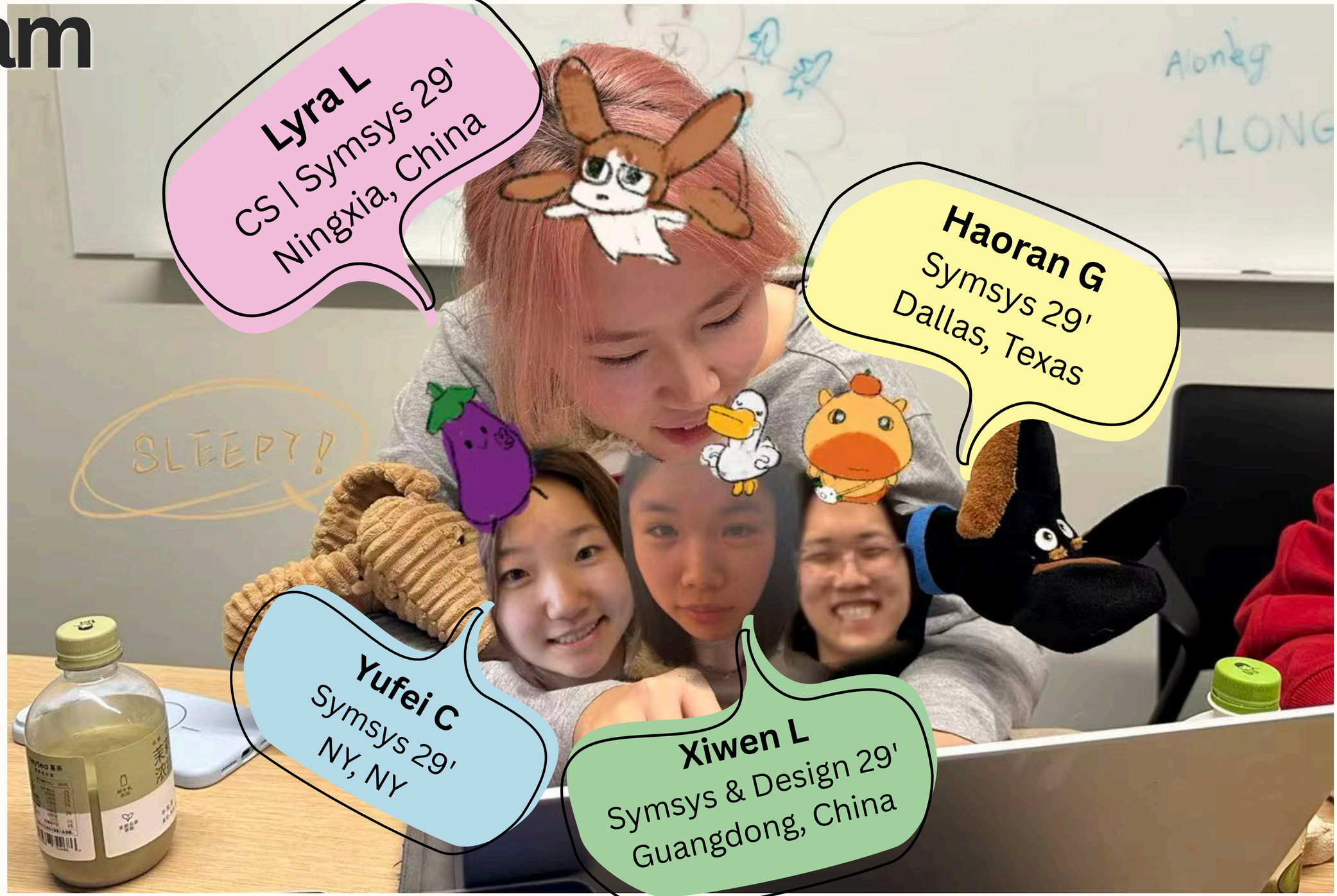


Virtual companions to make hard days feel less lonely.

Xiwen L, Yufei C, Lyra L, Haoran G

Our Team


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CS | Symsys 29'
Ningxia, China
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NY, NY
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Symsys & Design 29'
Guangdong, China
SLEEPY!
Along
ALONG

Problem / Solution Overview

PRIMARY USERS

ALONG supports people coping with the loss of a loved one or pet, or with a loved one's serious illness.

THE PROBLEM

Loneliness and low motivation can make everyday activities, such as going outside or eating a meal, difficult to begin.

OUR SOLUTION

ALONG uses AR to bring a virtual animal companion into users' surroundings through a phone or compatible headset, offering gentle, skippable invitations to everyday activities and companionship at their own pace.

Outline of talk

01 Sketching explorations

02 Selected interface & rationale

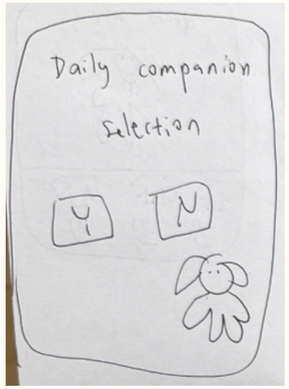
03 Low-fi prototype construction & task flows

04 Testing methodology & usability goals

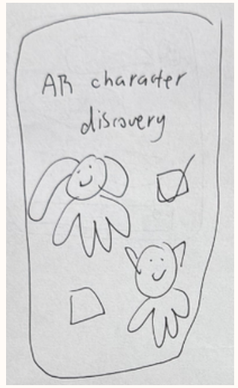
05 Testing results & goal assessment

06 Discussion & next design changes

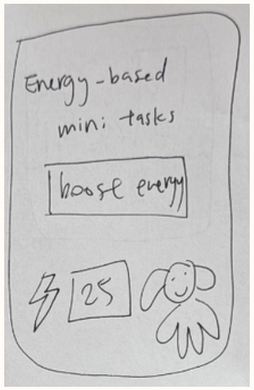
ALONG · Paper Sketches



01



02



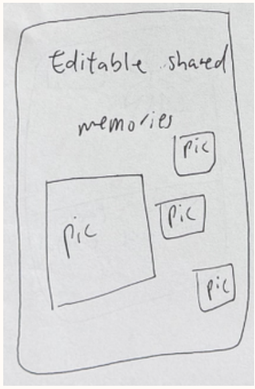
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04



05



06



07



08



09



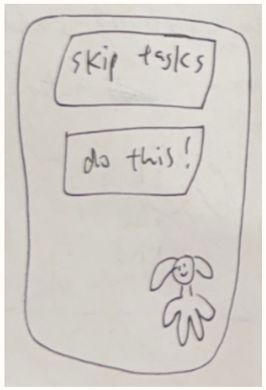
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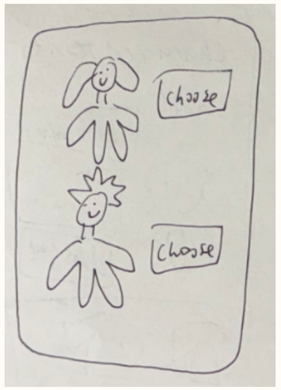
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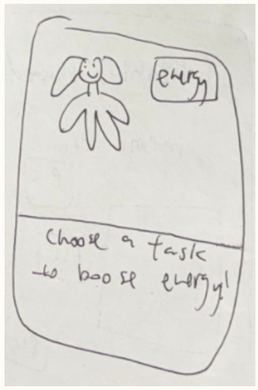
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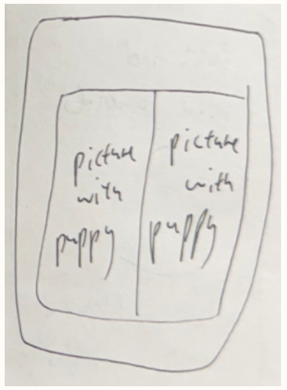
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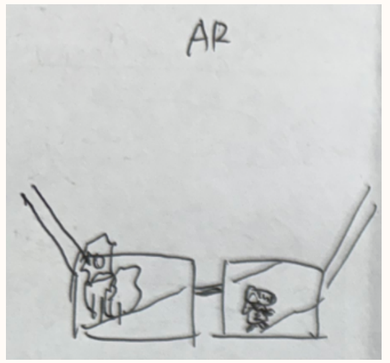
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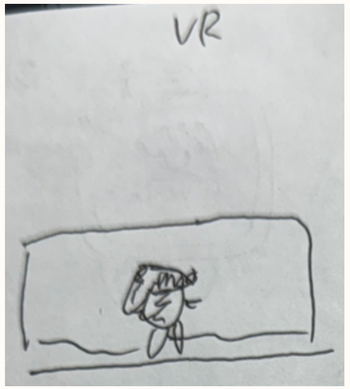
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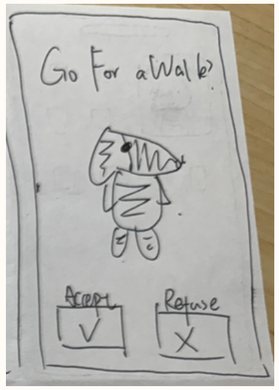


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ALONG · Paper Sketches



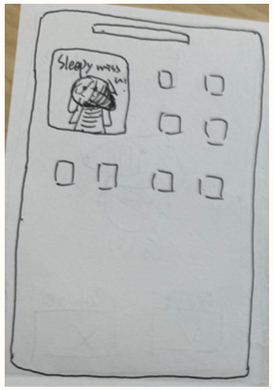
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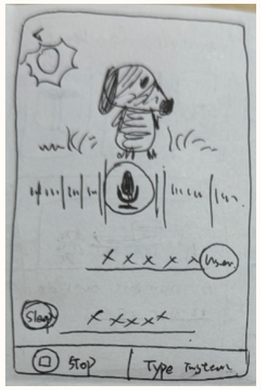
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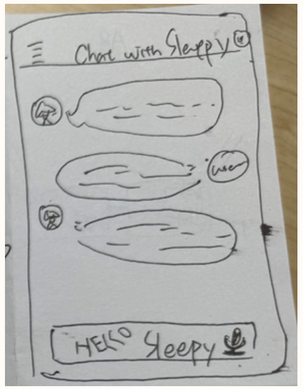
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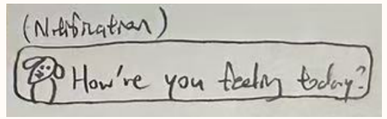
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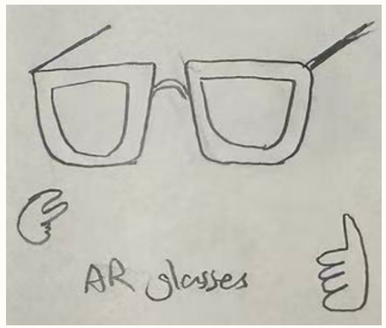
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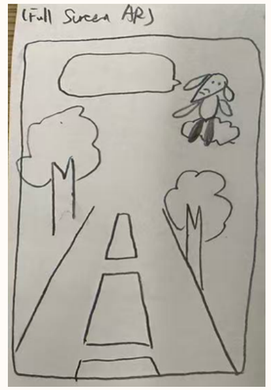
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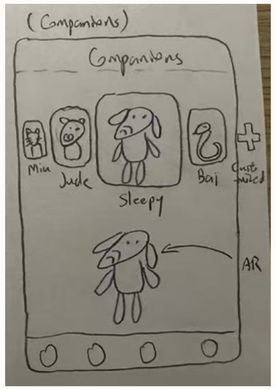
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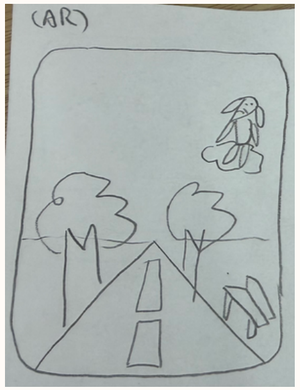
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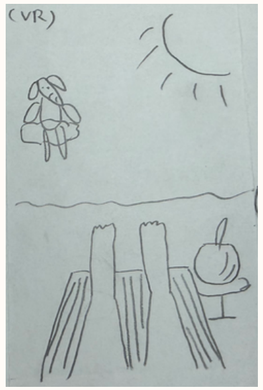
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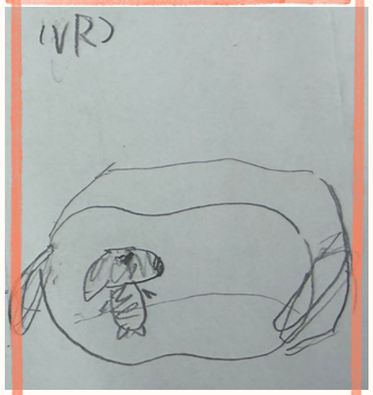
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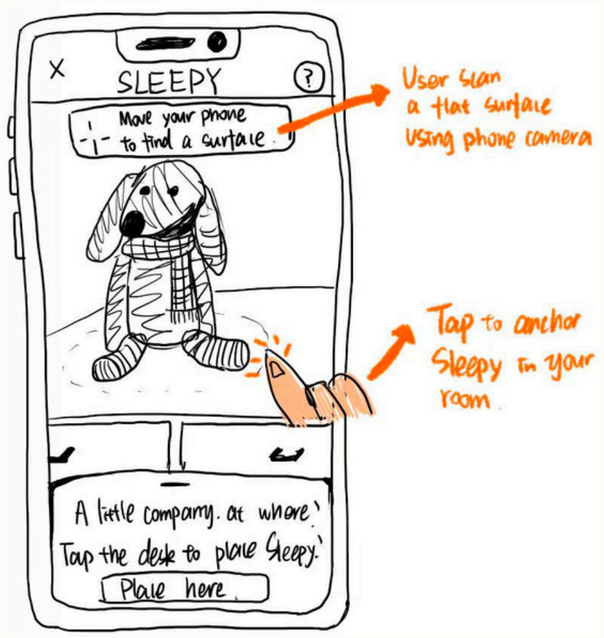
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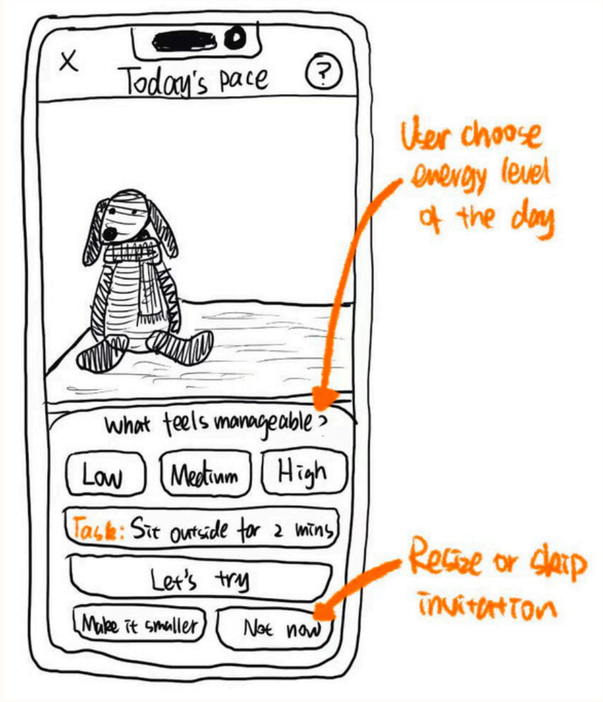


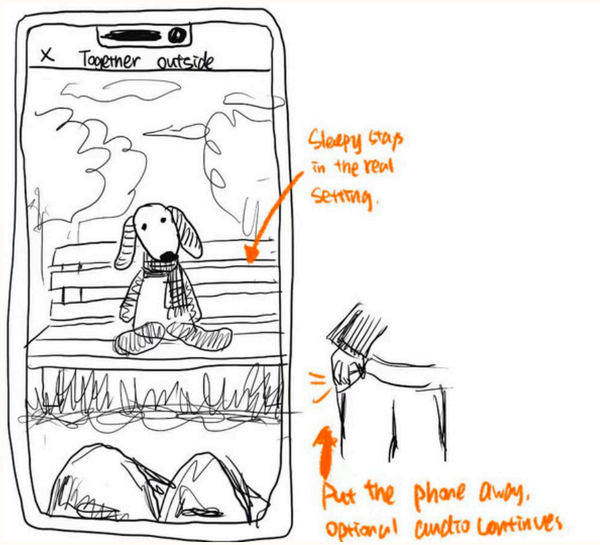
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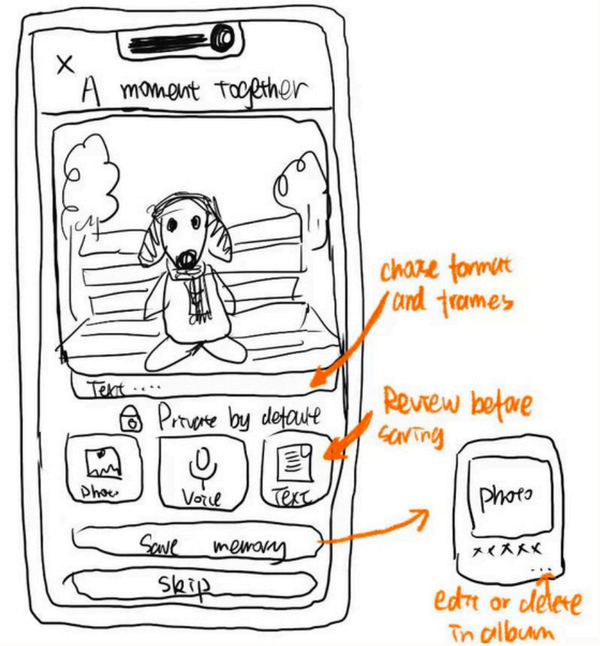
A. Mobile AR

A companion in the user’s real surroundings, controlled through touch and optional voice.









01 Place the companion

Scan a flat surface, then tap to anchor Sleepy in the room.

02 Set today’s pace

Choose an energy level. Accept, reduce or skip a small activity.

03 Spend time together

See Sleepy in the real setting. Put the phone away for optional audio.

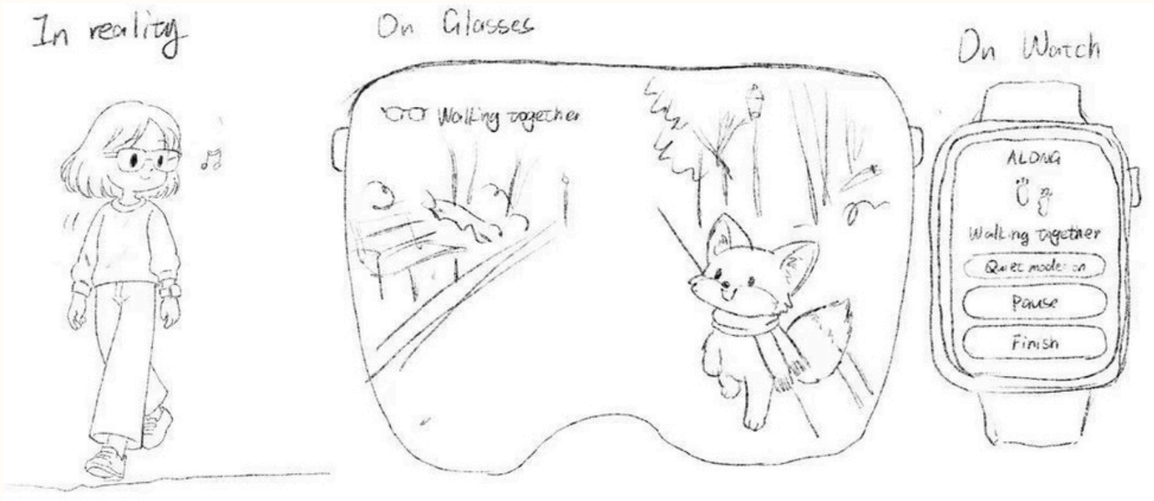
04 Keep a memory

Choose photo, voice or text. Review and save privately, or skip.

B. AR+Watch

A companion in your real surroundings, with simple controls on your watch.





01 Receive an invitation

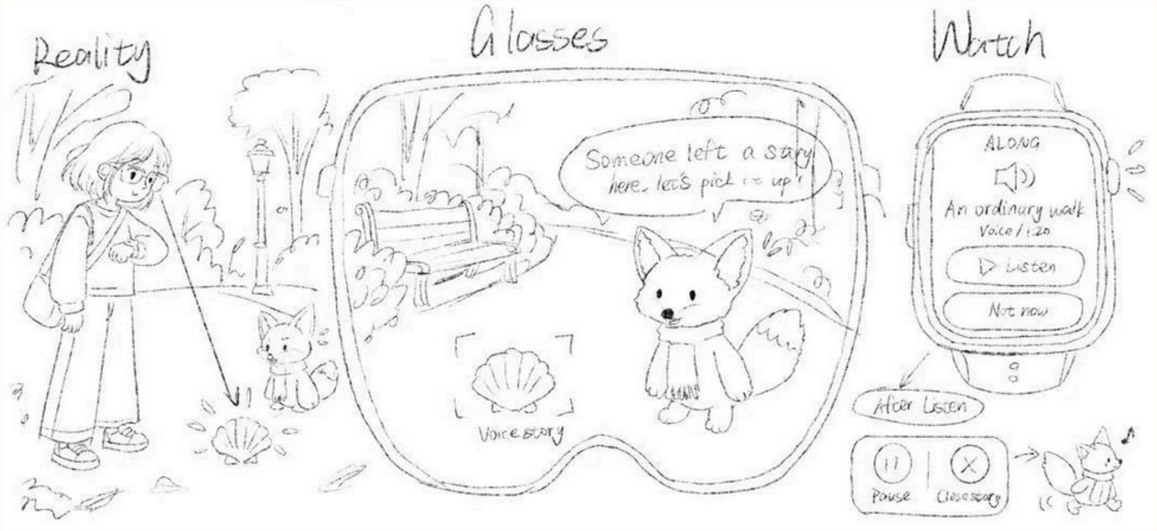
Call and place your companion using the watch. It invites you on a short walk. Choose Let’s go or Not now.

02 Take a walk together

See your companion beside you through the glasses. Use the watch to choose quiet mode, pause or finish whenever you like.

B. AR+Watch

Discover shared stories and keep your own thoughts, at your own pace.



03 Find a shared story

Find a story inside a virtual shell. Choose Listen or Not now on your watch. You can pause or close the story at any time.



04 Keep a voice memory

Choose Record or Not now when your companion asks. Stop and play back your recording, then save it privately or discard it.

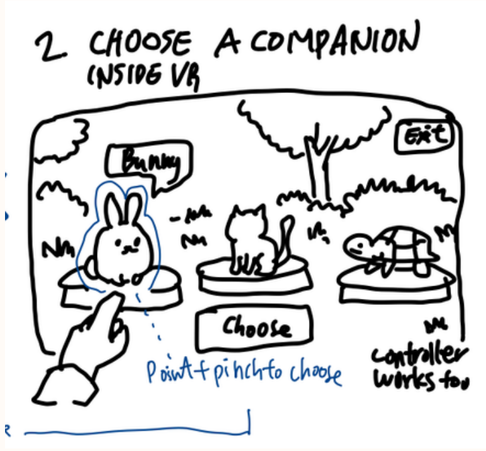
C. VR

A quiet virtual space with a chosen companion, followed by an optional small action in real life.



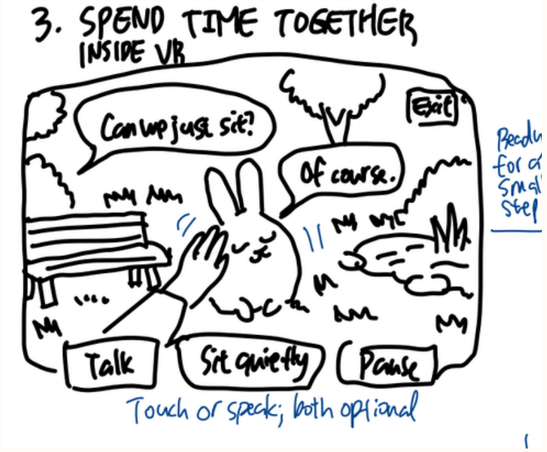
01 Enter a quiet space

Enter when ready using the controller.



02 Choose a companion

Point and pinch to select. A controller also works.



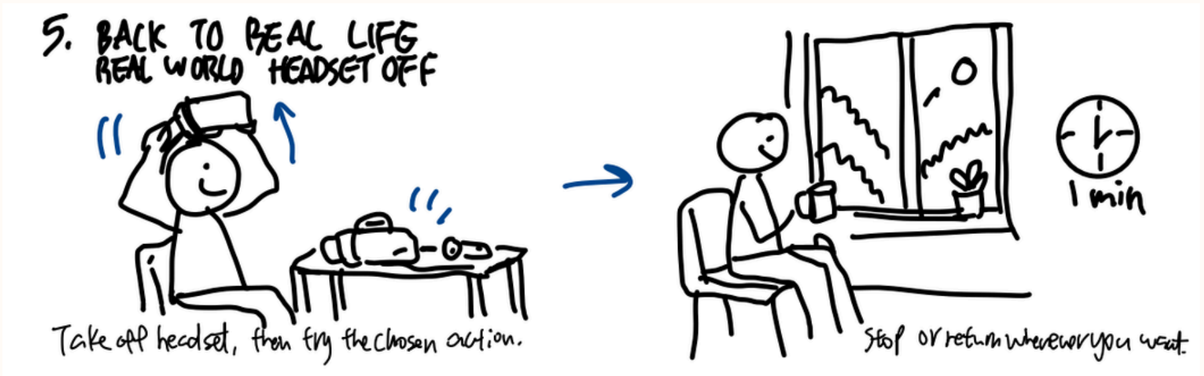
03 Spend time together

Talk, sit quietly or pause. Speaking is optional.



04 Pick one small step

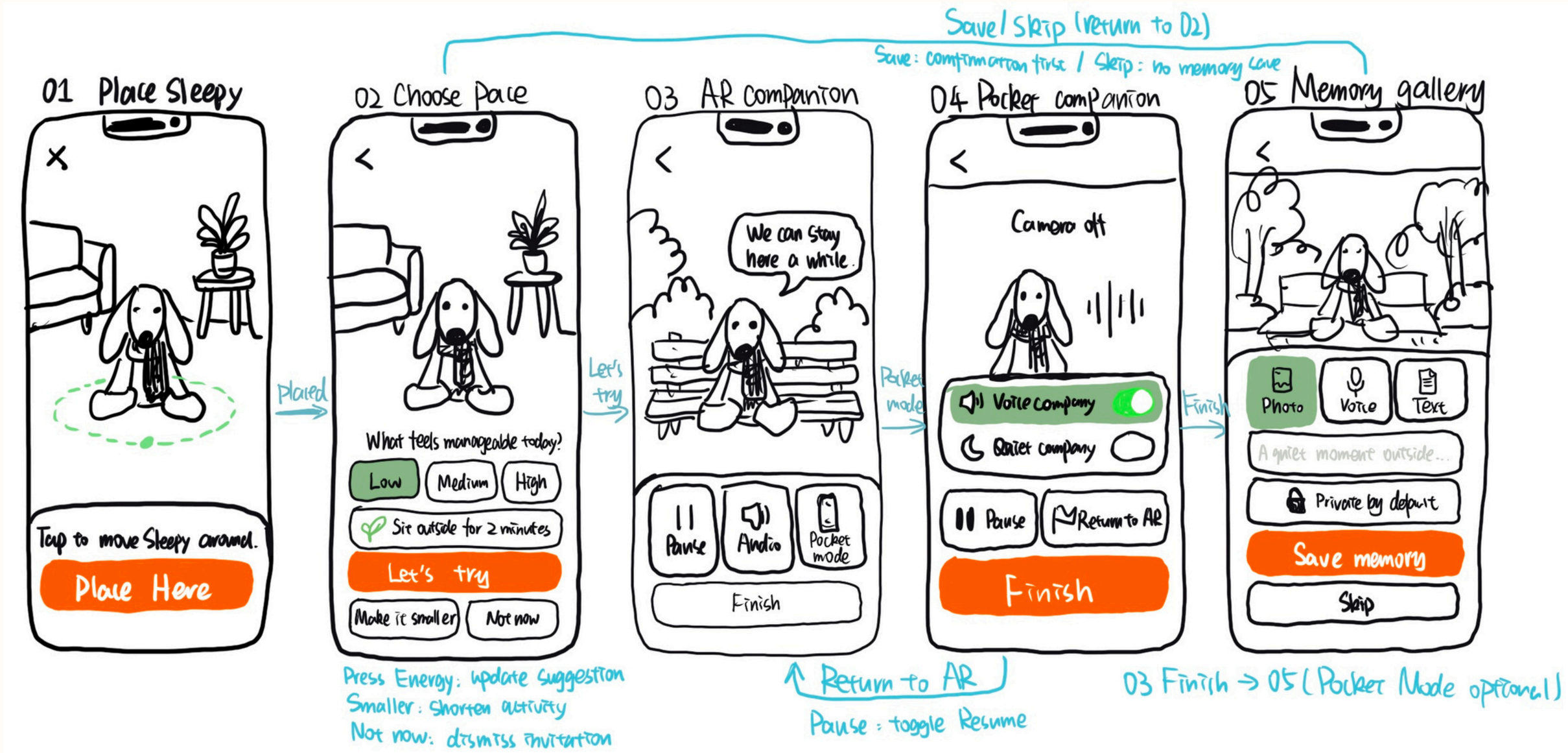
Choose an activity and duration. Change it or select “Not now.”



05 Return to real life

ALONG / Mobile AR — 5 Key Screens

Place Sleepy → Choose pace → AR companionship → Optional pocket mode → Save a memory



AR+Watch: 5 KEY STATES

01 PLACE



ALONG

Surface found

Look to position

Place here

Cancel

Look to position the preview.
Place here confirms
Cancel returns Home

Place here →

02 INVITATION



ALONG

A little walk

About 5minutes

Let's go

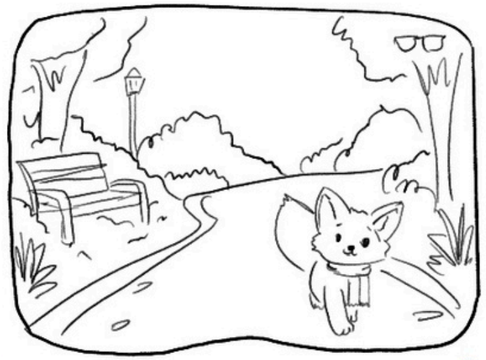
Make it shorter

Not now

Shorter changes the duration
Not now keeps quiet company
No activity starts automatically

Let's go →

03 WALK



ALONG

Walking together

Quiet mode: on

Pause

Finish

Pause changes to Resume
Quiet mode stops spoken prompts.
Finish opens 05

Story →

04 STORY optional



ALONG

An ordinary walk

Voice / 1:20

Listen

Not now

Looking only highlights a story
Tap Listen to start playback
Not now / Close story returns 03

← Return to 03

05 REMEMBER



ALONG

Keep a thought?

Only you

Record

Not now

Record → Stop → review
Save privately or Discard.
Not now finishes without recording

Finish: 03 → 05

A. Mobile AR: Pros & Cons

Pros

1. Small, manageable steps
Short activities and “Make it smaller” make getting started feel achievable.

2. Real-world companionship
Sleepy appears in users’ surroundings. Optional audio lets them put the phone away.

Cons

1. Too many steps before starting
Scanning, placement, energy selection and confirmation add effort before a small activity.

2. Activity controls are unclear
Users may not know how to pause, finish or tell when the activity ends.

B. AR Glasses + Watch: Pros & Cons

Pros

1. Hands-free companionship
Sleepy stays in view during a walk without holding up a phone.

2. Controls stay within reach
Quiet mode, Pause and Finish remain available on the watch.

Cons

1. Higher equipment barrier
Compatible AR glasses and a smartwatch cost more than using a phone users already own.

2. More setup when energy is low
Wearing, charging and pairing two devices adds work before a small activity.

Why We Chose Mobile AR



01 Broader access, lower equipment cost

Users with a compatible smartphone can try ALONG without buying dedicated AR glasses and a smartwatch.

02 Less effort to get started

One device means fewer things to wear, charge and pair before a small self-care activity. For people who are experiencing grief, simpler is better.

03 Familiar, consistent controls

Touch, text and optional voice keep the interaction on one screen, rather than dividing it between glasses and a watch.

04 More room to review and edit

The phone screen gives activity choices, written messages and memory previews more space than watch controls.

Our trade-off

Glasses + watch offer hands-free AR. Mobile AR requires holding the phone; optional pocket audio reduces that burden.

Low-fi prototype construction

Reusable paper prototype

Hand-drew Home and the screens for our three tested task flows on paper.

Swapped **title/prompt strips** and **movable icons** instead of redrawing whole screens.

Placed **paper pop-ups** over base screens for dialogs and temporary states.

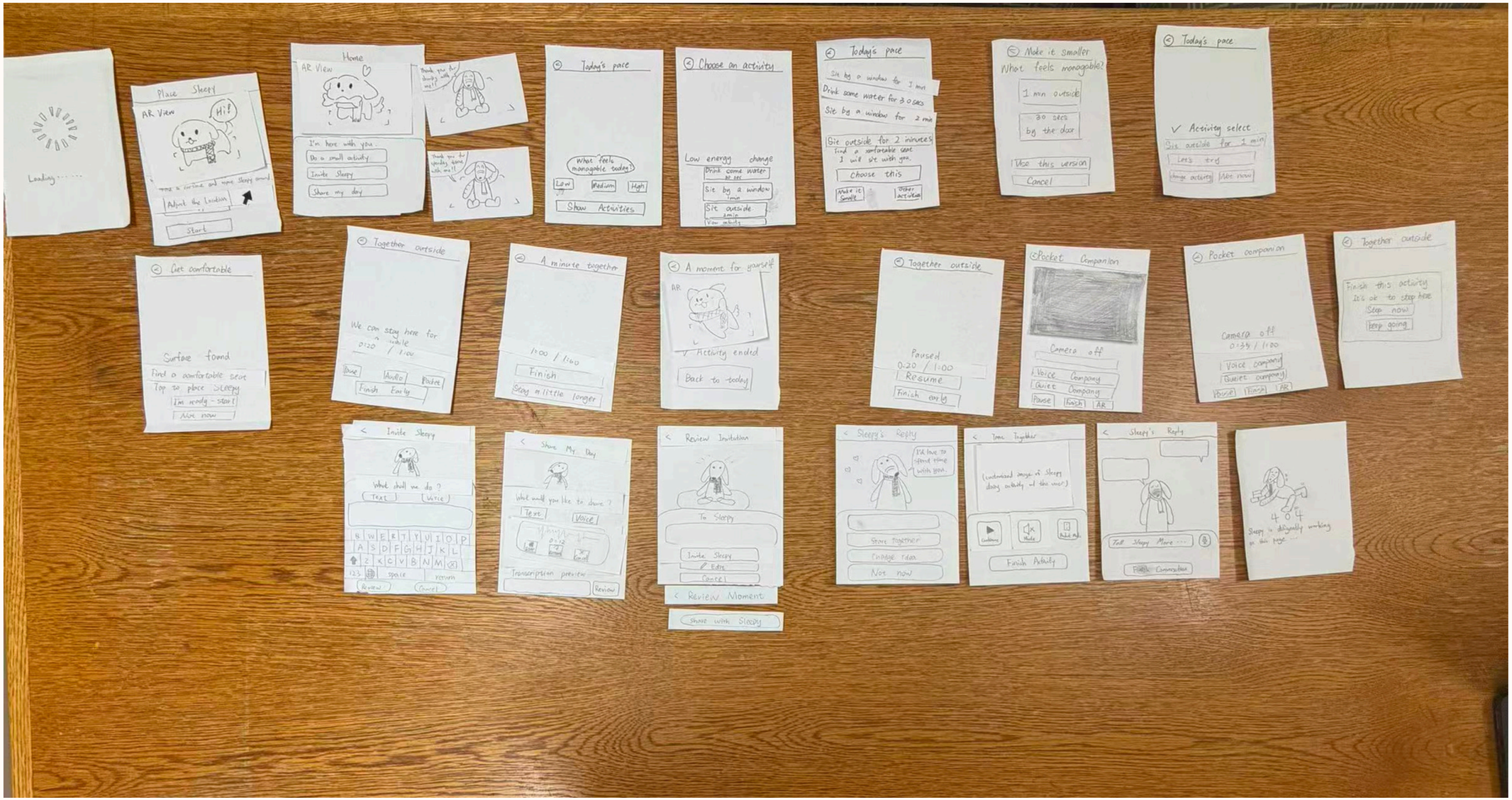
Simulating interaction

A teammate **acted as the computer**, placing screens and overlays after user actions.

Wrote users’ text or spoken input on **paper slips** for input and review screens.

Used **loading and under-construction** pages to represent waiting and unsupported paths.

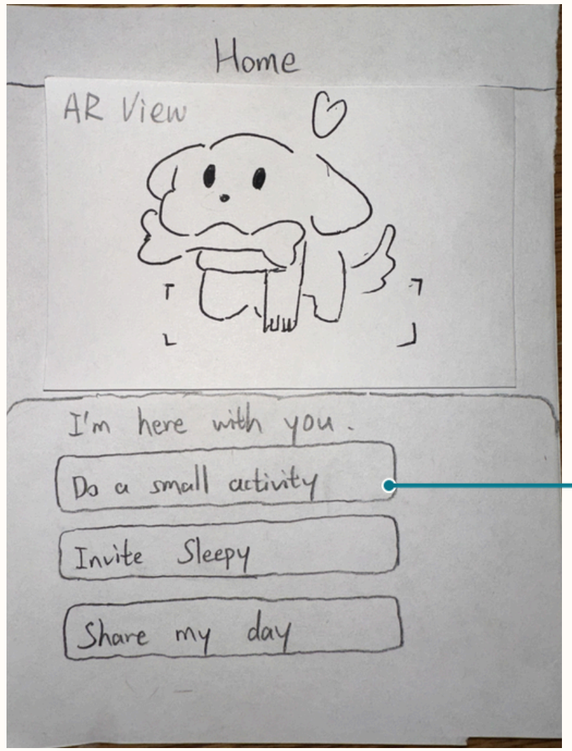
Paper prototype overview



TASK 1 / Choose a manageable activity

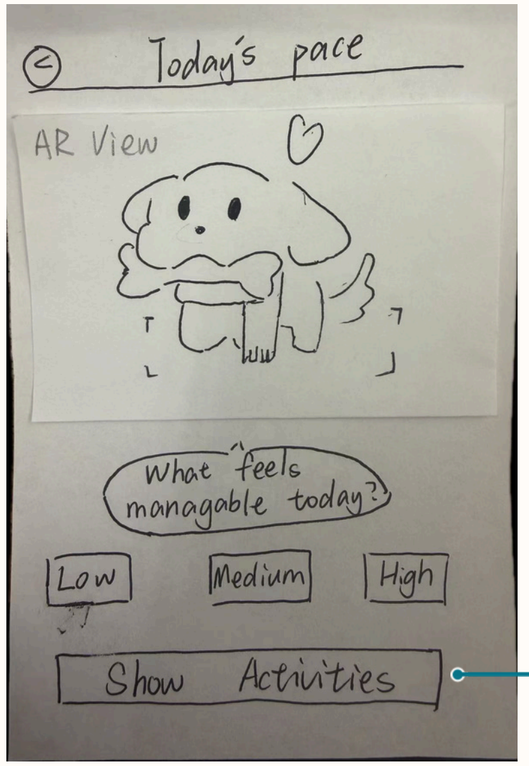
Start from Home, choose an energy level, then browse small activities.

H Home



Do a small activity

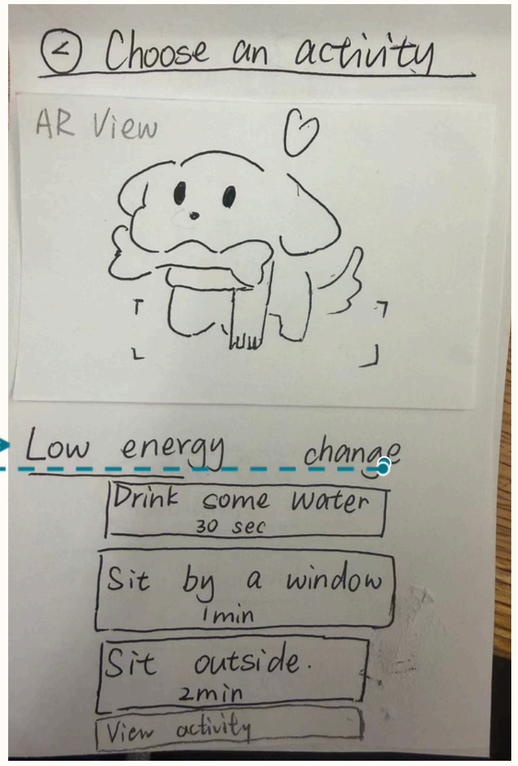
S1 Today's pace



Change: back to S1

Choose Low + Show Activities

S2 Activity list



Choose an entry

Do a small activity opens today's activity choices.

Set today's pace

Choose Low, Medium or High before showing activities.

Continue to S3

Select Sit outside, then tap View activity. Details on page 2.

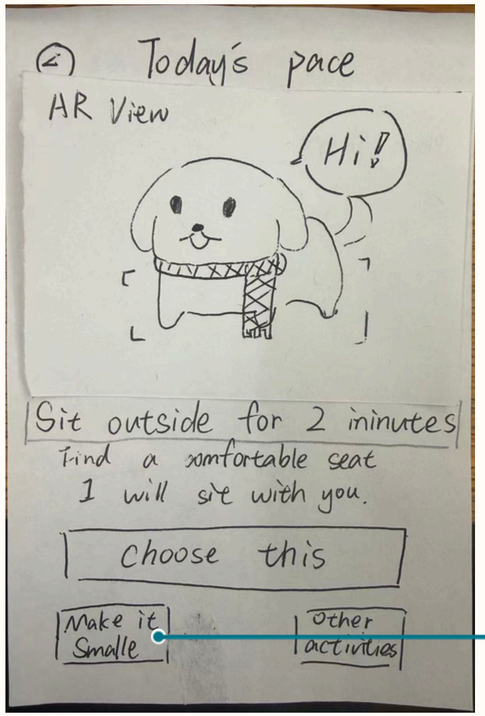
Shown example: Low energy. Invite Sleepy and Share my day are separate Home entries.

TASK 1 / Adjust and confirm

The illustrated route reduces the activity from two minutes to one minute.

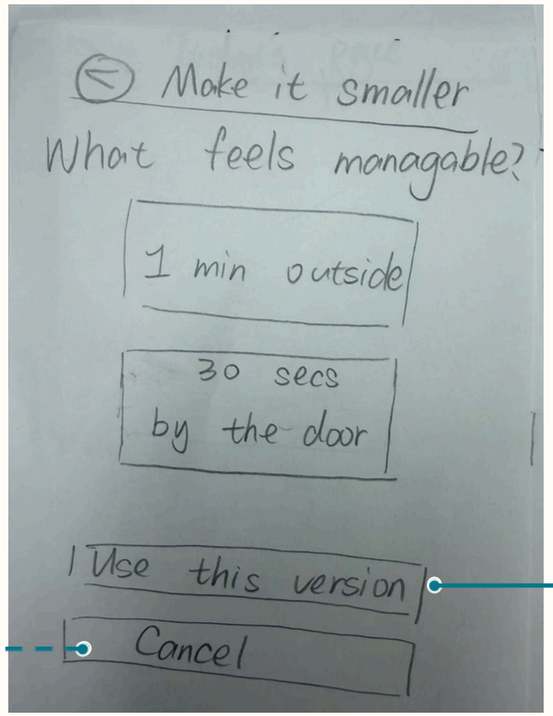
From S2: View activity

S3 Activity details



Make it smaller

S4 Make it smaller

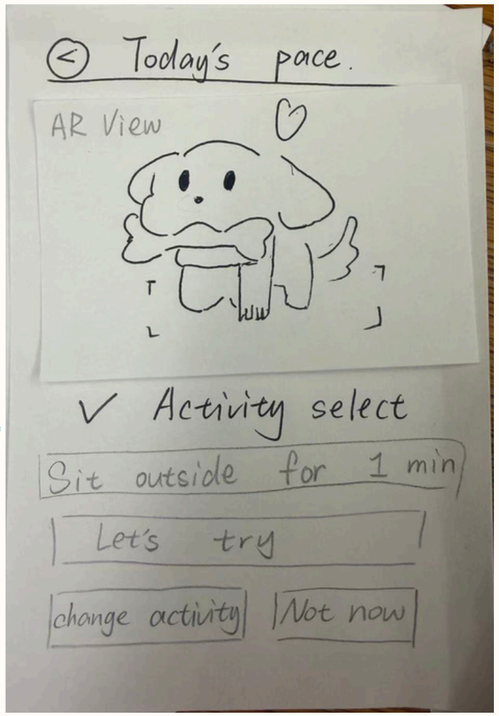


Cancel: back to S3

Choose 1 min + Use this version

Let's try opens M1 on page 3

S5 Activity selected



Review the activity

Other activities returns to S2.
Choose this keeps the original time.

Use a smaller version

Choose the duration first.
Cancel leaves the activity unchanged.

Start when ready

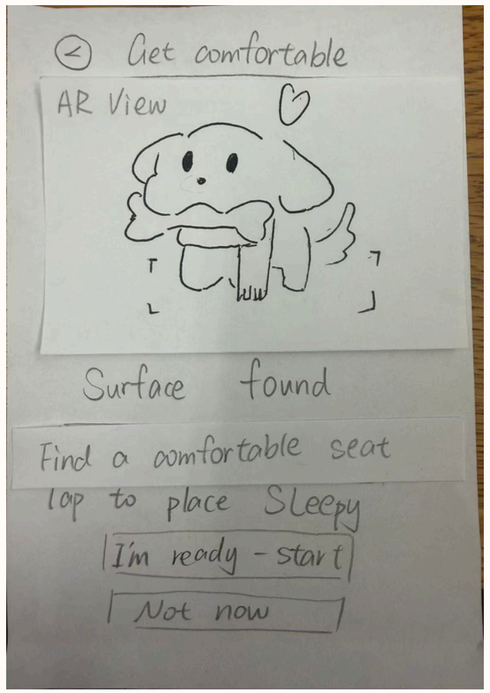
Change activity returns to S2.
Not now returns to Home.

Choose this skips S4 and keeps 2 minutes. The confirmation layout is the same, with the selected duration.

TASK 2 / Spend a minute together

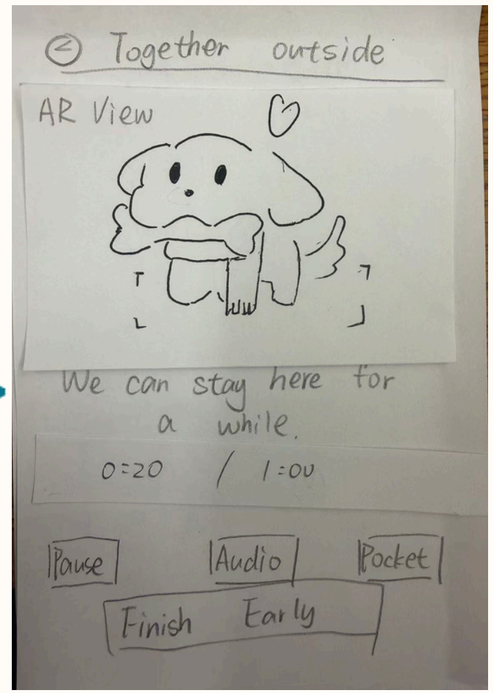
Start the chosen activity, stay with Sleepy, then choose when to finish.

M1 Get comfortable



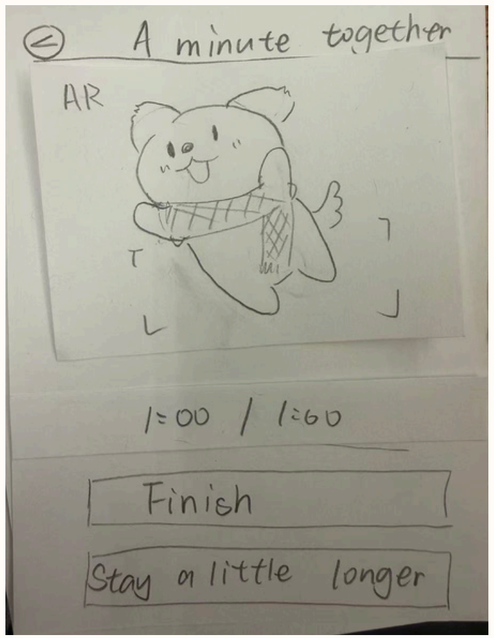
I'm ready – start

M2 In progress



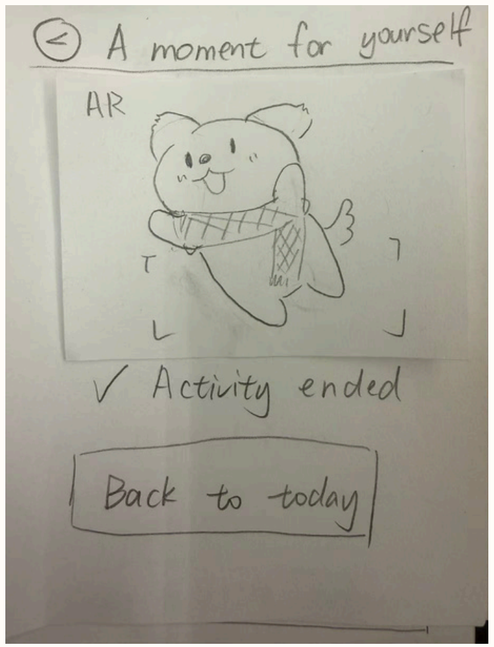
1 minute passes

M3 One minute passed



Finish

M4 Activity ended



Place Sleepy

Tap the AR area to position Sleepy.
Start after settling into a seat.
Not now: Home

Control the session

Pause, audio and camera mode can change during the activity.

Pause → B1 Pocket → B2

Choose whether to stop

Finish opens M4. Stay a little longer continues without a new limit.

Return to today

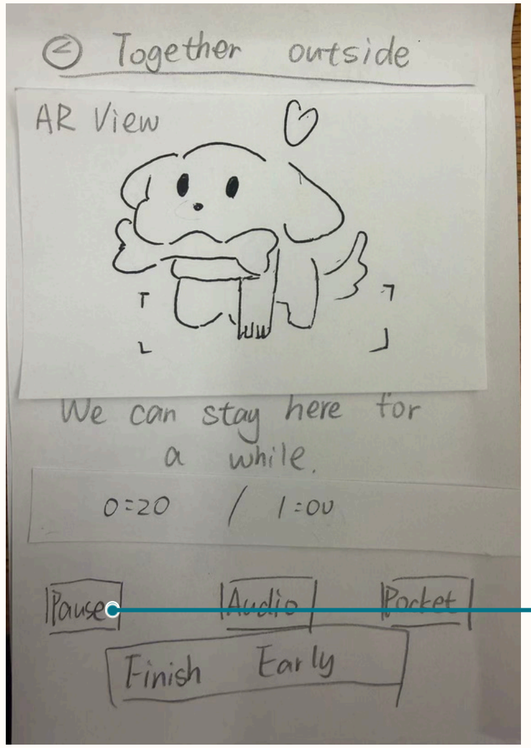
Back to today returns to S1 to choose another activity.

Pause, Pocket and Finish early branch from M2. Their complete paths appear on pages 4–6.

TASK 2 / Pause and resume

Pause freezes the elapsed time. Resume continues the same activity.

M2 Activity running



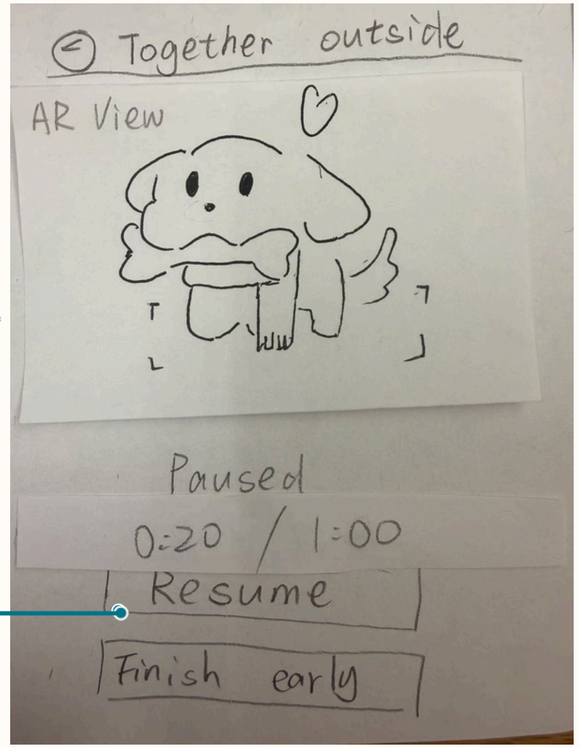
Tap Pause

0:20 stays 0:20

The timer does not reset.

Tap Resume

B1 Activity paused



While running

Pause changes the screen to B1.
Audio toggles sound in place.

While paused

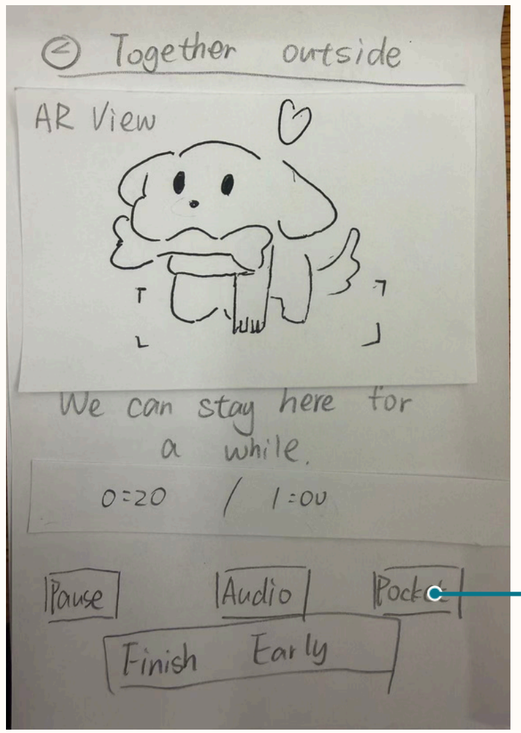
Resume returns to M2.
Finish early opens B4 on page 6.

B1 is the AR pause screen. Pausing in Pocket keeps the Pocket screen and swaps Pause for Resume.

TASK 2 / Pocket companion

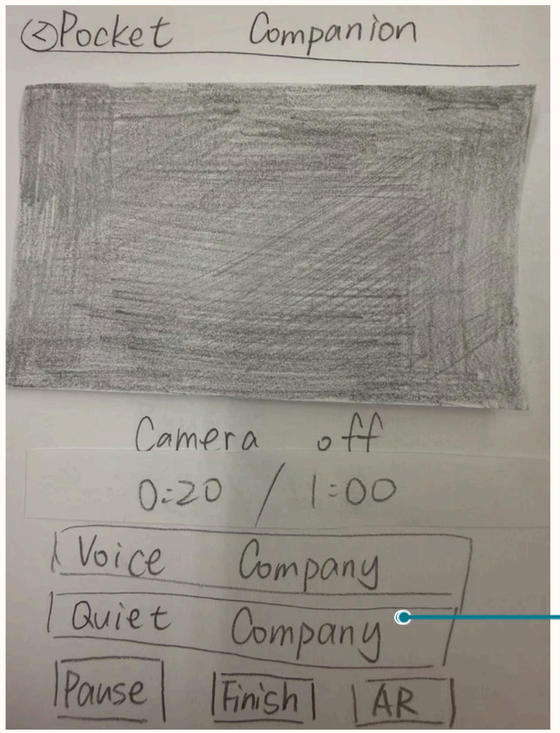
Switch off the camera and choose voice or quiet company while the activity continues.

M2 AR company



Tap Pocket

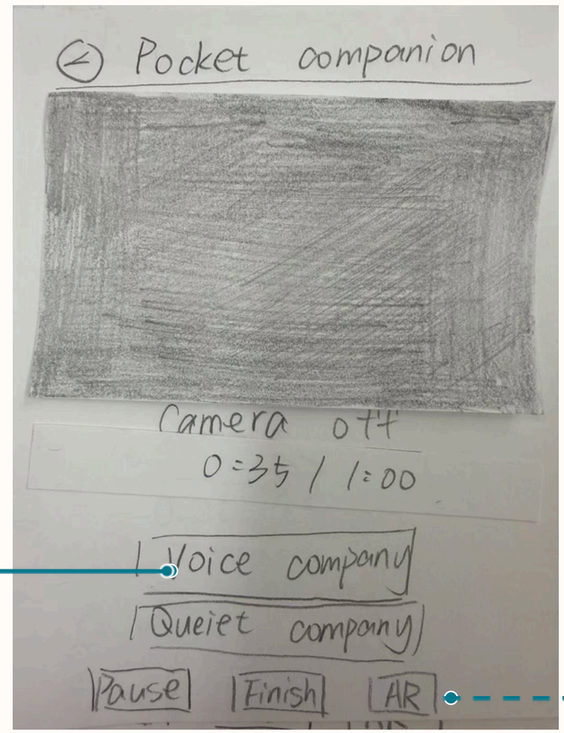
B2 Voice company



Tap Quiet company

Tap Voice company

B3 Quiet company



AR: return to M2 from either Pocket mode

Keep the same activity

Pocket turns the camera off.
The timer keeps running.

Voice company

Hear optional spoken prompts.
Switch to Quiet whenever needed.

Quiet company

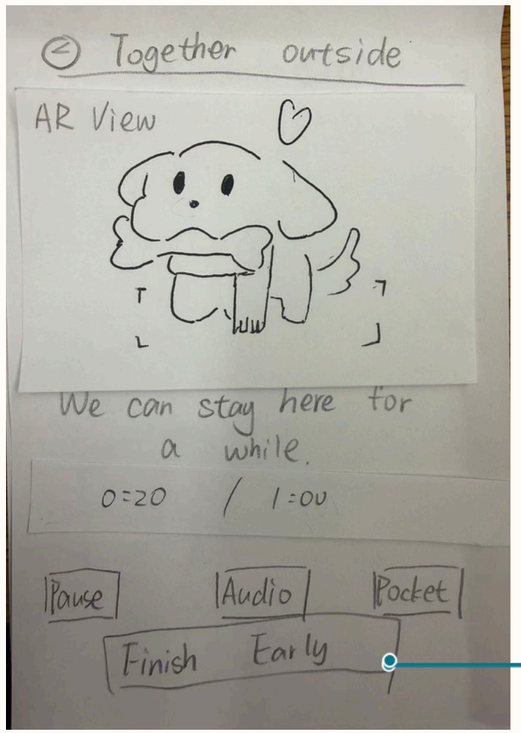
Spoken prompts stop. The time shown reflects continued activity.

Pocket Pause freezes time in place. Pocket Finish opens B4. The AR button restores the camera without resetting time.

TASK 2 / Finish early

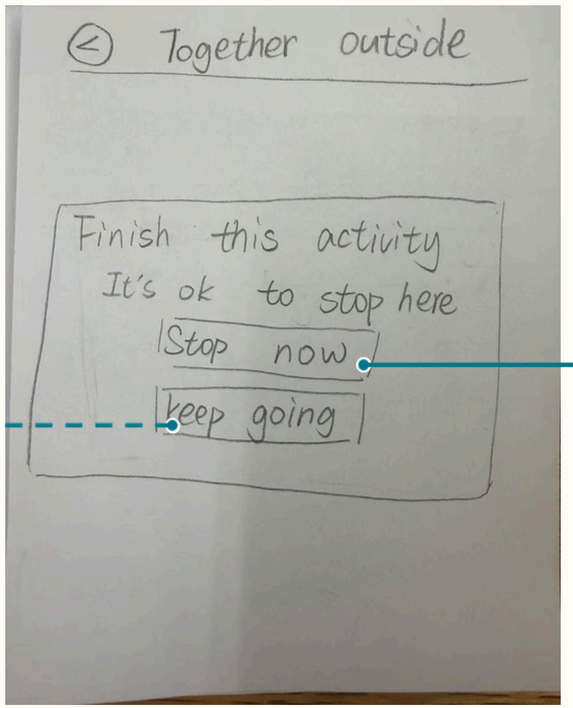
The confirmation lets the user stop or return to the activity they were doing.

M2 Before finishing



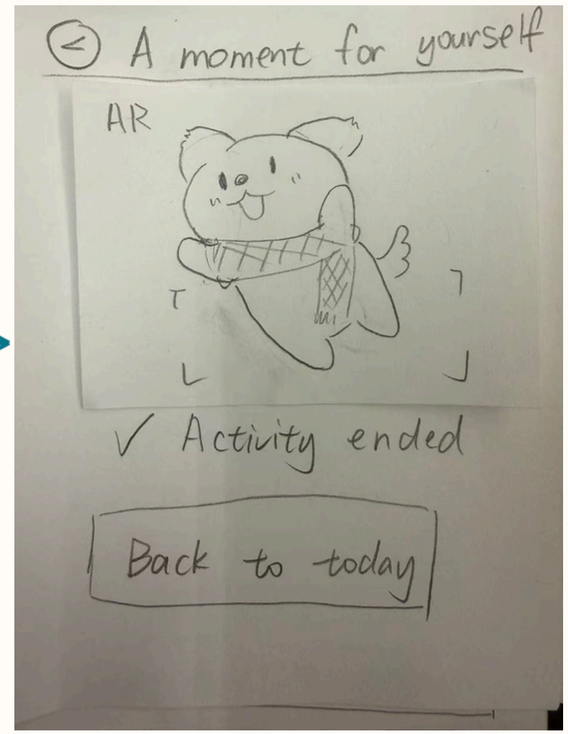
Tap
Finish early

B4 Finish confirmation



Tap Stop now

M4 Activity ended



Keep going: return to M2 in this example

Request to finish

Open the dialog before ending an unfinished activity.

Choose the outcome

Stop now ends this activity.
Keep going dismisses the dialog.

Session closed

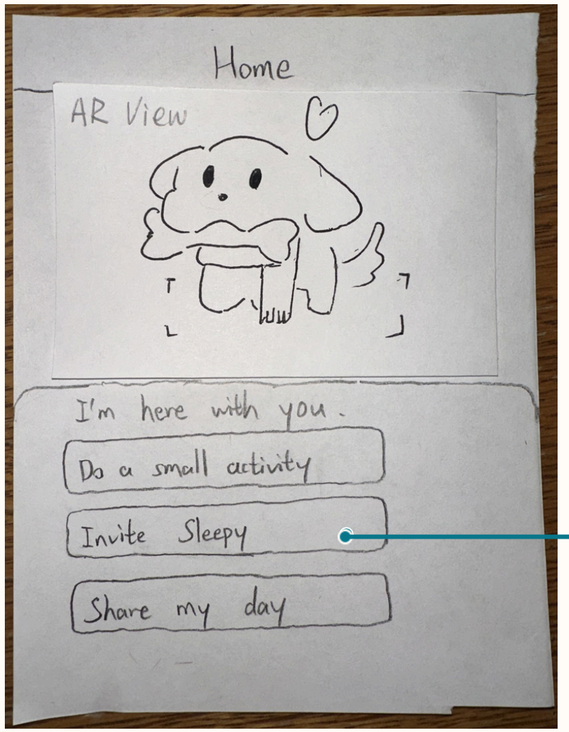
The timer ends. Back to today returns to S1.

B4 also opens from B1 Finish early or Pocket Finish. Keep going restores the originating mode and pause state.

TASK 3.1 / Invite Sleepy with text

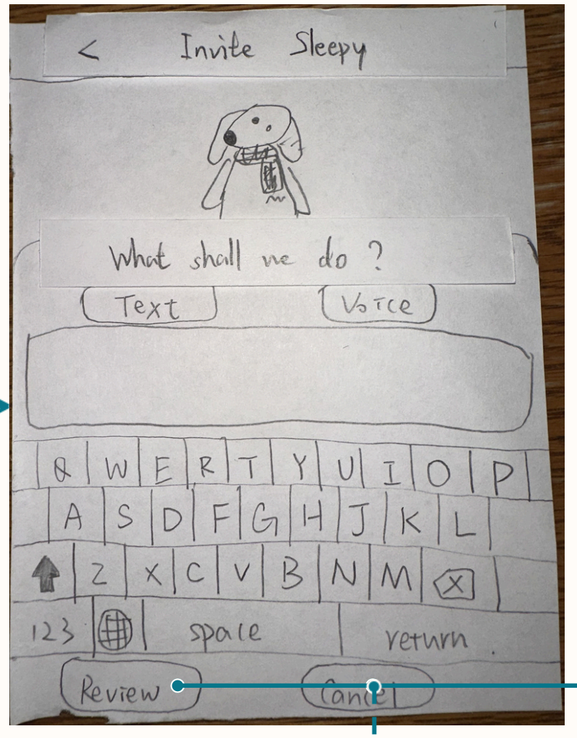
Home opens I2. Describe an activity, then review the invitation.

I1 Home (H2)



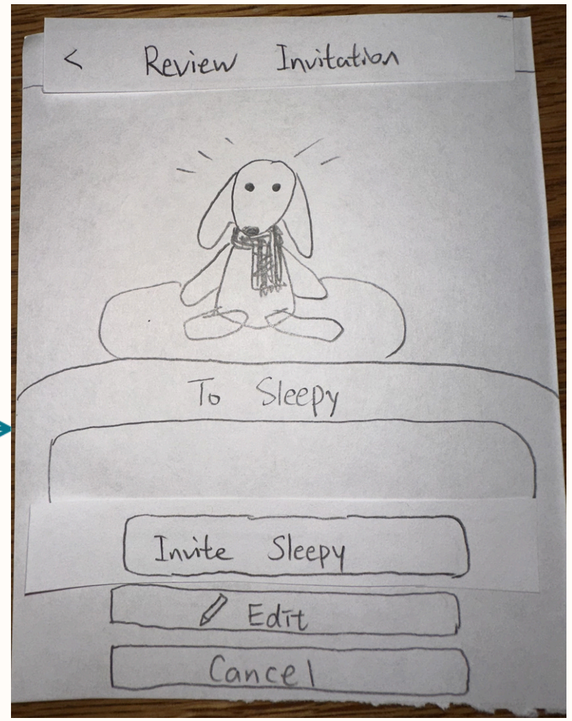
Invite Sleepy

I2 Text



Review

I3 Review Invitation



Cancel: back to H2

Open an invitation

Invite Sleepy opens the input screen.

Write an idea

Use Text, or select the Voice tab for the route on page 2.

Check before sending

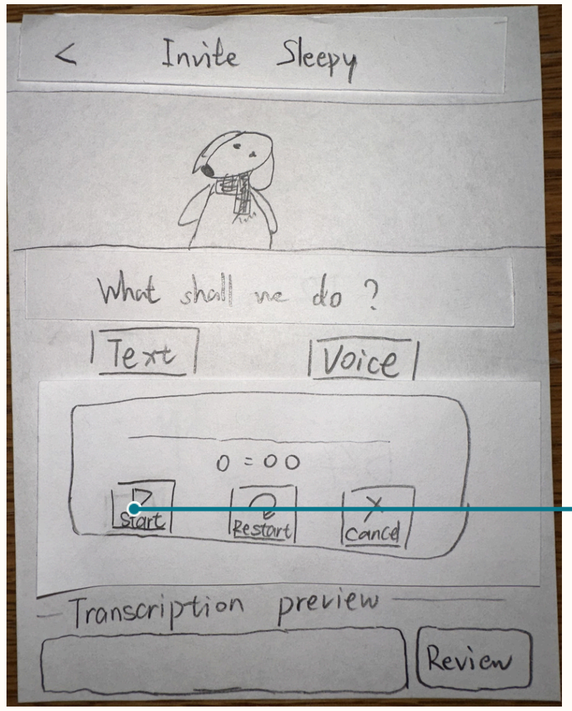
Invite Sleepy continues to I4.
See page 3 for the next steps.

Text and Voice are parallel input choices. The Voice route appears on page 2.

TASK 3.1 / Invite Sleepy with voice

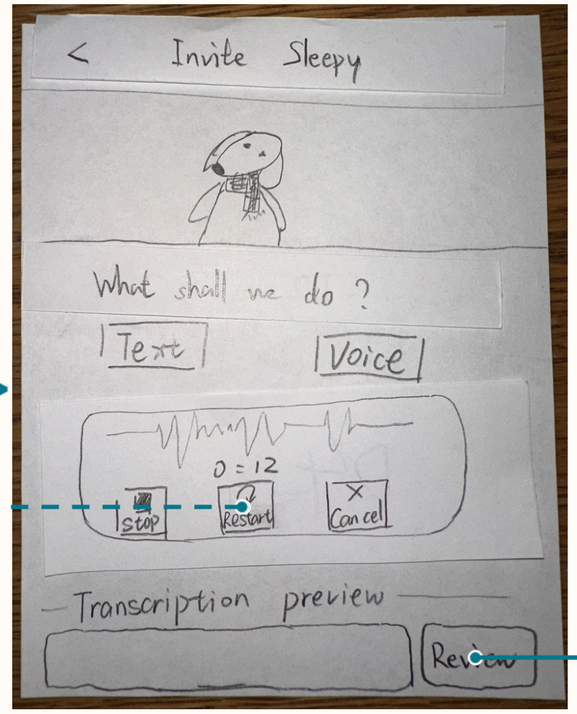
Select Voice in I2, record an idea, then review the transcription.

I2 Voice ready



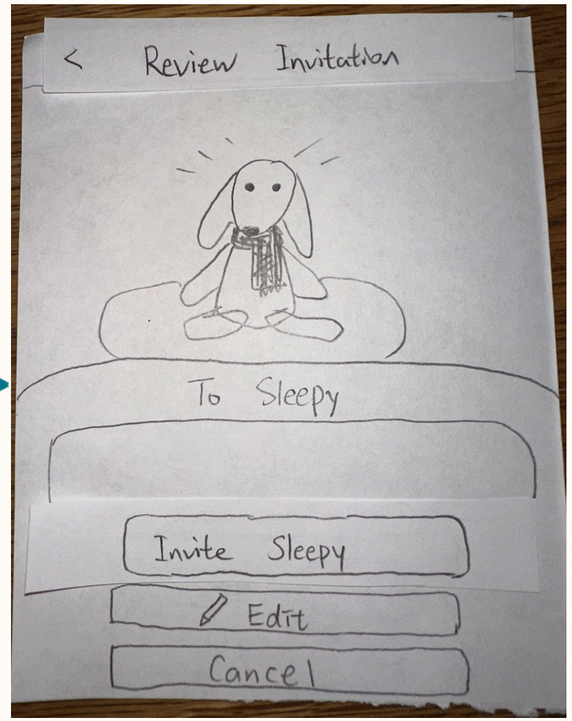
Start

I2 Recording



Stop, check preview then Review

I3 Review Invitation



Restart

Voice input

Start begins the recording.
Cancel returns to H2.

Review the words

Stop ends the recording.
Restart resets the recording.

Same review screen

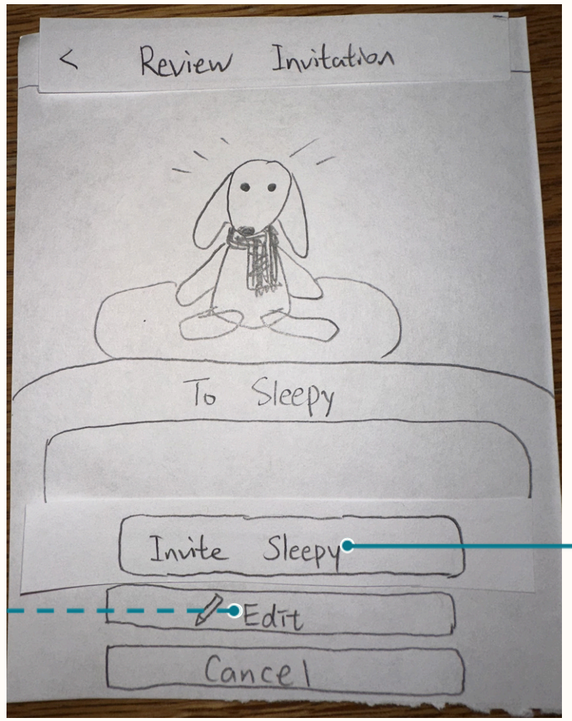
Text and Voice both lead to I3.
The next step appears on page 3.

Cancel returns to H2. Selecting Text switches to the parallel input option on page 1.

TASK 3.1 / Invitation and reply

Review the idea, invite Sleepy, then choose when to start together.

I3 Review Invitation



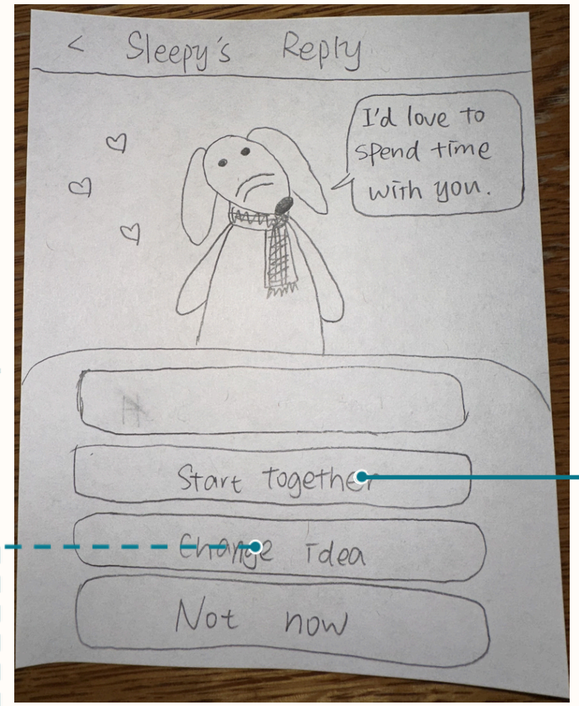
Invite Sleepy

Edit: previous I2

Edit or send

Edit returns to Text or Voice.
Cancel returns to H2.

I4 Sleepy's Reply



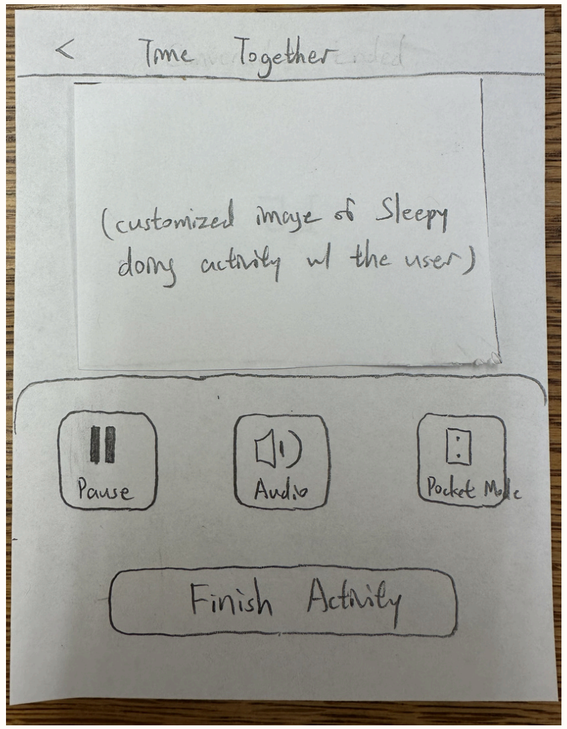
Start Together

Change Idea: previous I2

Choose the next step

Change Idea returns to Text or Voice.
Not now returns to H2.

I5 Time Together



Spend time together

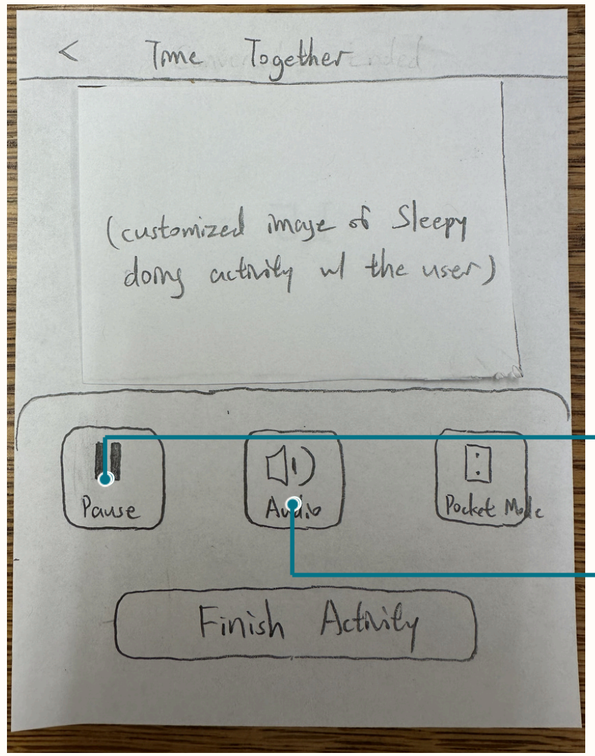
Sleepy joins the chosen activity.
Activity controls appear on page 4.

Edit and Change Idea return to the same I2 input method used for this invitation.

TASK 3.1 / Activity controls

Pause and audio can change independently during the same activity.

I5 Time Together



Pause / Continue

Pause holds the activity.
Continue resumes it.

Pause

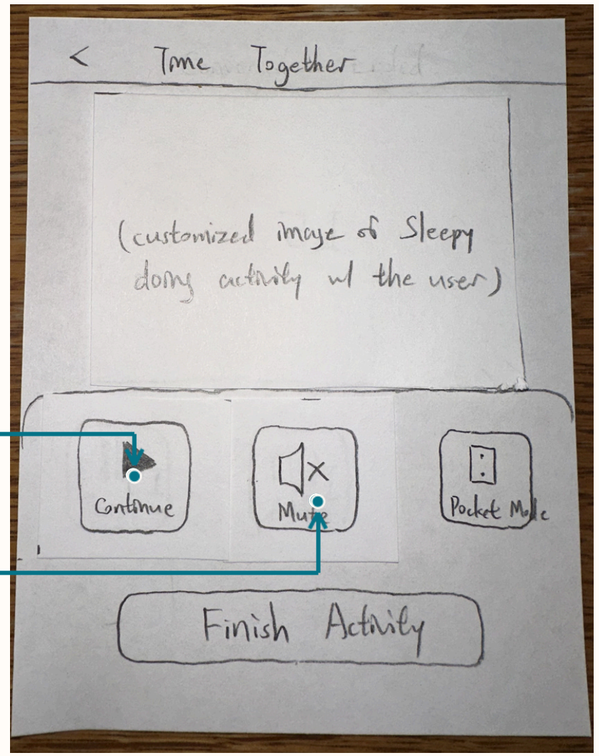
Continue returns to the activity

Audio / Mute

Audio changes sound only.
Mute keeps the activity silent.

Toggle sound

I5 Control states



Independent controls

Pausing keeps the current audio choice.

Shown state

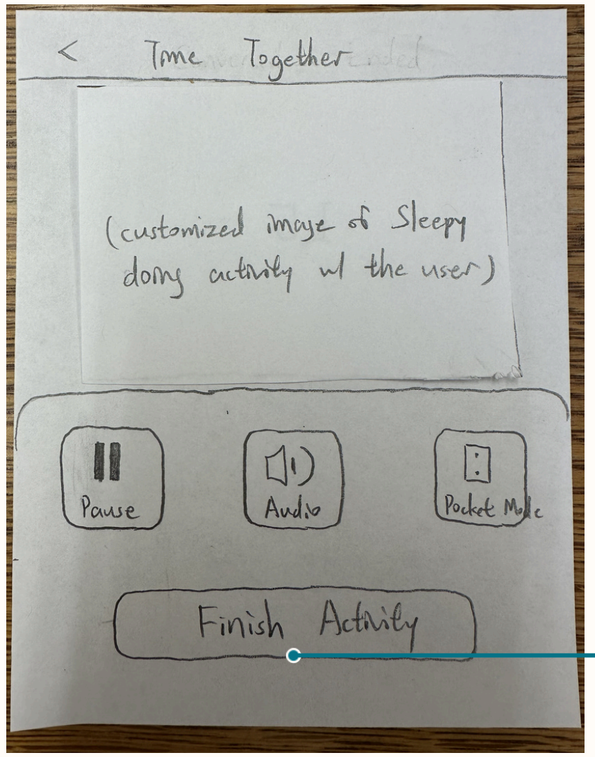
This photo shows Continue and Mute after both controls have changed.

Pocket Mode uses the companion mode shown in Task 2. Finish Activity remains available in either state.

TASK 3.1 / Finish the activity

Finish Activity returns directly to Home, where Sleepy waves goodbye.

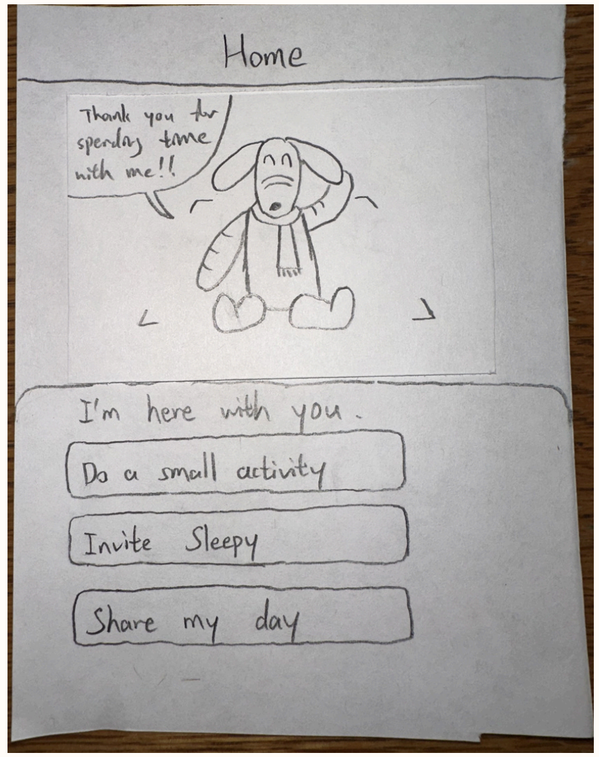
I5 Time Together



Finish Activity

Also available while paused

I6 Home



Finish when ready

Finish Activity ends the shared activity from either running or paused I5.

End of Task 3.1

Sleepy waves and thanks the user. The invitation flow ends here.

I6 is the completion state. Cancel and Not now earlier in the flow return to the initial Home (H2).

Participants and recruitment



P1 Founder of an agentic startup——Recruited through a professional connection. An informal conversation about their startup provided an opportunity to introduce ALONG and invite them to test the prototype.



P2 Met while playing Werewolf——Recruited through a social game gathering. We introduced the project after a Werewolf session and invited them to participate voluntarily.



P3 Met through badminton——Recruited through a recreational badminton group. We approached them after a game and asked whether they would be interested in trying an early prototype.



P4 Met through badminton, P3's boyfriend——Met through the same badminton group and connected to us through P3. Invited to participate in a separate session so we could capture their individual reactions.



P5 Met at the gym——Recruited through a casual connection at the gym. We introduced the study during a conversation outside their workout and arranged a convenient time to participate.



P6 Visitor at Stanford——Recruited through an informal conversation while they were visiting Stanford. We briefly explained the project and invited them to try the prototype without requiring any university affiliation.

Environment and apparatus

Environment

One participant and three team members per session

A seated setting with paper screens within reach

Different locations across sessions (Libraries, local cafe, dom lounge, etc)

Apparatus

ALONG paper screens and overlays

Simulated AR views, character replies and voice transcription

A shared script, critical incident log, key measurements record, and timer

Test procedure

Session flow

1 Obtain consent and introduce ALONG

2 Explain paper interactions and thinking aloud

3 Present one task goal at a time

4 Observe actions, timing and any assistance

5 Ask the SEQ immediately after each attempt

6 Ask closing questions and debrief

Task sequence

1 Choose a manageable activity

2 Spend time outside with Sleepy

3.1 Invite Sleepy to an activity

Introduce the controls without showing task solutions. Log any task specific hints.

Usability goals and measurements

Goal 1
Independent task completion

First-time users can complete core tasks without task-specific guidance.

Why ALONG
People coping with loss may use ALONG alone and need to use it independently.

Key measurement
Unassisted completion rate per task: % reaching the final state without task-specific help.

Goal 2
Perceived ease of use

Users find core tasks easy to understand and complete, with little perceived effort.

Why ALONG
Extra decisions can feel burdensome when energy or motivation is low.

Key measurement
Mean Single Ease Question (SEQ) score per task.
1 = Very difficult 7 = Very easy

Testing results: Process data (1/2)

01 Repeated confirmations

Five of six participants described too many selection, review or confirmation steps before starting an activity (P1, P3, P4, P5, P6).

02 Placement was unclear

P3 could not distinguish Place Sleepy from Start Game. P6 expected Start to appear only after locking Sleepy’s position.

03 Mode labels were unclear

P2, P4 and P5 questioned Pocket or the sound options. P4 needed an explanation that Mute stops Sleepy speaking and Voice enables speech.

P1 also needed help interpreting activity controls before ending the session.

Testing results: Process data (2/2)

04 Voice input needed context

P3 looked at the Voice screen for a long time, then greeted Sleepy instead of proposing an activity.

P5 found the separate voice flow cumbersome and expected a microphone on the text-input screen.

05 Review looked like completion

P1 and P2 were unsure whether reviewing an invitation had already sent it or whether they still needed to tap Invite Sleepy.

06 Unsupported paths interrupted use
P2 and P6 selected T1 options with no prepared next screen. In T3, P6 proposed an unsupported activity and stopped rather than trying another idea.

Testing results: Bottom-line data (1/2)

Goal 1
Unassisted task completion

Task 1: 2/6 independent (33.3%)
4 assisted, 0 incomplete

Task 2: 4/6 independent (66.7%)
2 assisted, 0 incomplete

Task 3: 4/6 independent (66.7%)
1 assisted, 1 incomplete

Task 3 = Invite Sleepy (3.1).

Goal 1: Partially achieved

Four participants needed help in Task 1, two in Task 2 and one in Task 3.

Across 18 attempts: 10 independent completions, 7 assisted completions and 1 incomplete attempt.

Some assisted attempts involved unsupported prototype options, so these rates also reflect prototype coverage.

Testing results: Bottom-line data (2/2)

Goal 2

Average SEQ per task

Task 1: 4.17 / 7
Participant range: 3–6

Task 2: 5.00 / 7
Participant range: 4–6

Task 3: 4.33 / 7
Participant range: 3–6

1 = Very difficult 7 = Very easy

Goal 2: Partially achieved

Task 2 felt easiest on average. Task 1 and Task 3 scores were closer to the scale midpoint of 4.

Ratings varied across participants. P3 and P6 rated Task 3 at 3, while P2 rated it at 6.

The results show uneven perceived ease. They do not establish that all tasks require little effort.

Testing results: Time and observations

9.83 min average
Across three task attempts

P1–P6: 8, 9, 12, 10, 12, 8 minutes
Range: 8–12 minutes

Almost ten minutes for three small task flows suggests substantial interaction overhead.

The mean includes P6’s unfinished Task 3 attempt.

What the timing captures

All six finished Task 1 and Task 2, with or without help. Five finished Task 3.

The paper sessions omitted full activity durations and real AR scanning or tracking delays.

Paper screen changes could also slow interaction. The mean describes these paper sessions and cannot predict real AR session length.

Shortcomings of the usability test

Recruitment fit
Our sample may not reflect grief experiences or difficulty starting daily activities.

Task pressure
Assigned tasks may hide whether users want activities or feel free to decline.

Human simulation
Team members may conceal AR errors, voice failures, slow replies or wrong memories.

Privacy understanding
Task completion does not prove users understand memory access, reuse or deletion.

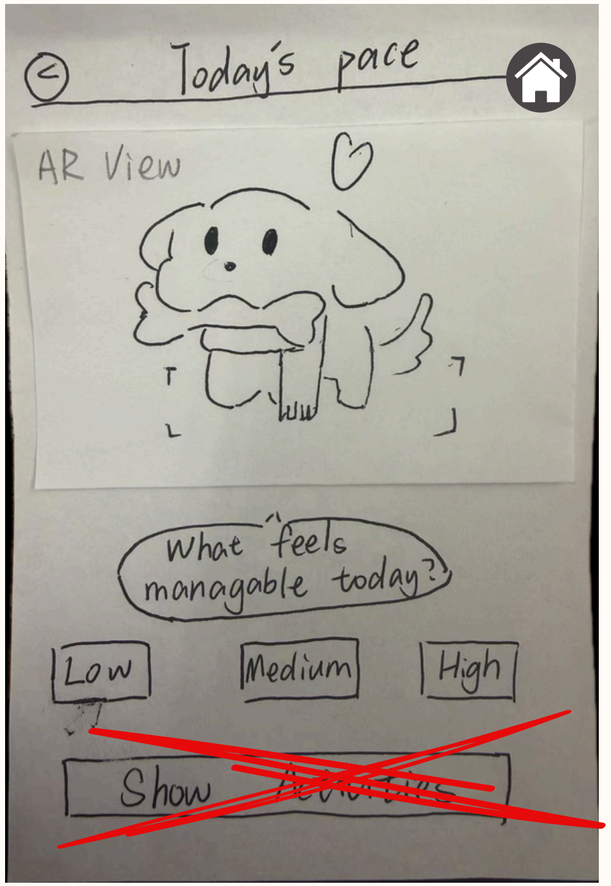
Real world use
Paper screens cannot show whether users go outside or manage distractions.

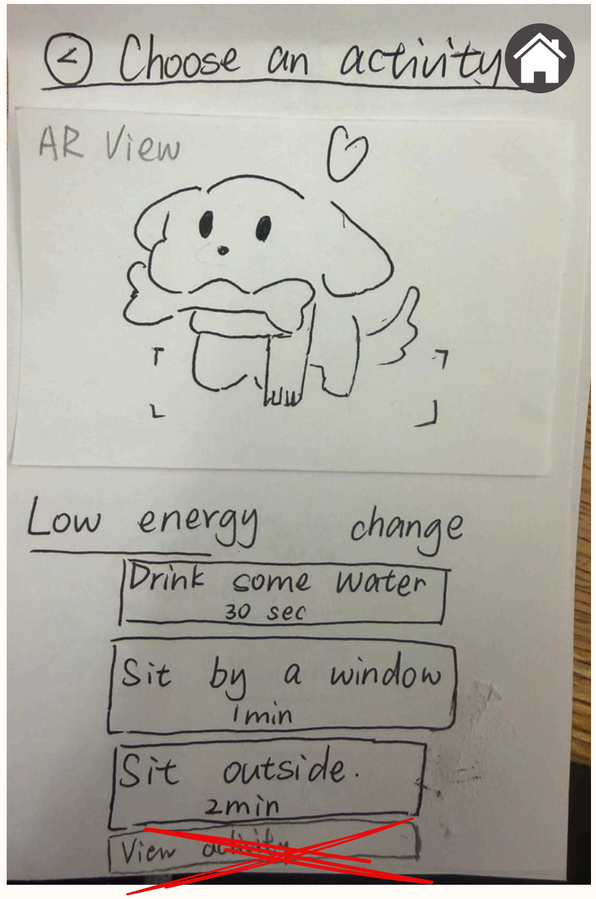
Long term companionship
One session cannot reveal lasting value, guilt or pressure to care for Sleepy.

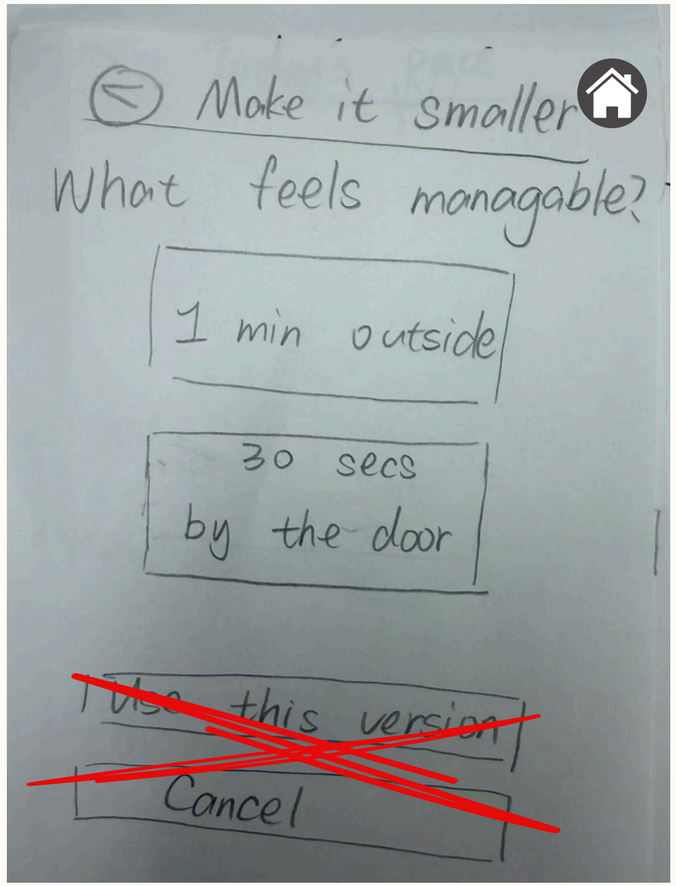
Testing conditions
Familiarity, shared experiences, locations and team roles may shape responses.

Limited measures
One of six users shifts completion by about 17 percentage points. Completion and SEQ cannot establish emotional benefit.

Changes planned to make for UI



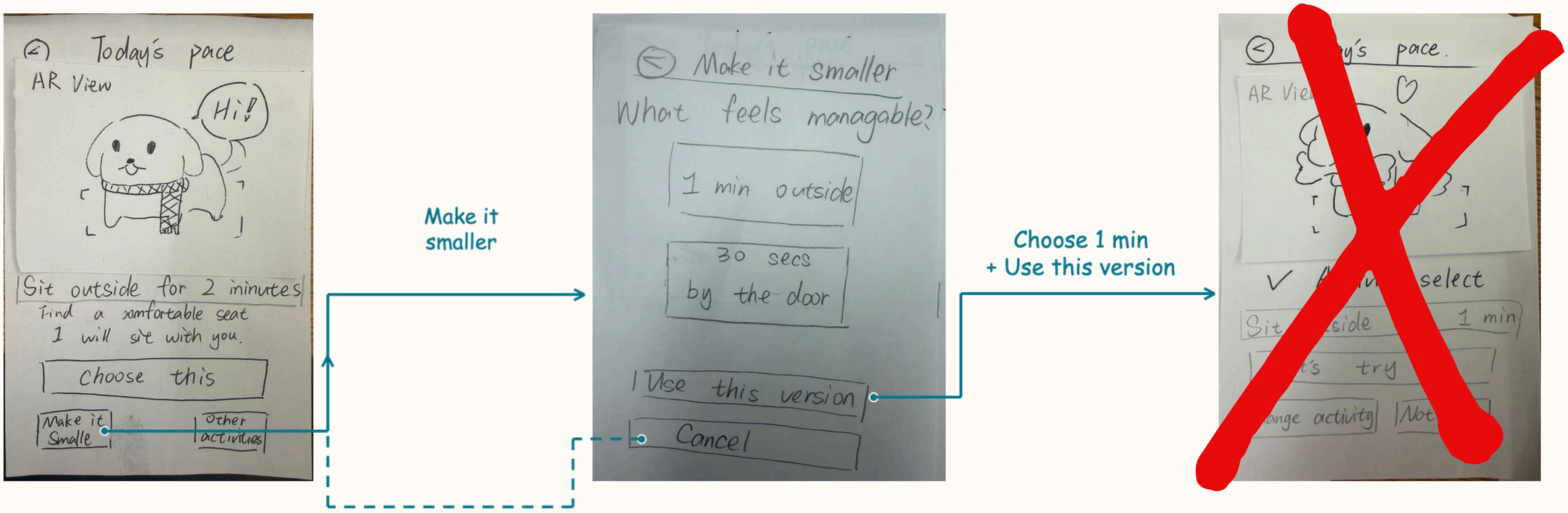




We will make sure every page have back button to get back to the previous page and home button to get back to home page

We will cancel some of the redundant buttons. Clicking the chosen botton will directly bring users to the corresponding next page. Users can click the back button if they want to assess the previous page.

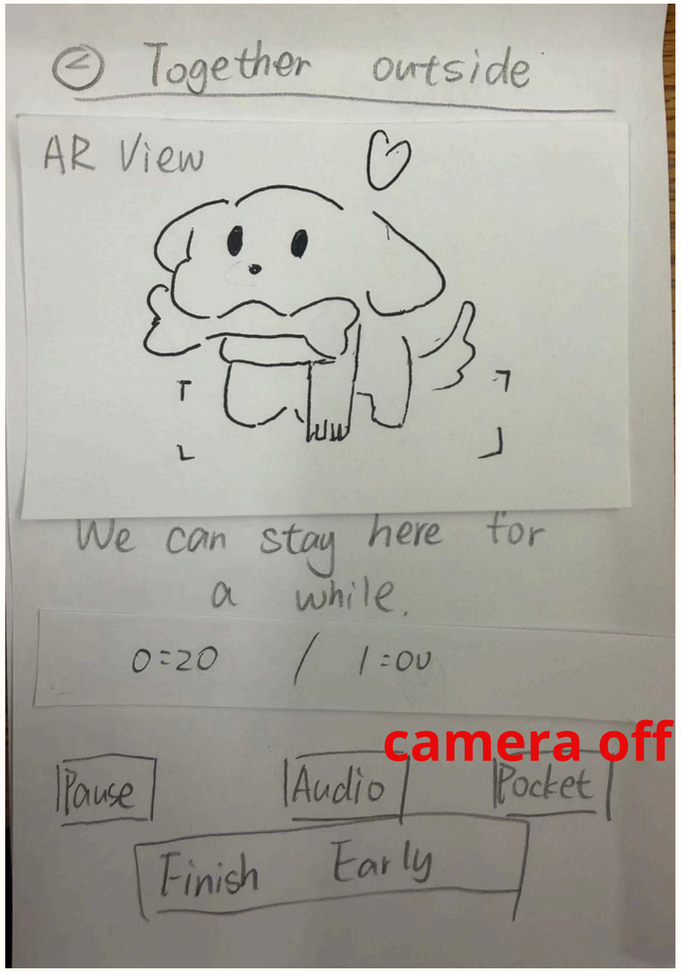
Changes planned to make for UI



This is one of the original workflow. Since we cancel some of the redundant buttons, the corresponding page will be cancelled as well.

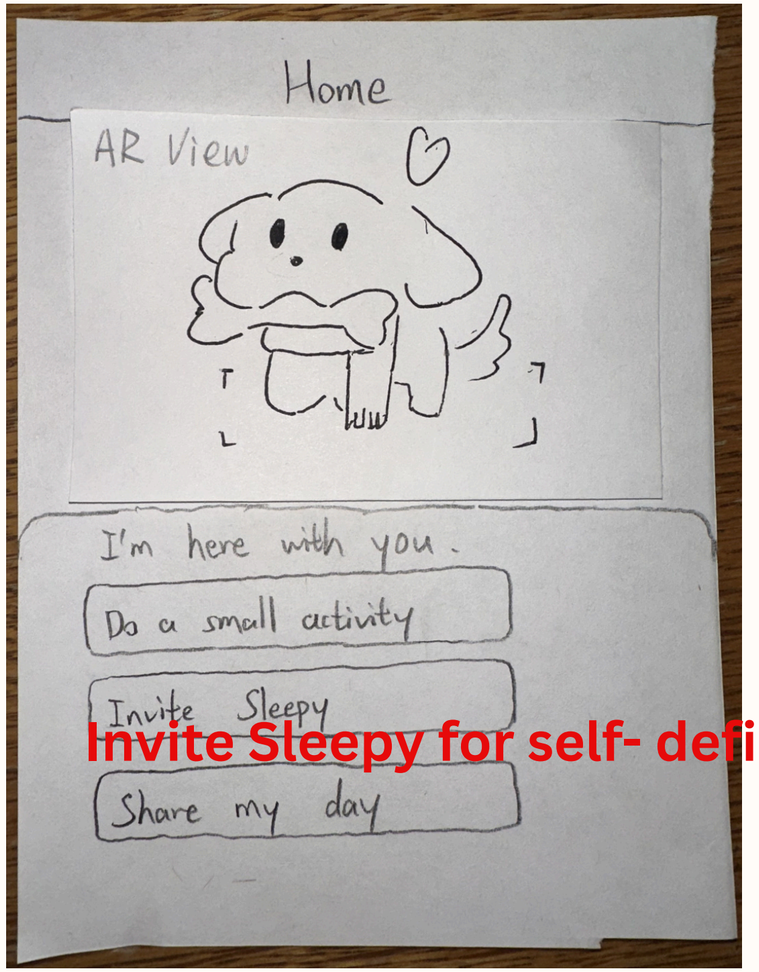
Changes planned to make for UI

We will make some of the phrasing of the button clearer.



camera off

For example, many of our participants didn't understand the meaning of "Pocket", what we mean is just turning the camera off and there will be voice accompany. This button can be changed to "camera off".



Invite Sleepy for self- defined activities

Also, the "Invite Sleepy"button is also a bit vague. This button can be changed to "Invite Sleepy for self-defined activities ".

Thank you!

Appendix

AR+Watch: 5 KEY STATES

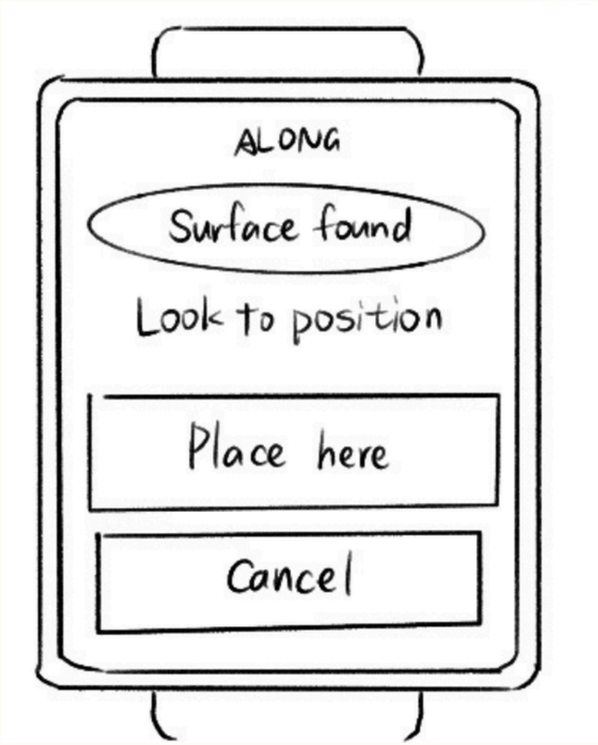
01 Place your companion

Look to choose a spot. Use the watch to confirm.

ON AR GLASSES



ON WATCH



INTERACTION NOTES

START

Tap Call on the watch. The glasses show a preview on a clear part of the real floor.

CONFIRM

Looking moves the preview only. Tap Place here to anchor the fox and open 02.

CANCEL / RETRY

Cancel returns to Watch Home. If no surface is found, keep looking; Place here stays disabled.

WHY THIS DETAIL MATTERS

A separate confirmation makes it clear when the companion has been placed.

Call → position preview → Place here → 02 Invitation

AR+Watch: 5 KEY STATES

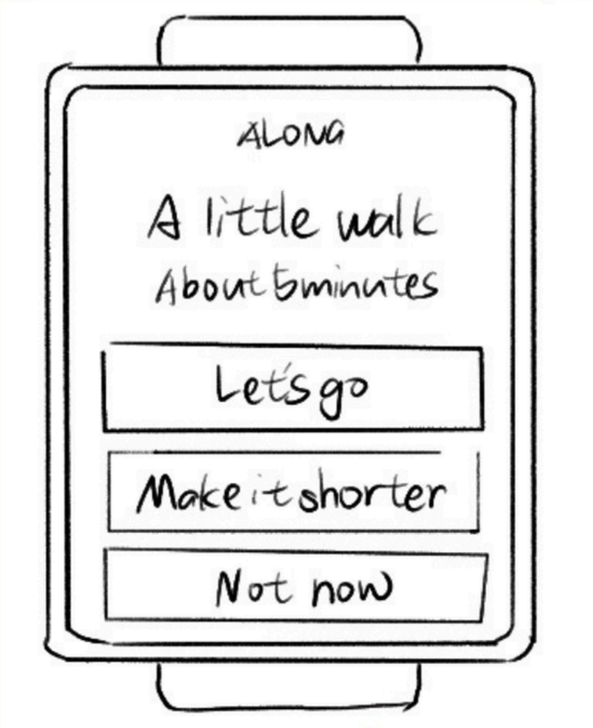
02 Choose a little walk

An invitation you can accept, shorten or leave for later.

ON AR GLASSES



ON WATCH



INTERACTION NOTES

ACCEPT

The watch shows the activity and duration. Let's go starts the walk and opens 03.

MAKE IT SHORTER

Change About 5 minutes to About 1 minute. Stay on this screen until Let's go is tapped.

NOT NOW

Dismiss the invitation and keep quiet company. Activity ideas on Watch Home lets you reopen it.

WHY THIS DETAIL MATTERS

The user can change the size of the activity before deciding to start.

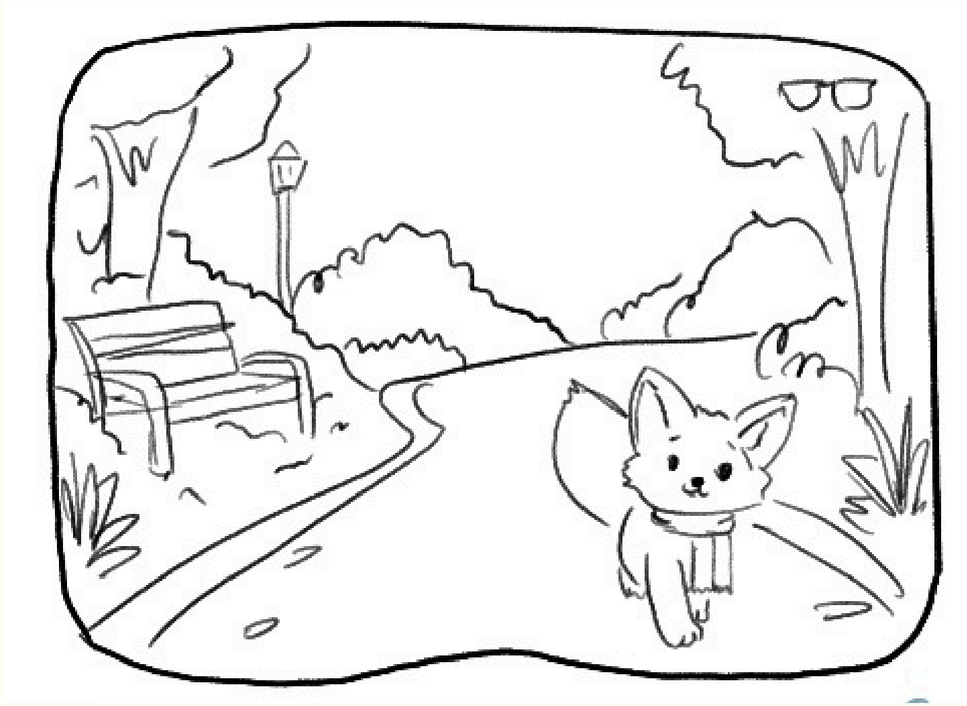
Let's go → 03 Walk / Not now → quiet companionship

AR+Watch: 5 KEY STATES

03 Walk together

See the companion nearby. Keep control on your wrist.

ON AR GLASSES



ON WATCH



INTERACTION NOTES

GLASSES

The fox stays beside the path. The real surroundings remain visible in front of the user.

WATCH

Quiet mode turns spoken prompts off. Pause stops the activity and changes the button to Resume.

NEXT

Look at a story shell to open optional 04. Finish goes directly to 05, with no need to find a story.

PAUSED STATE

Resume

Resume returns to the same walk.
Finish stays available while paused.

No completion target required.

Resume → same walk / Story shell → 04 / Finish → 05

AR+Watch: 5 KEY STATES

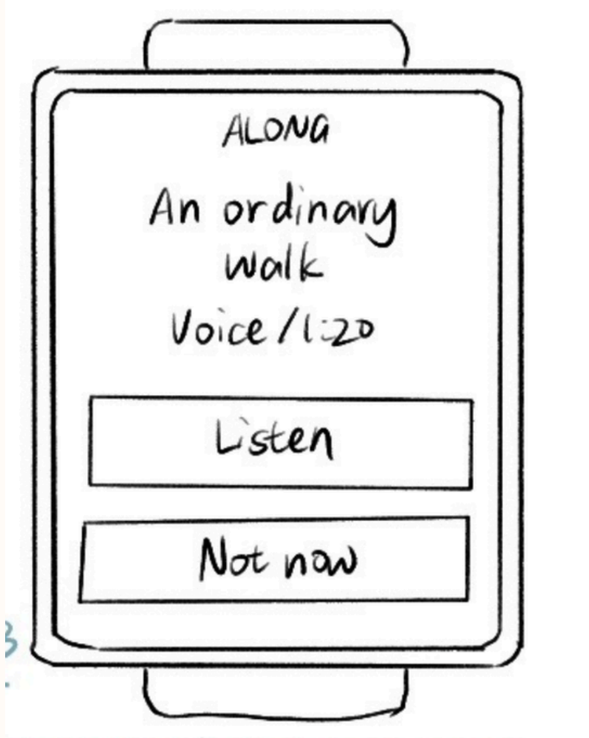
04 Listen to a shared story

An optional stop during the walk, with playback controlled by the user.

ON AR GLASSES



ON WATCH



INTERACTION NOTES

DISCOVER

A highlighted shell represents a voice story shared by another user.
Looking at it opens a preview only.

LISTEN

The watch shows the title and length.
Tap Listen to begin; playback never starts from gaze alone.

LEAVE

Not now, Close story or the end of playback returns to the existing walk.
Pause changes to Resume.

AFTER LISTEN

Pause / Resume

Close story

Story audio is separate from companion prompts.
Closing the story restores the previous walk state.

03 → highlight shell → 04 / Not now, Close or playback ends → 03

AR+Watch: 5 KEY STATES

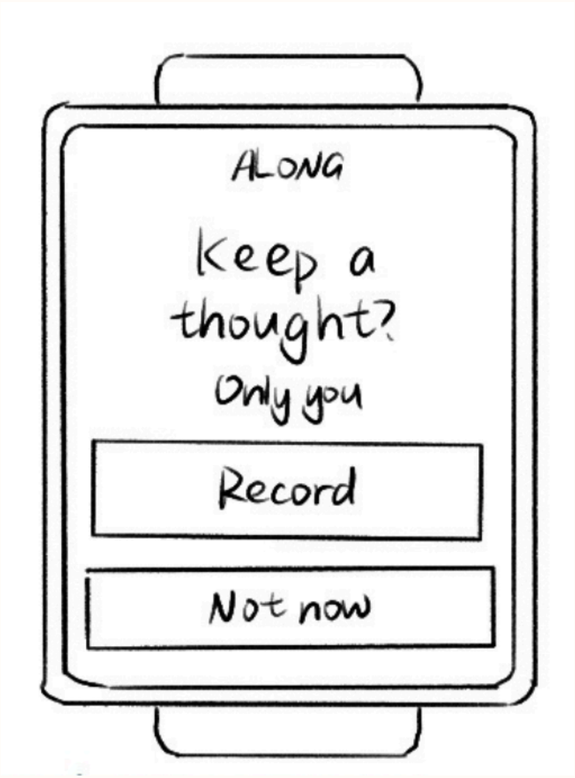
05 Keep a voice memory

An optional thought after the walk, reviewed before it is saved.

ON AR GLASSES



ON WATCH



INTERACTION NOTES

RECORD

Nothing records until Record is tapped. A visible timer and Stop control show that the microphone is active.

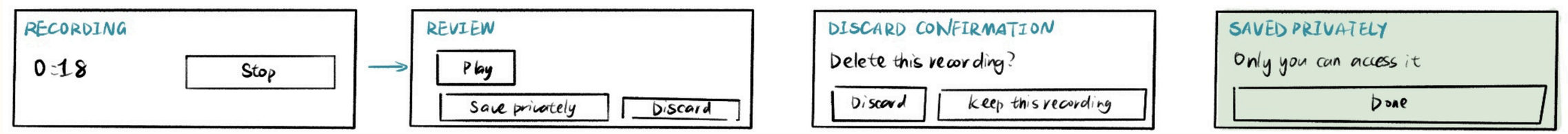
REVIEW

After Stop, Play lets the user hear the recording. Save privately stores it for that user only.

SKIP / DISCARD

Not now ends without recording. Discard asks for confirmation, then returns to Record / Not now.

05 SUBSTATES



Save and Discard are alternatives. Confirmed Discard returns to Record / Not now. Keep this recording returns to Review.

A. Mobile AR: Pros & Cons

Pros

1. Small, manageable steps
Tasks like “Sit outside for two minutes” make starting feel achievable. “Make it smaller” adds flexibility.

2. Respects the user’s energy
Energy levels and “Not now” let users choose their own pace without pressure.

3. Encourages real-world engagement
The character appears in the user’s surroundings, and optional audio lets them put their phone away.

4. Flexible, private reflection
Photo, voice, and text options support different preferences. Memories are private by default and can be edited or deleted.

Cons

1. Too many steps before starting
Scanning, placing the character, choosing energy, and confirming a task may feel demanding. Add a “Skip AR” or “Audio only” option.

2. The dog could bring up painful memories
Mia mentioned feeling sad when seeing dogs. Offer non-animal companions, such as plants or clouds.

3. Activity controls are unclear
Once the phone is away, how does the user pause, finish, or know the two minutes are over?

4. Memory permissions are unclear
“Private by default” does not explain whether the character can use journal entries. Add a separate choice: “Let Sleepy remember this.”

B. AR Glasses + Watch: Pros & Cons

Pros

1. Hands-free visual companionship
The companion stays in view without holding up a phone, leaving hands free during a short walk.

2. Activity controls stay within reach
The watch provides Quiet mode, Pause and Finish, so users can change the experience without taking out a phone.

3. Invitations adapt to the user's energy
"Make it shorter" and "Not now" let users reduce or decline an activity while keeping quiet company.

4. Stories and reflection are optional
Users can skip or stop shared stories, then review a voice memory before saving it privately or discarding it.

Cons

1. Higher equipment barrier
Users need compatible AR glasses and a smartwatch. Buying dedicated devices limits access compared with a phone they already own.

2. More effort before a small activity
Wearing, charging and pairing two devices adds setup work when users already have little energy. Offer a simpler fallback.

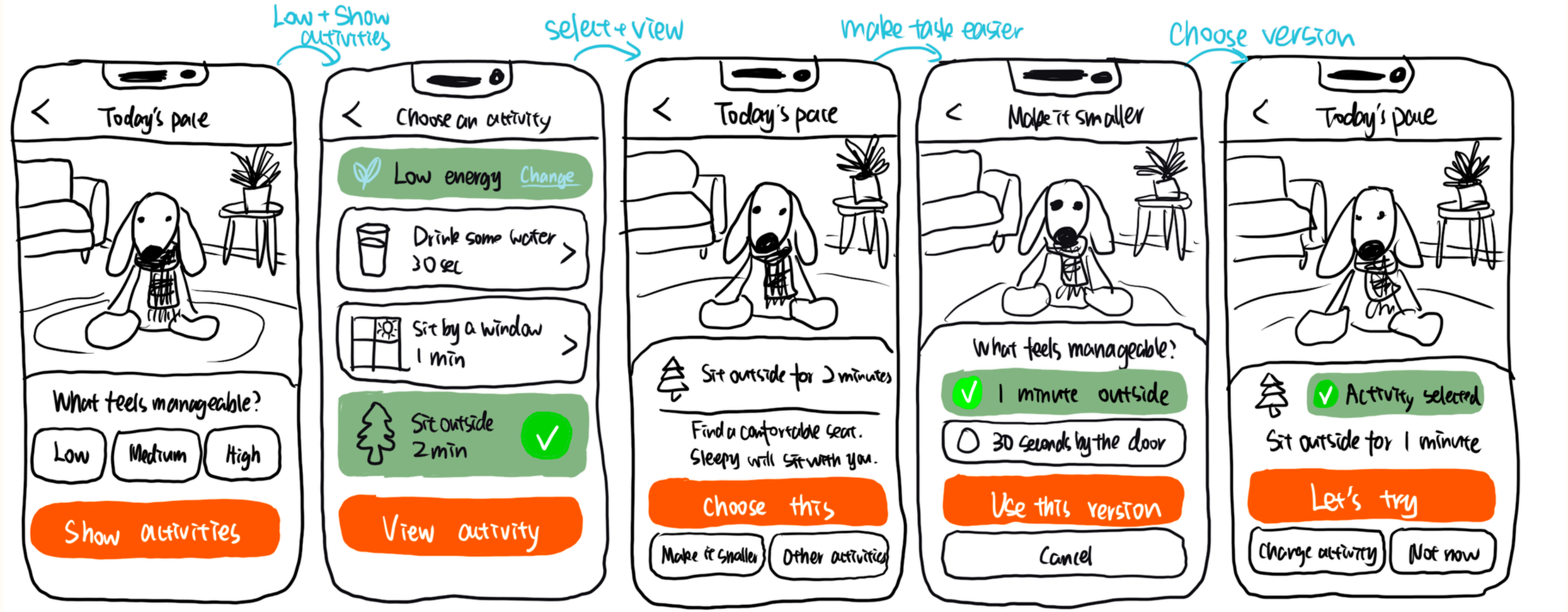
3. Attention is split across two displays
Users see prompts through glasses but act on a watch. Make the next action explicit and require a tap to confirm gaze selections.

4. Limited space for private reflection
A small watch makes reviewing and editing memories harder. Speaking aloud may feel exposing. Offer text input and a larger review view.

Storyboards for Task Flows

Simple Task — Find a Manageable Activity

Choose your energy → Browse activities → Review details → Adjust the task → Confirm your choice

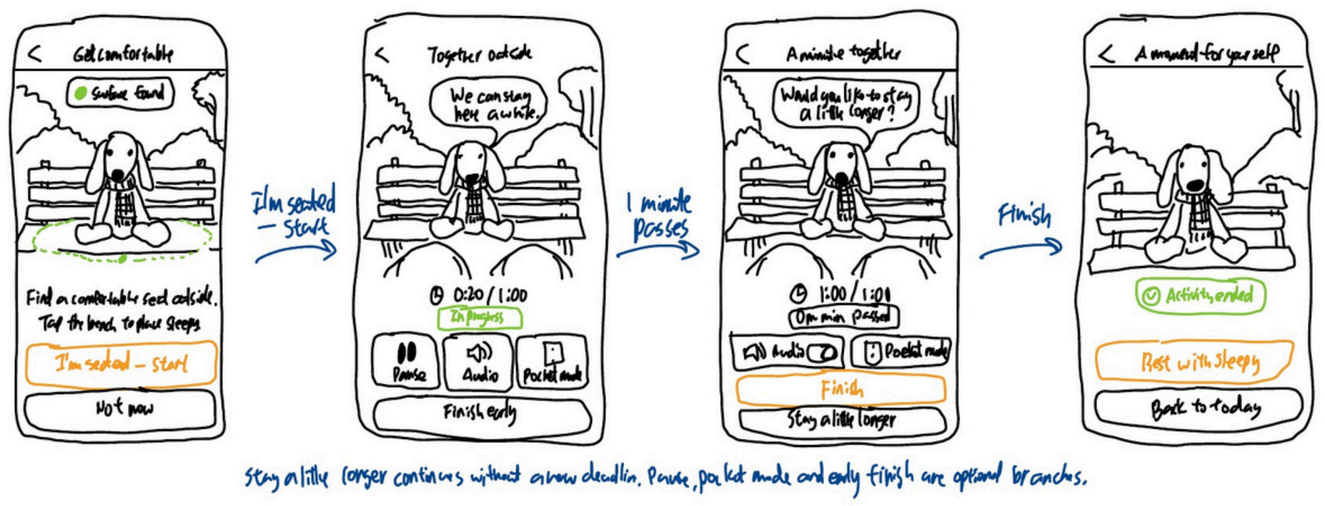


Goal: select an activity that feels manageable now. Starting it is optional and continues into the next task.

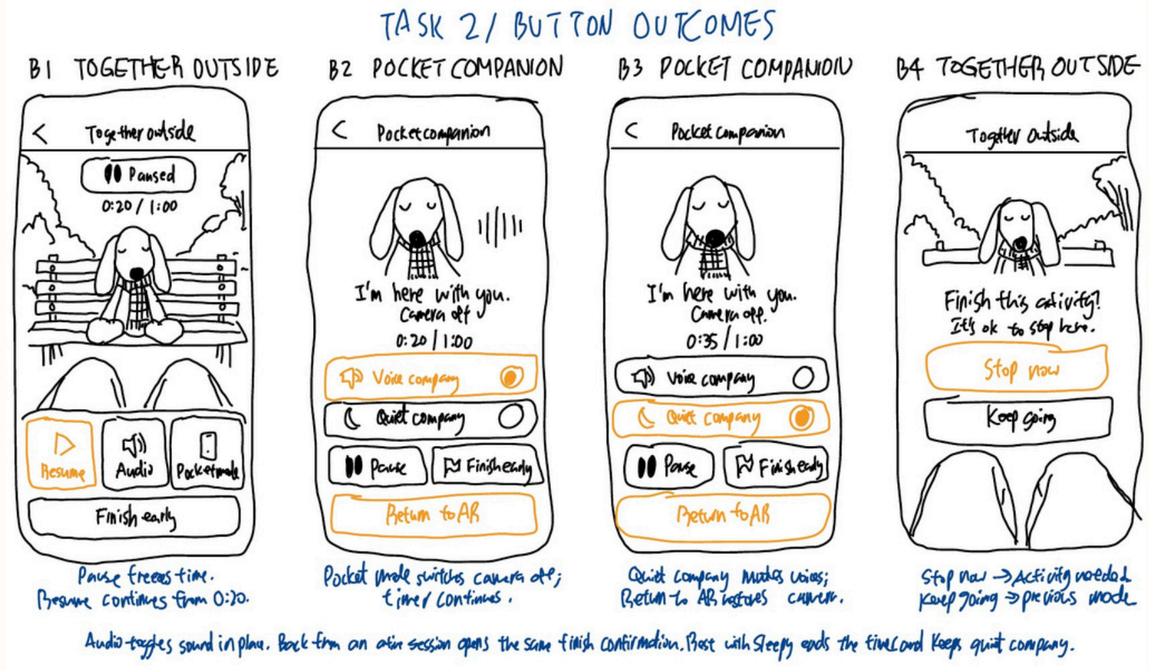
Moderate Task — Spend Time Outside

Get comfortable → Start together → Pause or use pocket mode → Finish at your own pace

Main flow



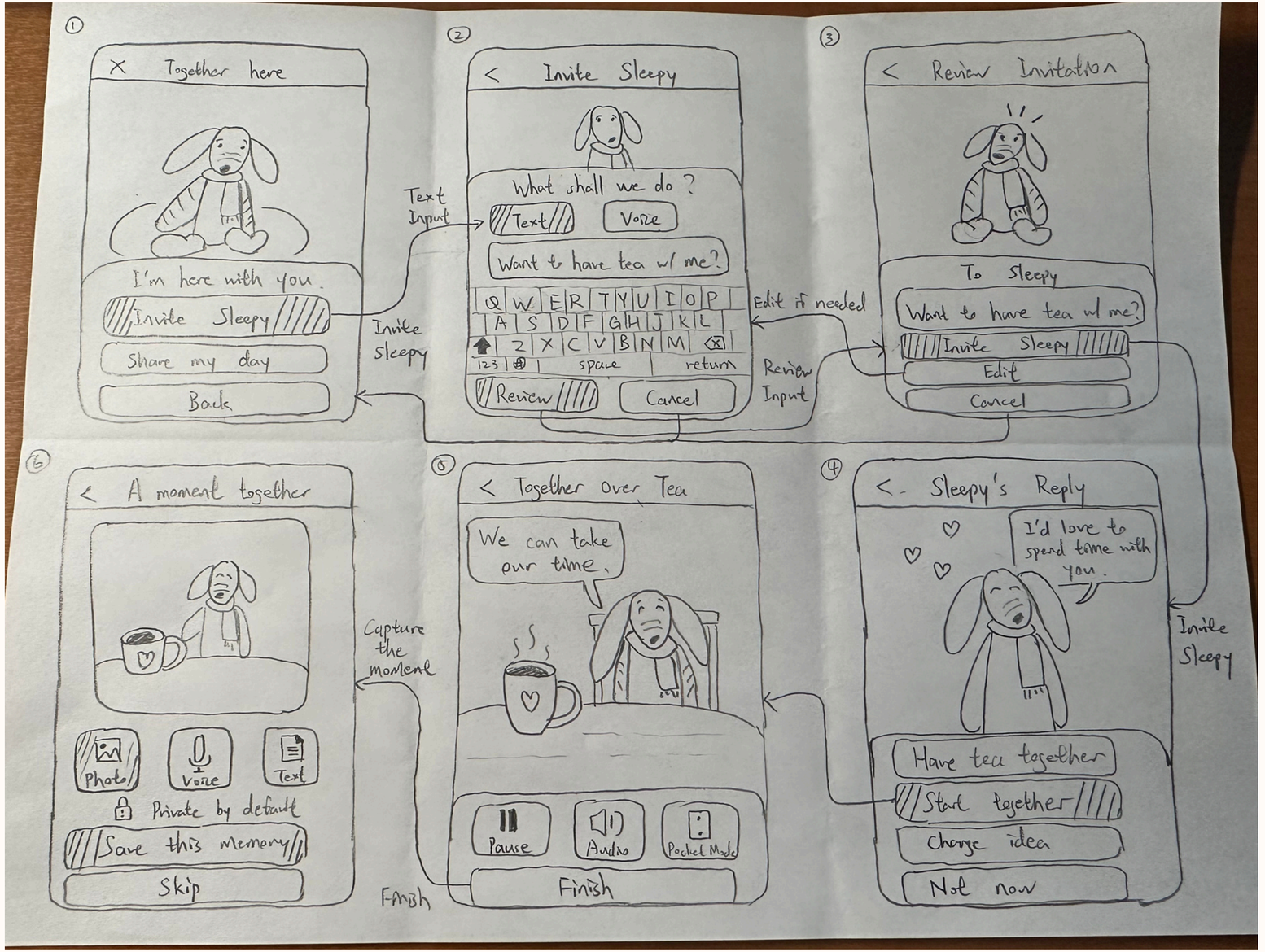
Optional controls



Goal: spend a manageable moment outside with Sleepy. Pause, switch modes, or stop whenever needed.

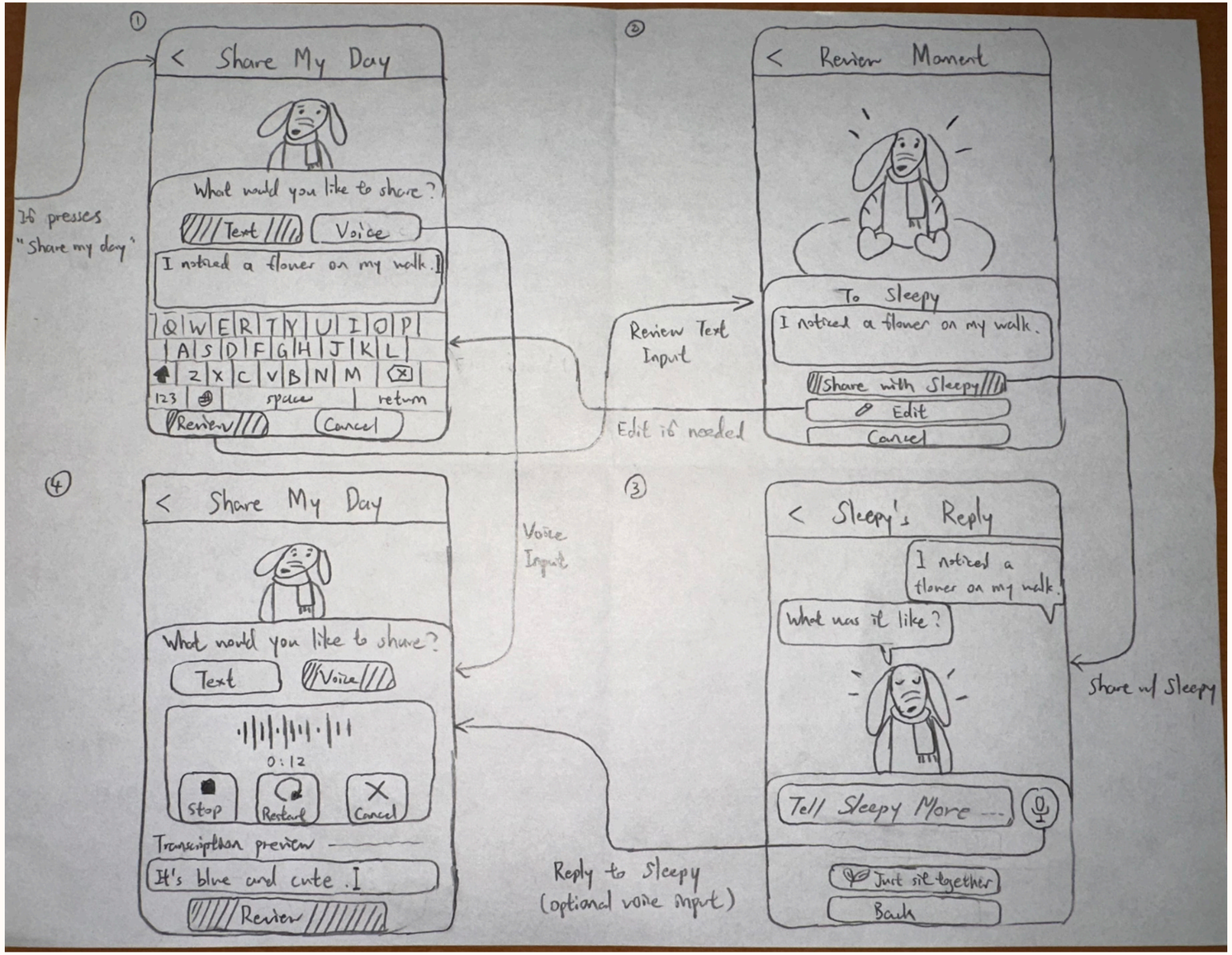
Complex Task — Suggest an Activity

Invite the companion → Text/voice input → Review the input → The companion replies → Capture the moment



(Untested) Complex Task — Share a Moment

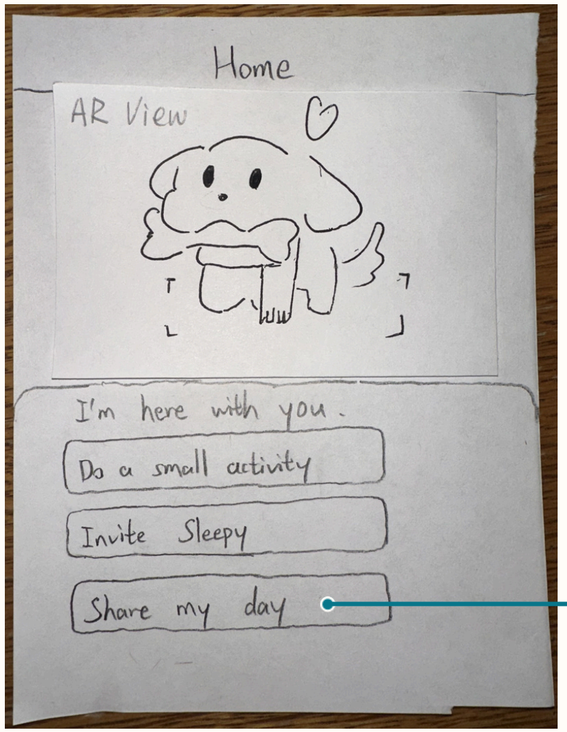
Share a moment → Text/voice input → Review the input → The companion replies → Optionally tell more



(Untested) TASK 3.2 / Share my day with text

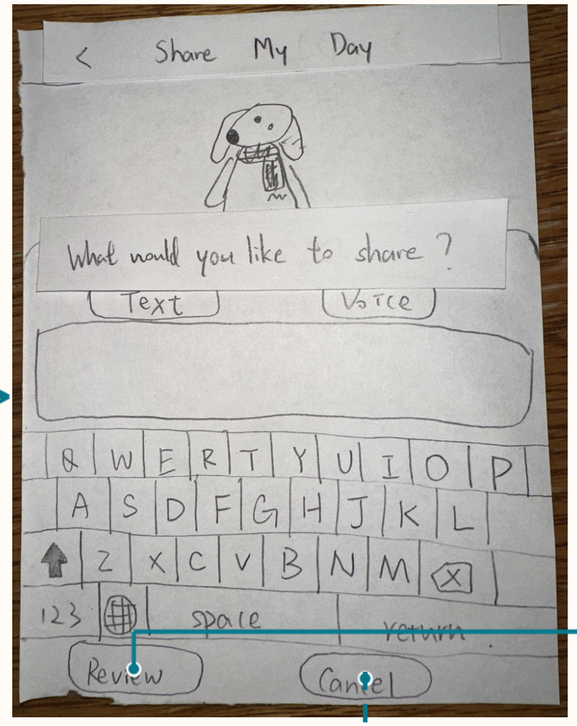
Start from Home, write a moment, then review it before sharing.

D1 Home (H2)



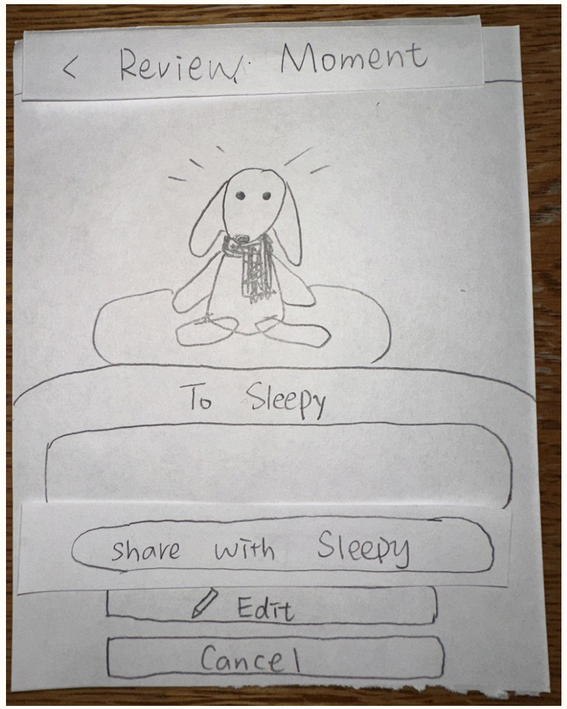
Share my day

D2 Text



Review

D3 Review Moment



Cancel: back to H2

Open Share My Day

Share my day opens D2 Text.

Write a moment

Review opens D3.
Voice is another D2 input option.

Check before sharing

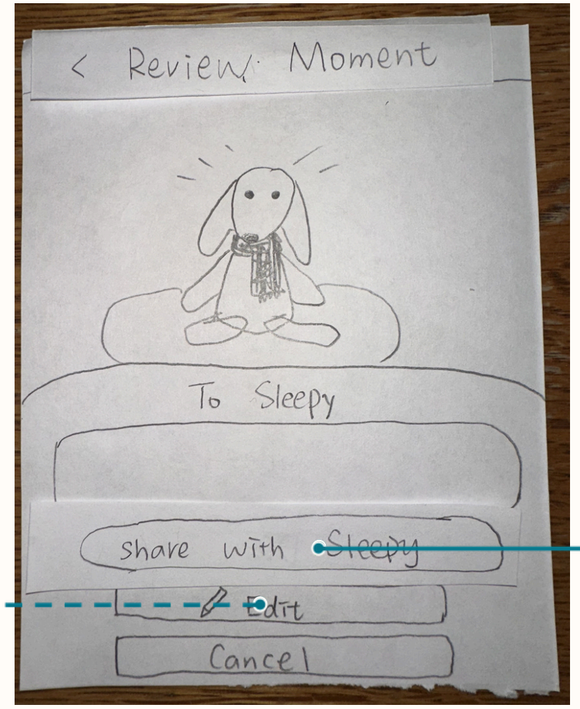
Share, Edit and Cancel
are explained on page 2.

D2 supports Text or Voice. The Voice example appears on page 3, as part of continuing the conversation.

(Untested) TASK 3.2 / Sleepy’s reply and return to Home

Share the reviewed moment with Sleepy. Finish Conversation returns directly to D5 Home.

D3 Review Moment



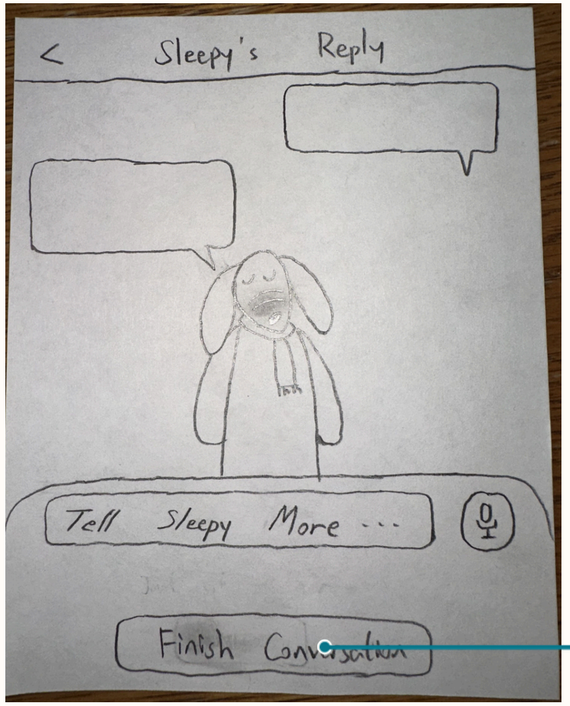
Share with Sleepy

Edit: previous D2

Review or revise

Edit returns to Text or Voice.
Cancel returns to H2.

D4 Sleepy’s Reply

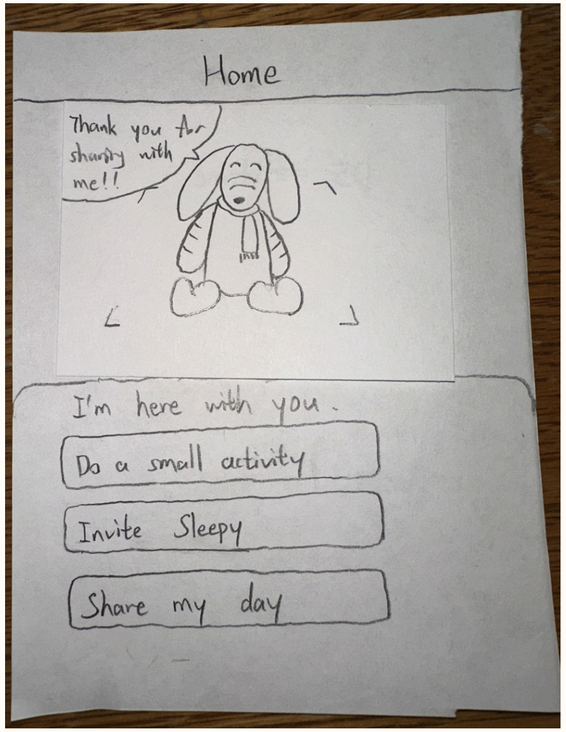


Finish Conversation

Or continue sharing

Text box: D2 Text (page 1).
Microphone: D2 Voice (page 3).

D5 Home



End of Task 3.2

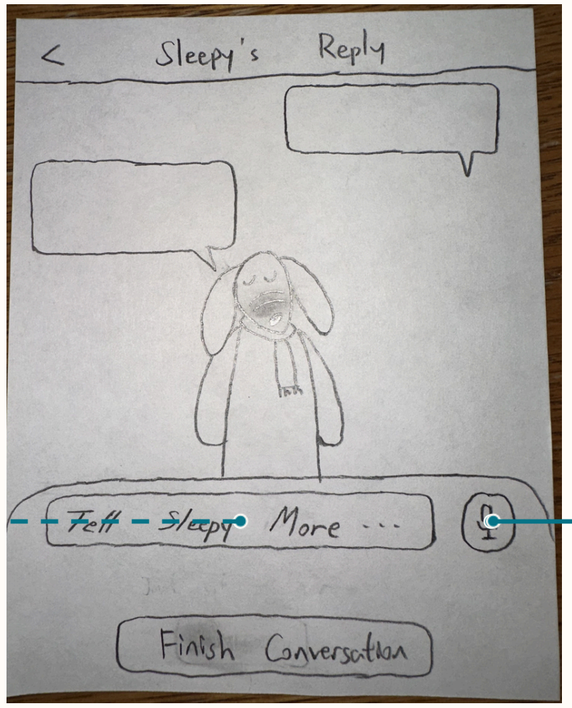
“Thank you for sharing with me!!”
Sleepy thanks the user on Home.

Edit returns to the D2 input method just used. Cancel returns to the initial Home (H2).

(Untested) TASK 3.2 / Continue sharing with voice

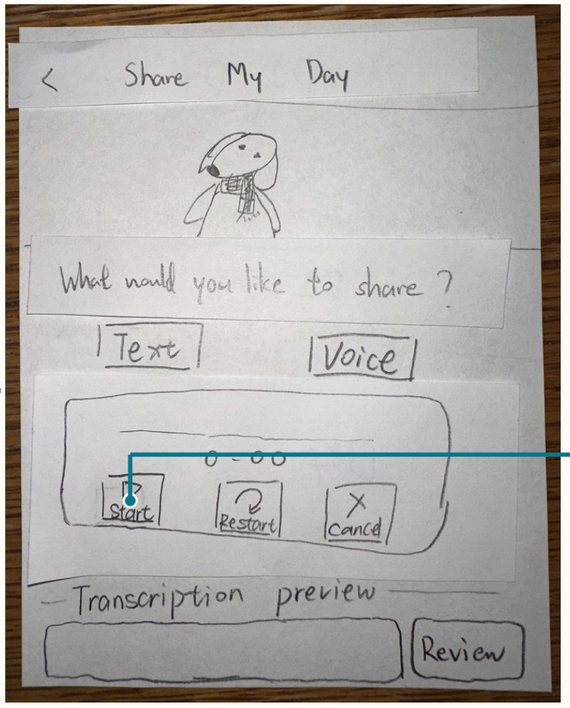
From Sleepy’s reply, use the microphone to prepare a new voice message.

D4 Sleepy’s Reply



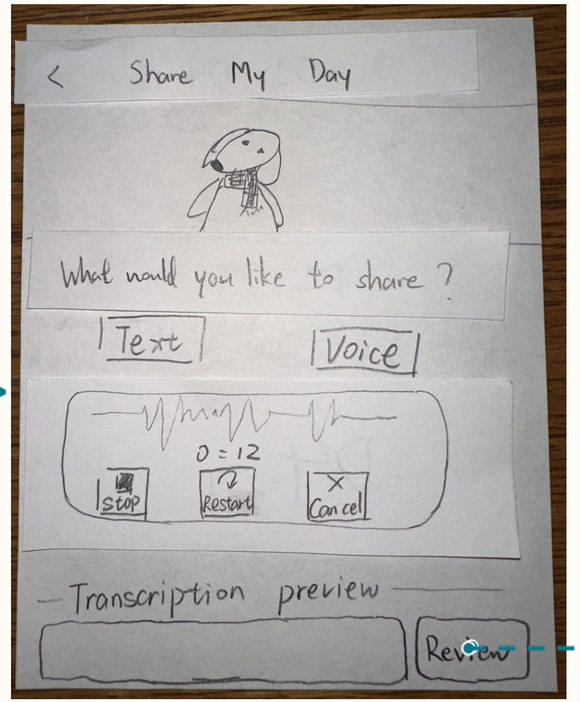
Microphone

D2 Voice ready



Start

D2 Recording



Review → D3 (page 2)

Text → D2 (page 1)

Choose how to continue

Text box returns to D2 Text (page 1).
The microphone opens Voice ready.

Record the next moment

Start records. Restart starts over.
Cancel returns to H2.

Stop, then review

Stop, check the preview, then Review.
In D3, Share with Sleepy returns to D4.

The conversation can repeat D2 → D3 → D4. Finish Conversation in D4 returns to D5 Home (page 2).

Link to Script:

https://docs.google.com/document/d/1K0-K1kf_L4VVndtPSx4d1jEEeNVoktAqZj2Zze6pyHQ/edit?usp=sharing

Team roles and assignments

Facilitator
Reads the script and asks questions.

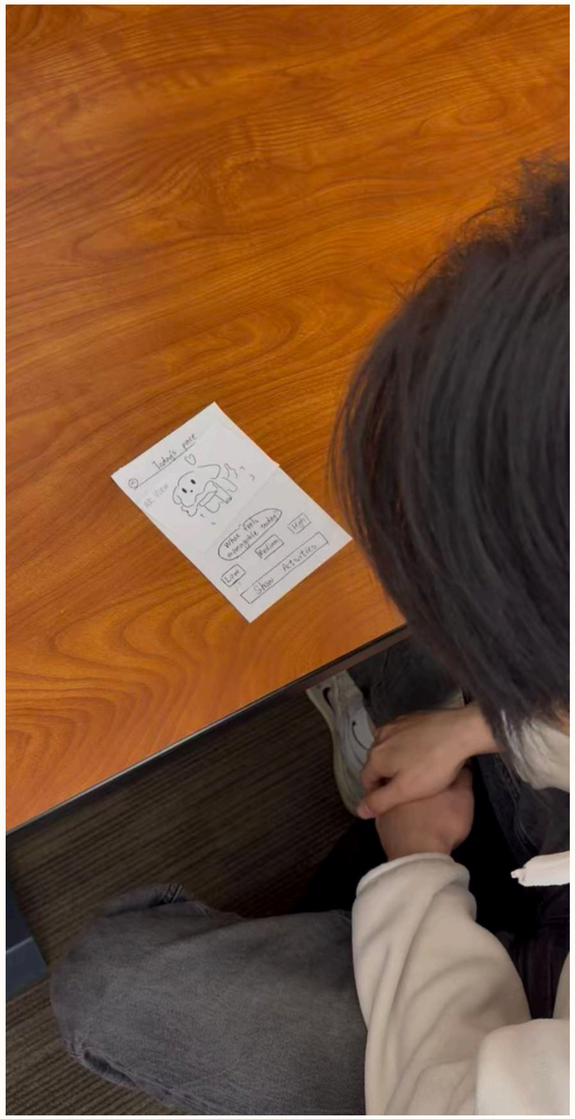
Computer
Changes paper screens in response to the participant's actions.

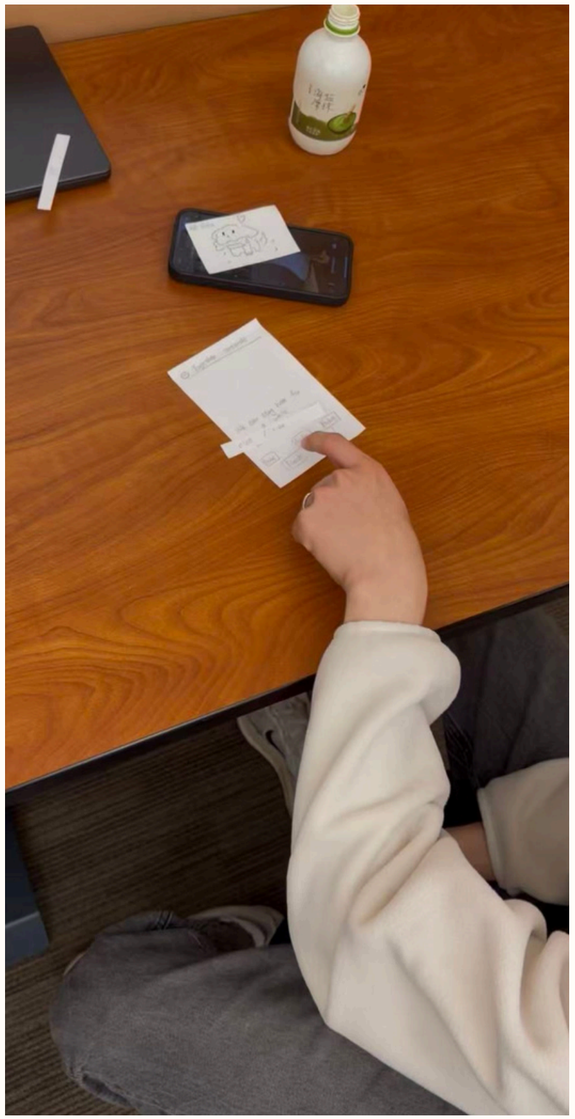
Observer
Records actions, quotes, difficulties, assistance and completion times.

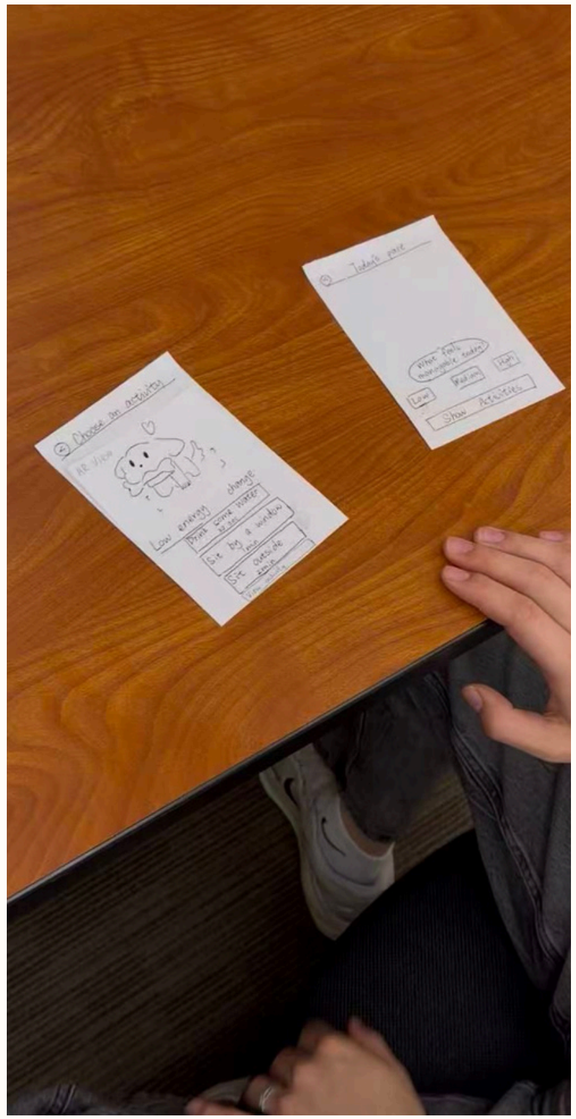
Proposed role rotation

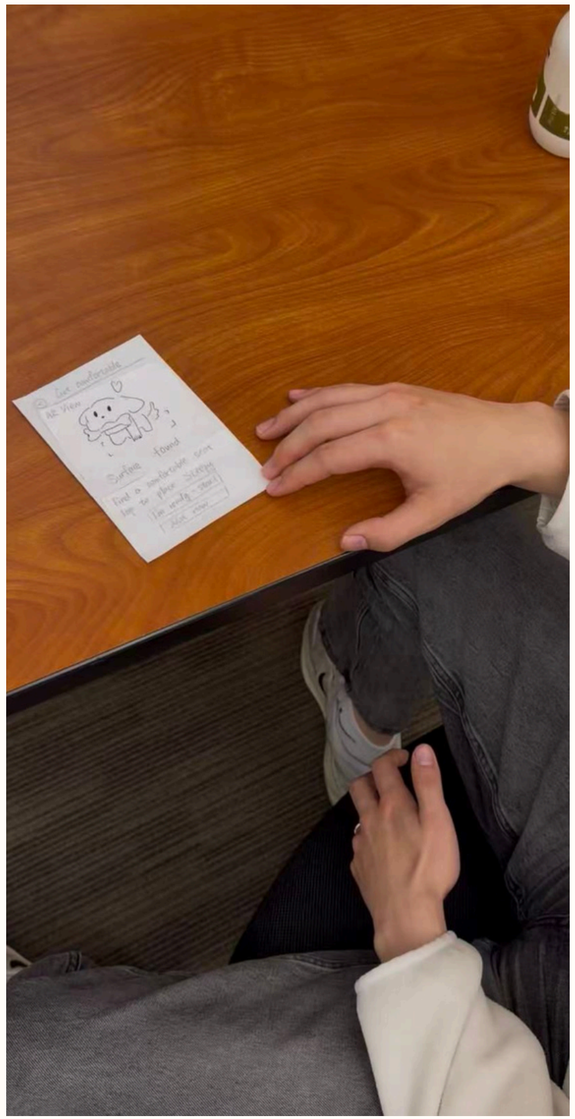
Participant	Facilitator	Computer	Observer
P1	Haoran	Lyra	Xiwen
P2	Xiwen	Yufei	Haoran
P3	Yufei	Haoran	Lyra
P4	Haoran	Xiwen	Lyra
P5	Lyra	Yufei	Haoran
P6	Lyra	Xiwen	Yufei

Participant 1 - test in progress

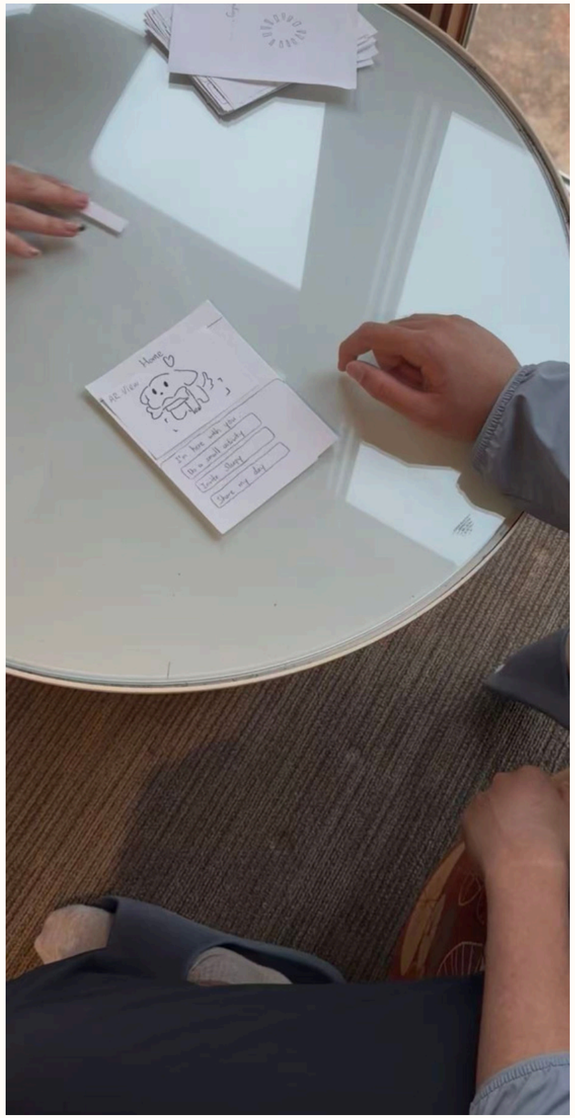
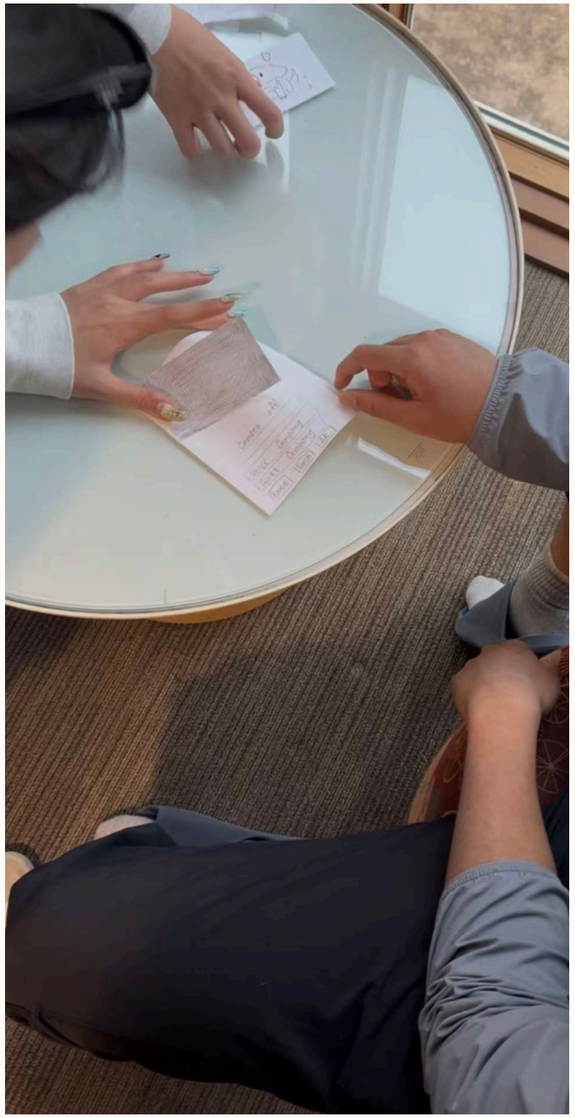
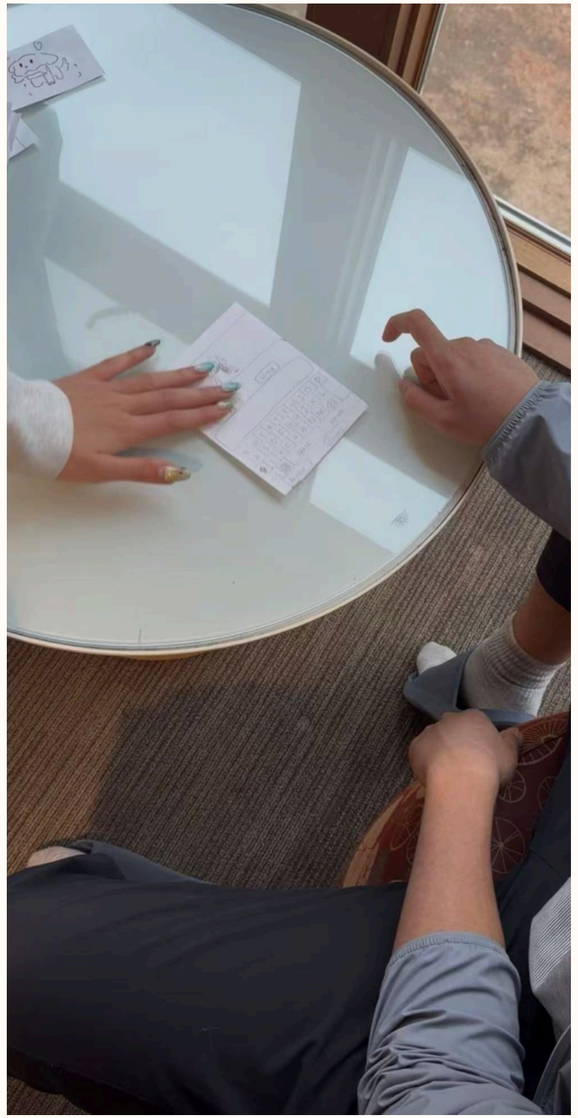




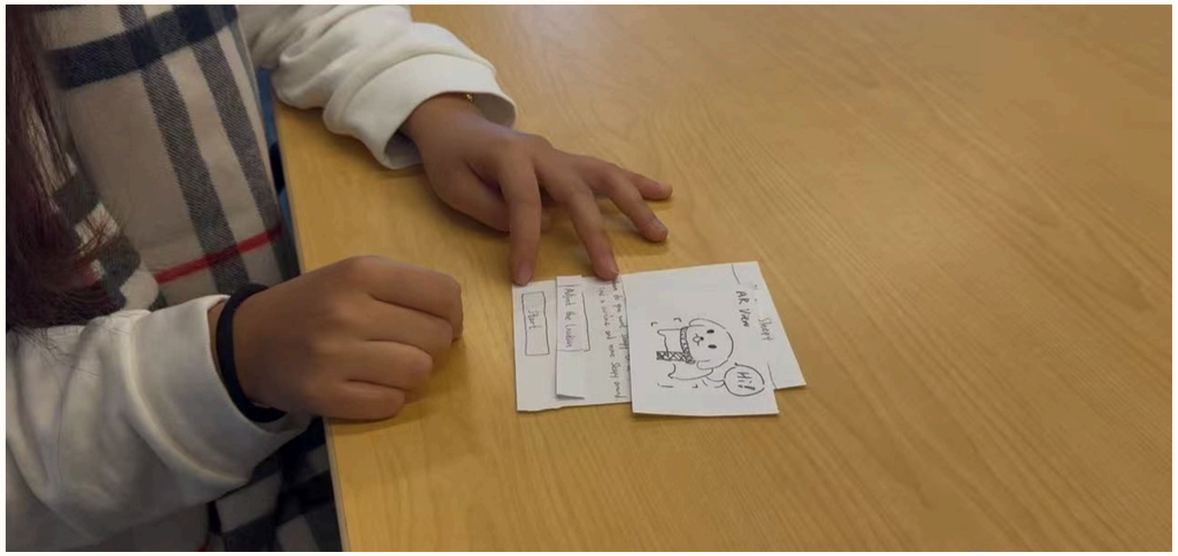


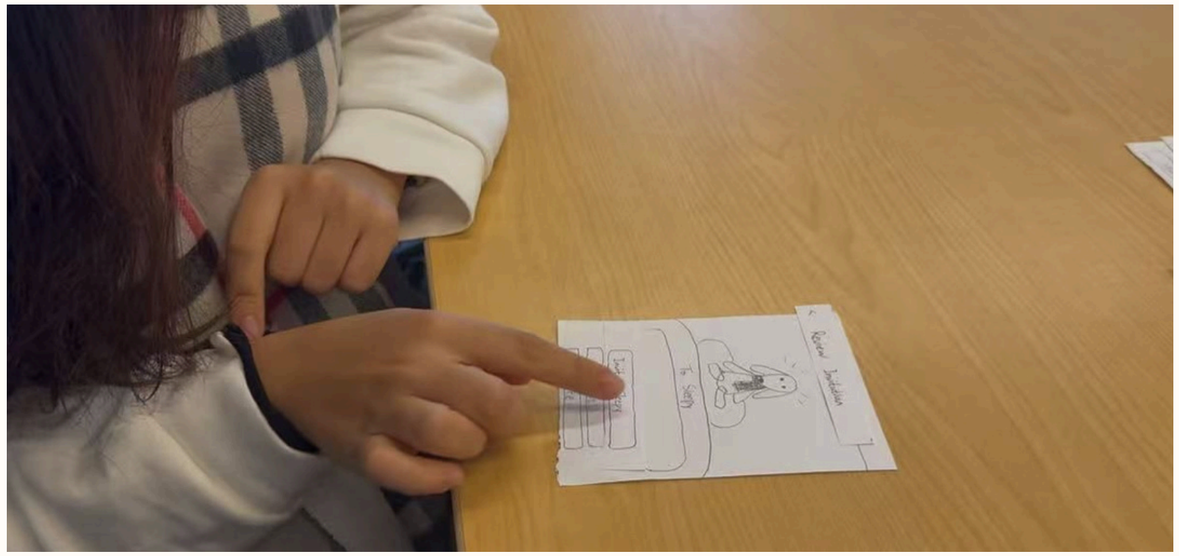


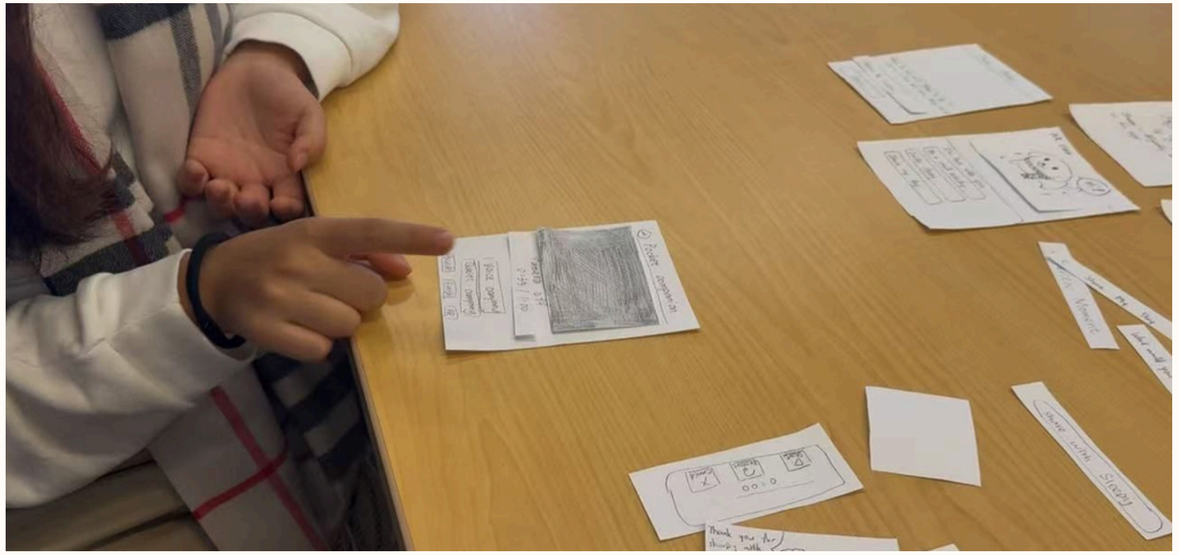
Participant 2 - test in progress

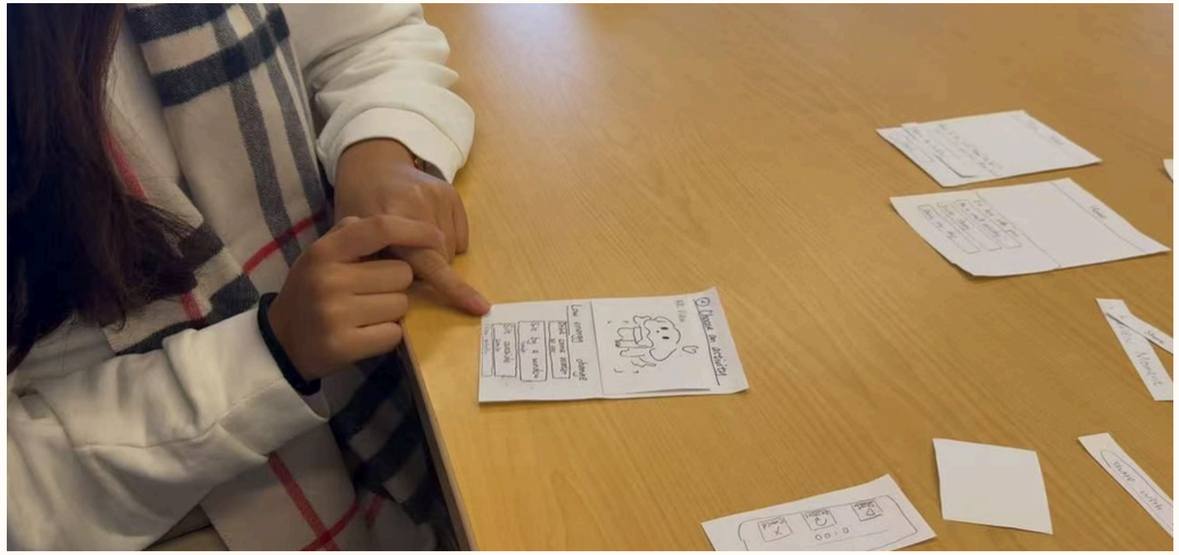





Participant 3 - test in progress

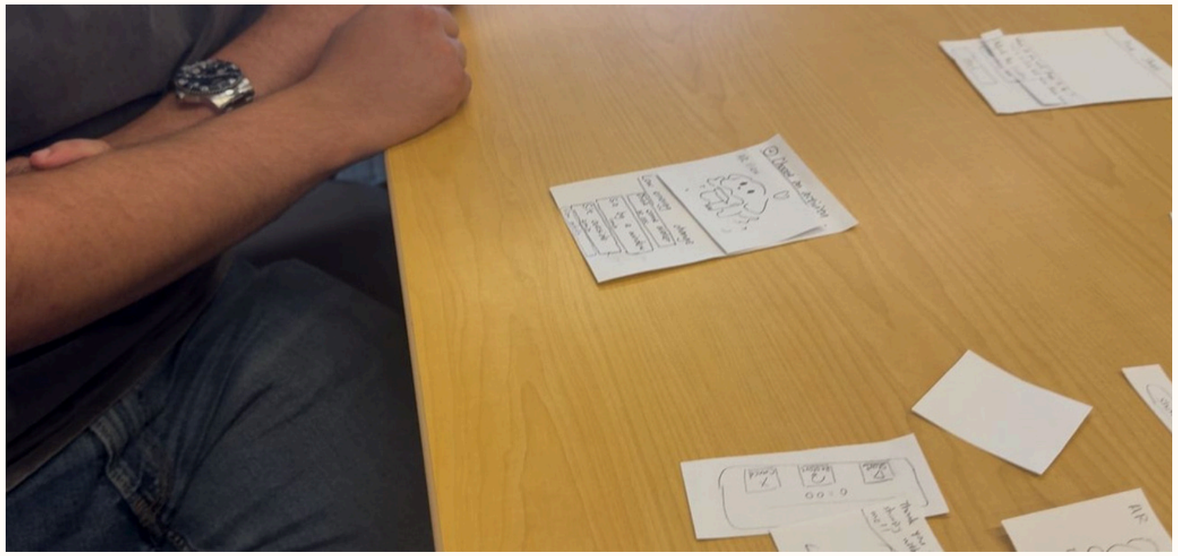


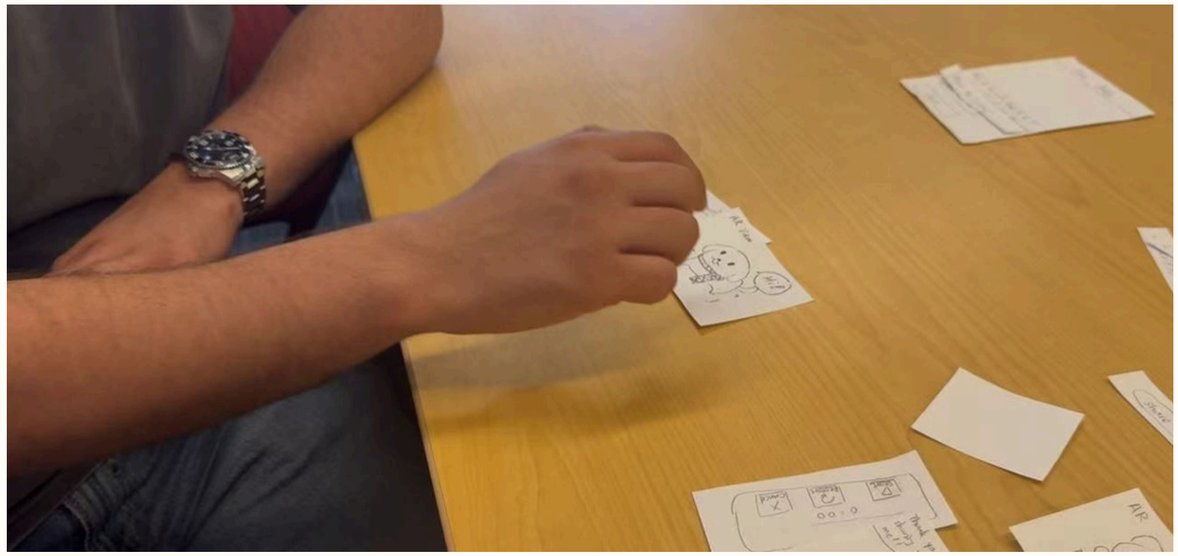


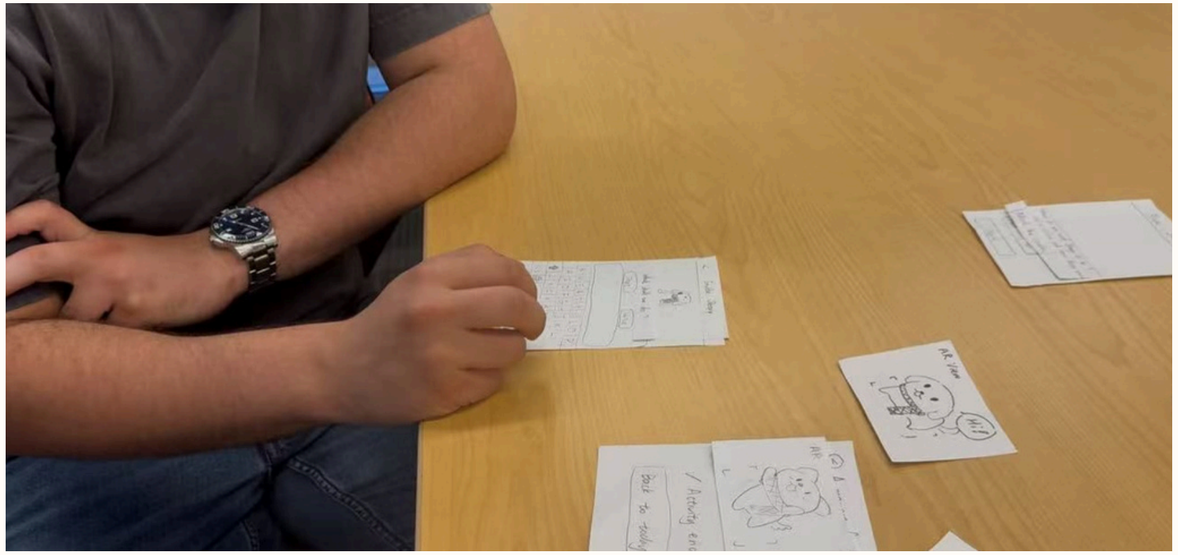


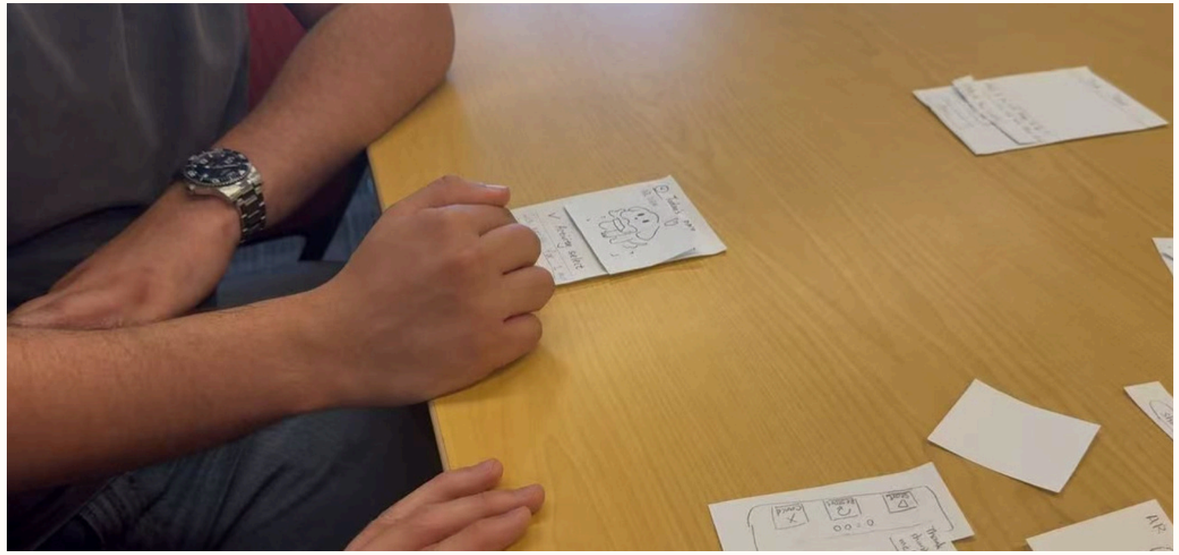


Participant 4 - test in progress

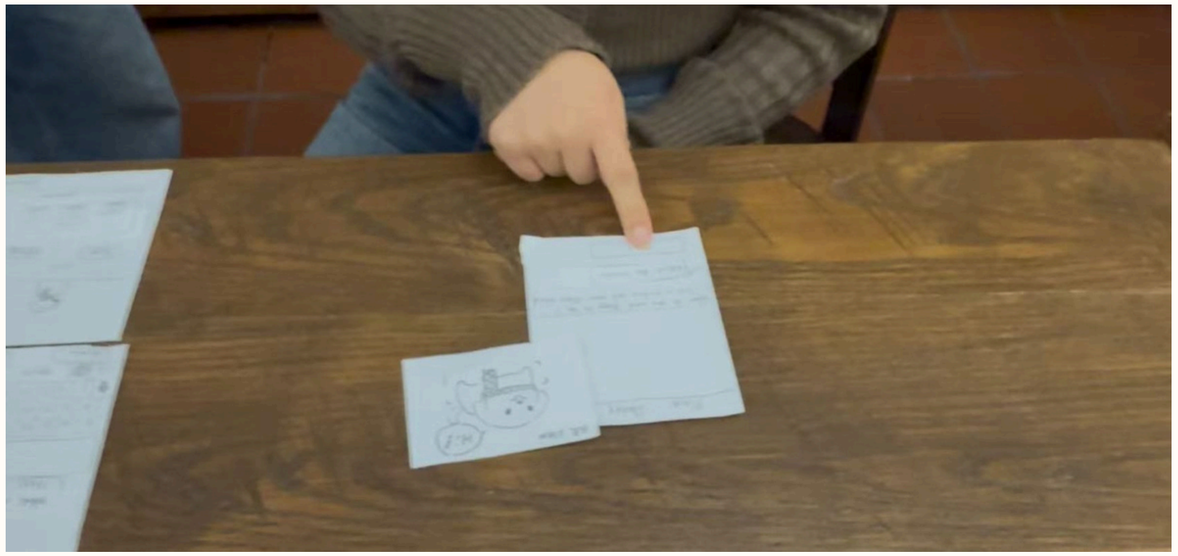




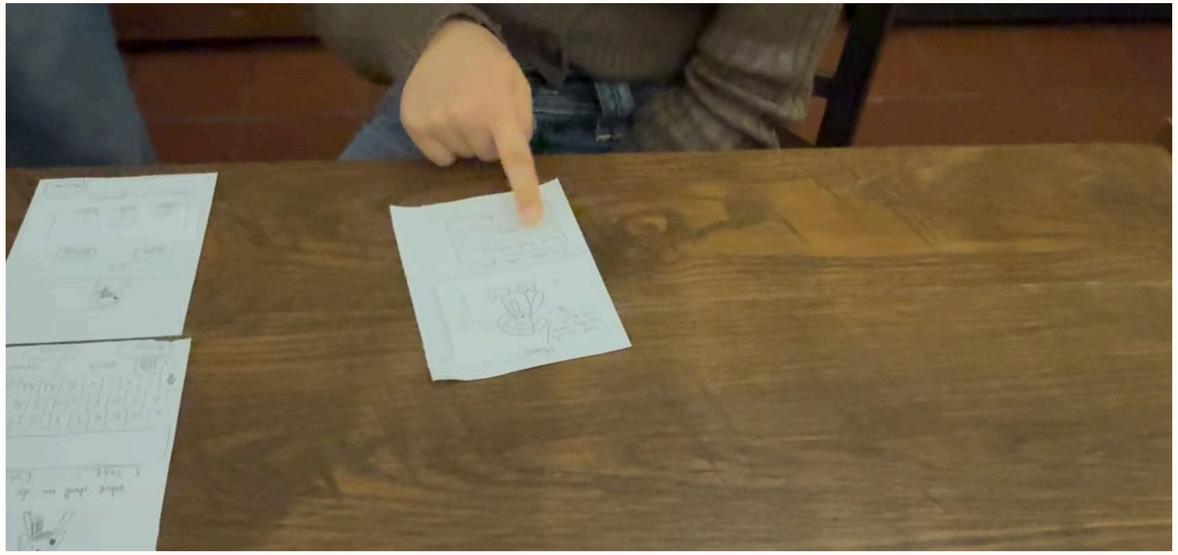


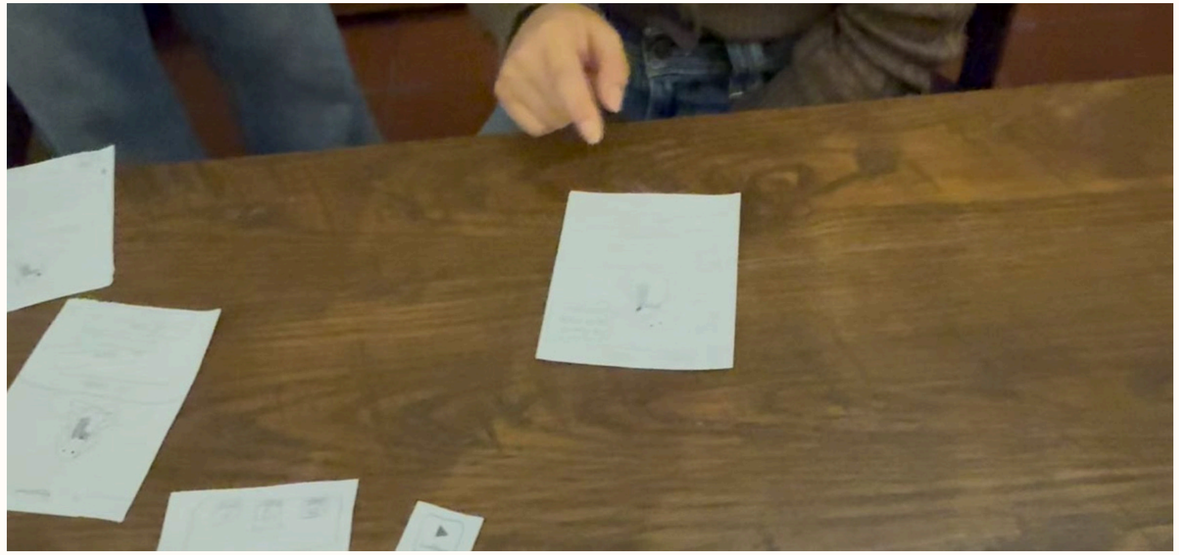


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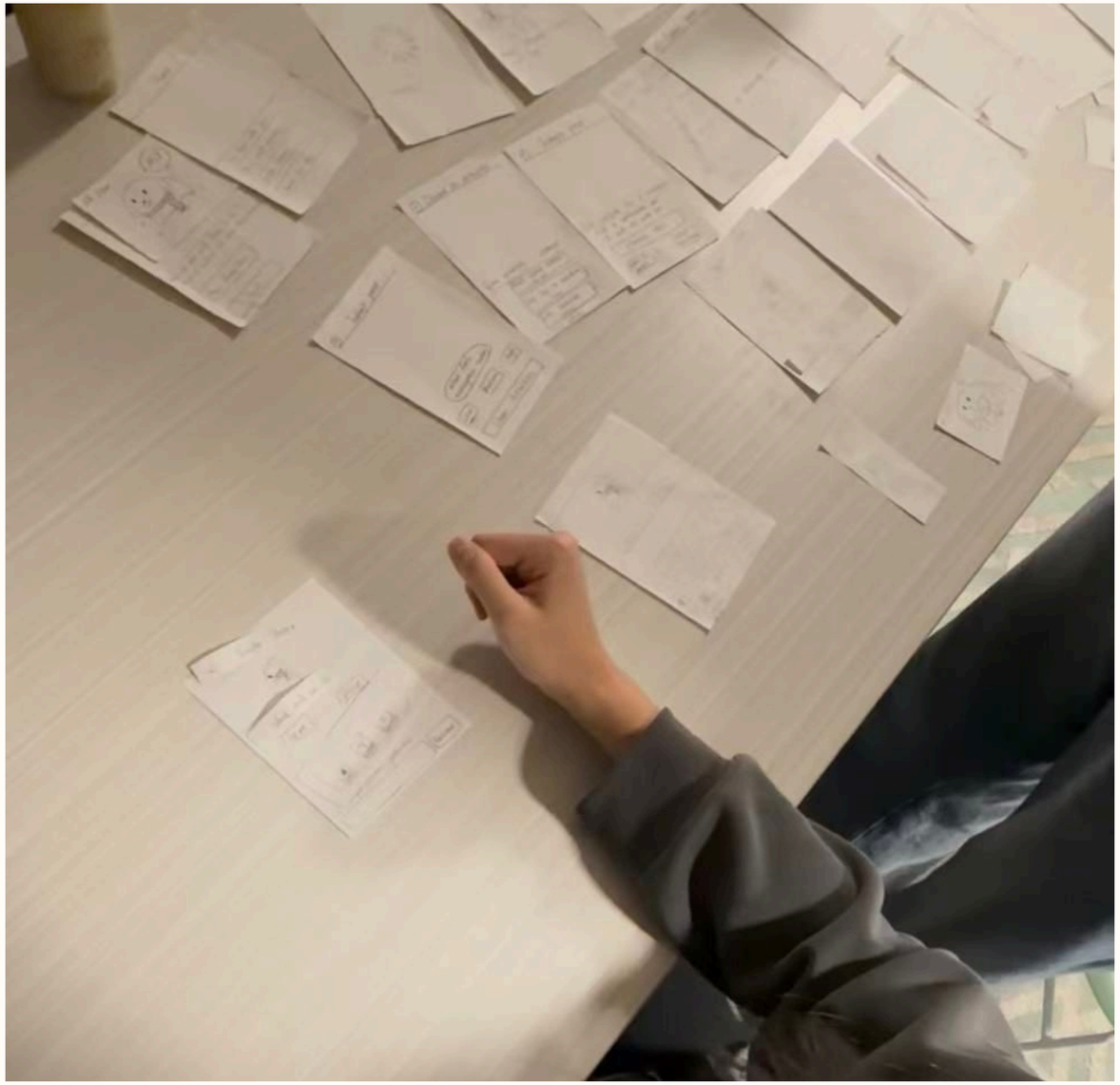


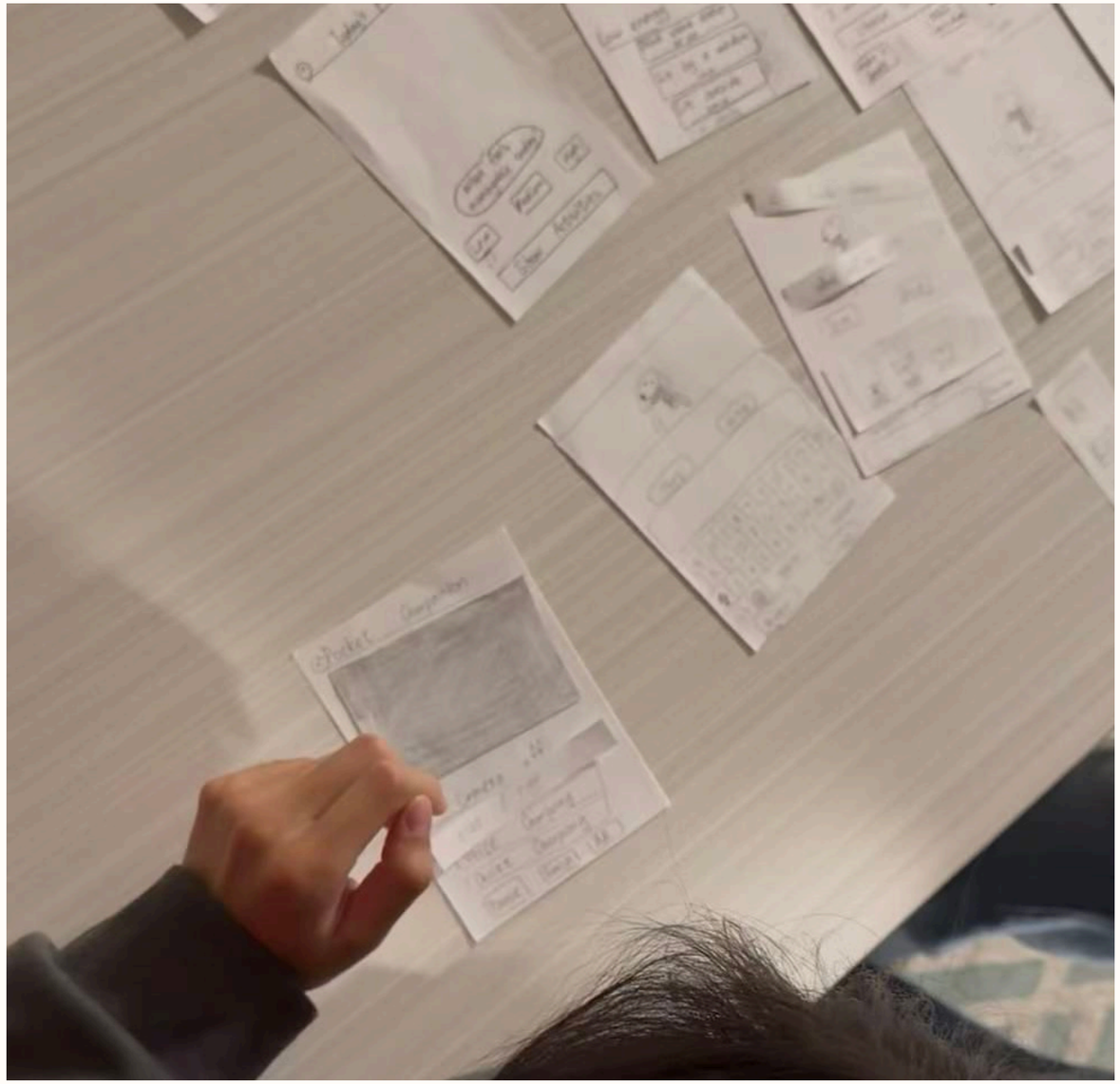






Participant 6 - test in progress





Link to Critical Incidents Log:

https://drive.google.com/file/d/1CFi0AcUr_kJUdwlERk0AjnETwRjRHW9W/view?usp=sharing