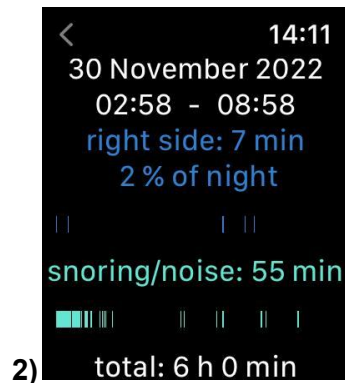
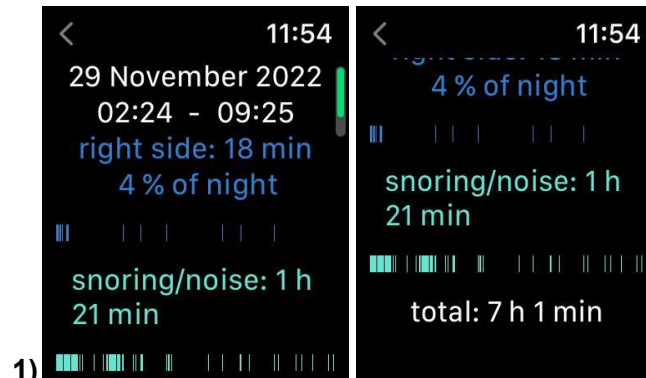


Task: evaluate the usability of TheLeft application after 2 nights of use.

Result: I performed usability testing using the Apple Watch SE.

Screenshots:



Answers to the questions:

- 1) Ease of use: 5
- 2) How easy it is to find the user manual: 5
- 3) Are the instructions clear when starting the application for the first time and when starting the session: 5
- 4) How convenient and clear is how to turn off the sound and leave only vibration (through the general settings of the watch): 2
- 5) How convenient is the use of the application: 3
- 6) Vibrations motivated to change position during sleep: 3
- 7) Did the vibration of the watch wake you up: 3
- 8) In general, there were no problems using the application: 5
- 9) The graphs look clear: 5