Page 1: Sleep Log Input Section

Task Title: Design the Sleep Log Section for Bed and Wake Times

Description:

- Create an input interface for users to log their sleep data, specifically their bed time and wake time.

Details:

1. **Background**: Set the background color to **#F5F5F5** (soft gray) for a calm and neutral atmosphere.
2. **Sleep Log Inputs**:
   - Provide **input fields** for users to enter their **bed time** and **wake time**.
   - Include labels for these fields in **Arial**, size **16px**, ensuring readability.
3. **Button to Save Data**:
   - Add a **"Save" button** for users to record their sleep data after entering the times.
4. **Typography**:
   - Use **Arial** with a **16px** font size for the input labels and text.

Deliverables:

- HTML structure for the input fields, including labels for bed time and wake time.
- Basic CSS for styling the input fields and buttons.

Budget: $5

Page 2: Sleep Data Graph Section

Task Title: Design the Weekly Sleep Data Graph

Description:

- Implement a weekly graph to show users their sleep patterns over time.

Details:

1. **Graph Section**:
   - Create a **graph section** that displays sleep data for the past week (i.e., sleep hours each day).
   - Use **#4682B4** (steel blue) for the graph's line color to evoke a calming effect.

   ○ Each day's data should be represented by a bar or line showing sleep hours.
 2. **Data Labels**:
   ○ Include **labels for the graph** (e.g., days of the week and corresponding sleep hours) in **Arial**, size **16px** for clarity.

Deliverables:

- Design the graph section layout and integrate a simple bar or line graph using HTML and CSS (or basic JavaScript for interactivity).
- Style the graph labels using the specified font and color.

Budget: $5

Page 3: Recommendations and Final Design Adjustments

Task Title: Add Sleep Recommendations Section and Make Design Responsive

Description:

- Add a section for personalized sleep improvement recommendations and ensure that the design is mobile-responsive.

Details:

1. **Recommendations Section**:
    - Create a section below the graph where users receive sleep quality improvement tips.
    - Use **#696969** (dim gray) for the recommendation text to ensure it feels neutral and easy to read.
    - Recommendations should be simple, such as tips for improving sleep hygiene or regular sleep patterns.
2. **Responsive Design**:
    - Ensure that the interface adapts well to mobile devices, making the input fields, graph, and recommendations section easy to read and interact with on smaller screens.

Deliverables:

- HTML structure for the recommendations section with sample tips.
- CSS for mobile responsiveness to ensure clarity on all devices.
- Adjustments to the layout for a balanced, calm, and restful design.

Budget: $5