

Lunar

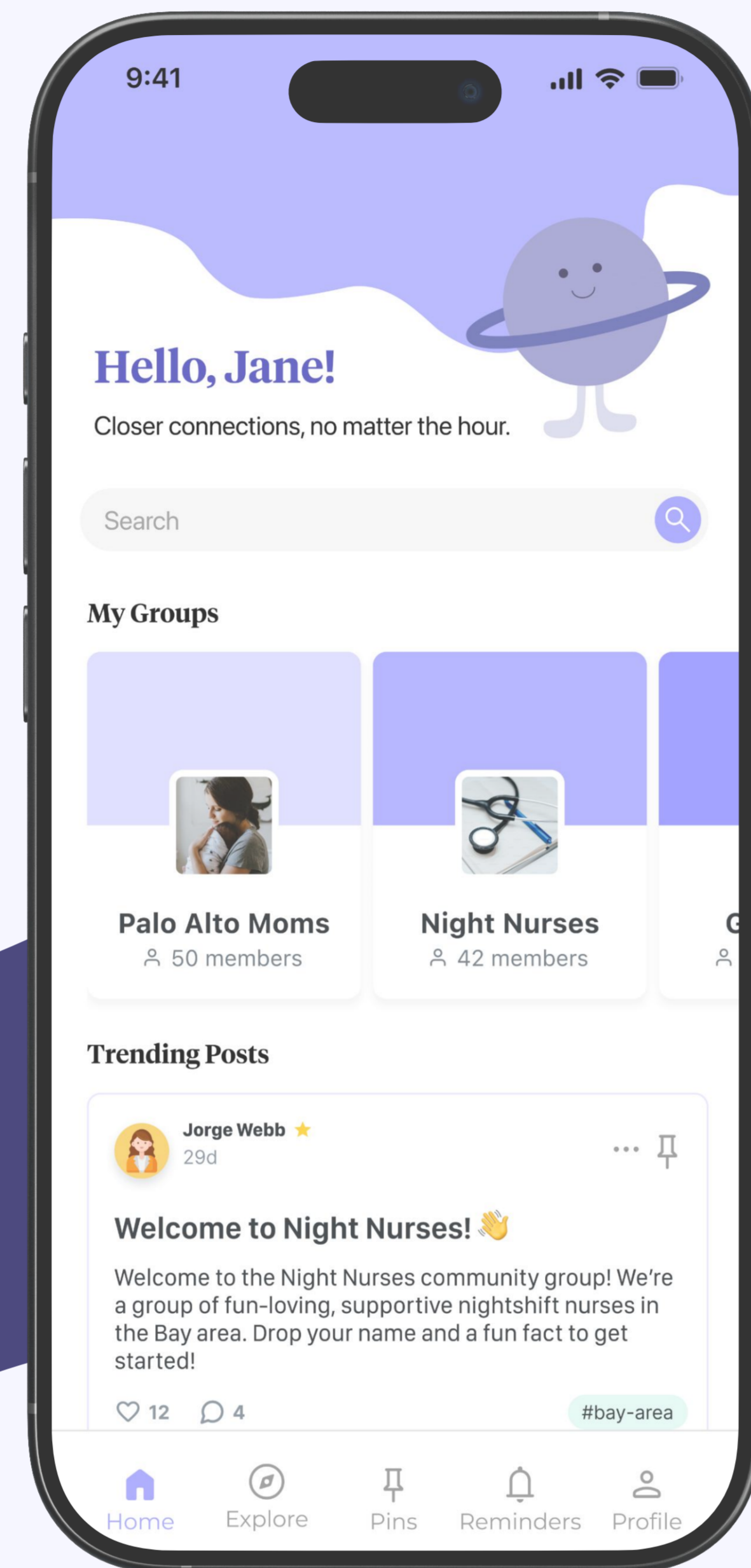
Closer connections,
no matter the hour

Problem

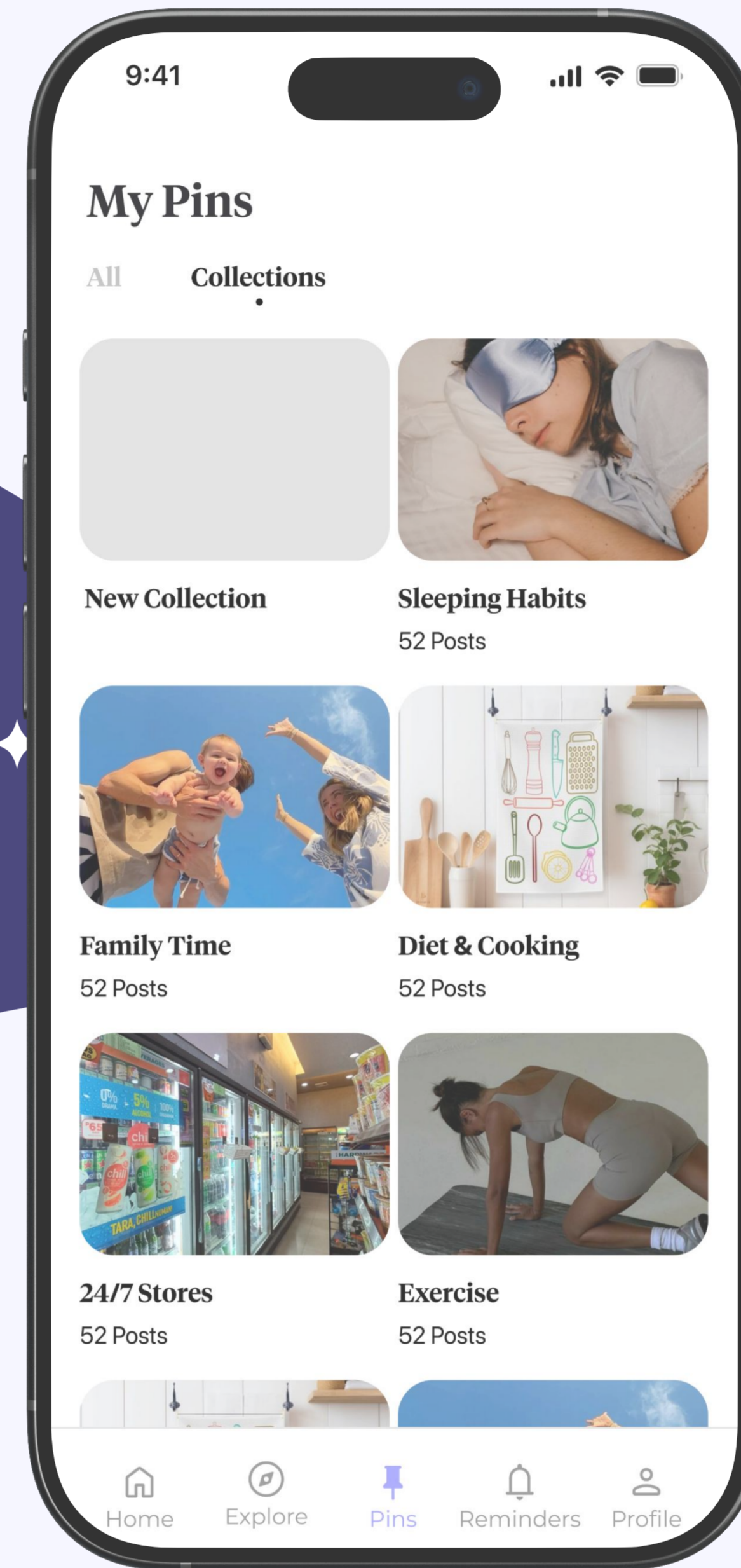
Nightshift workers are often lonely, lack support, and struggle to balance work and personal life.

Solution

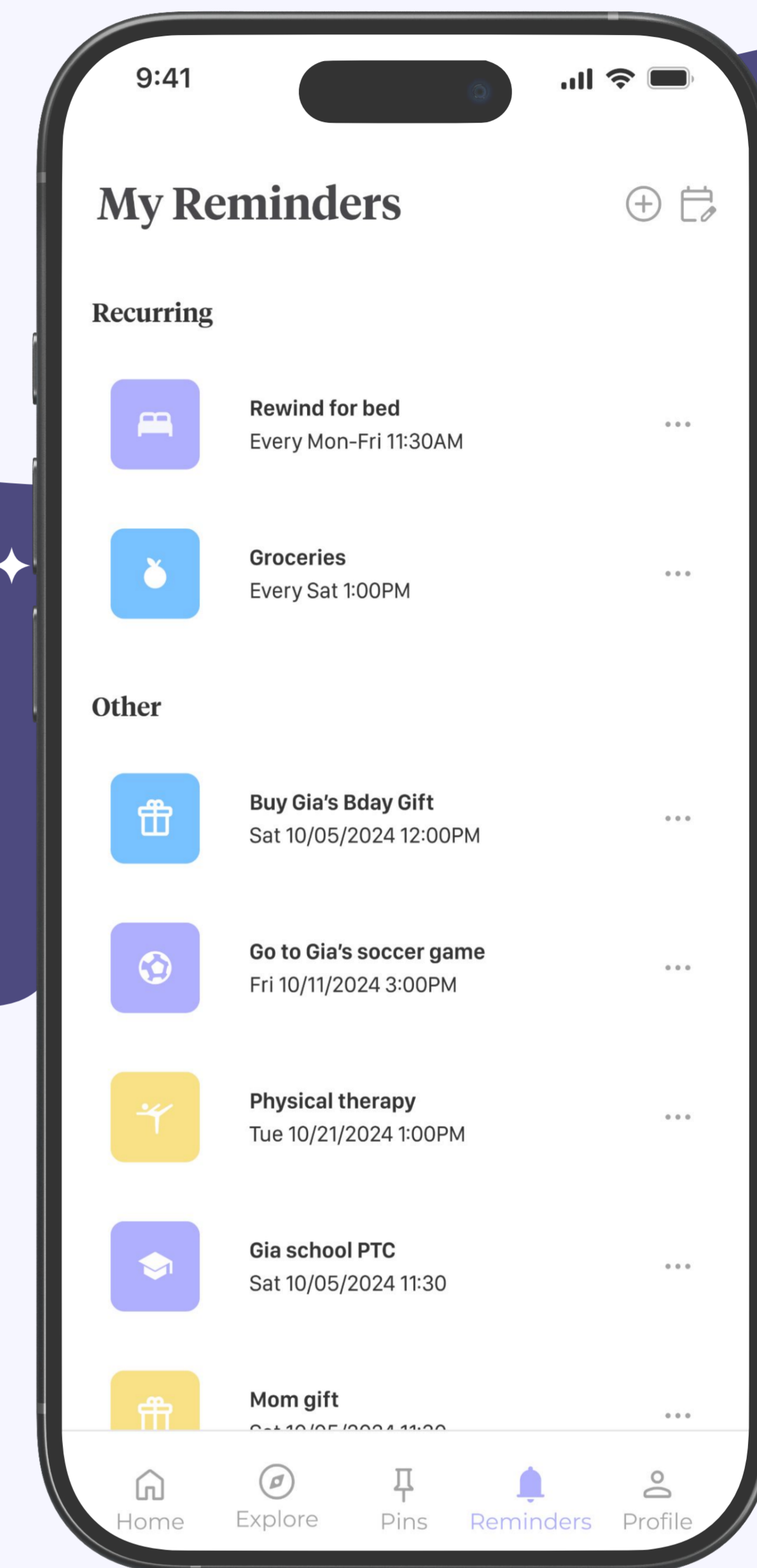
Lunar is an **online community** of night shift workers with similar backgrounds and struggles **sharing tips, resources, and support.**



Explore relevant community groups and posts



Pin favorite posts to Collections

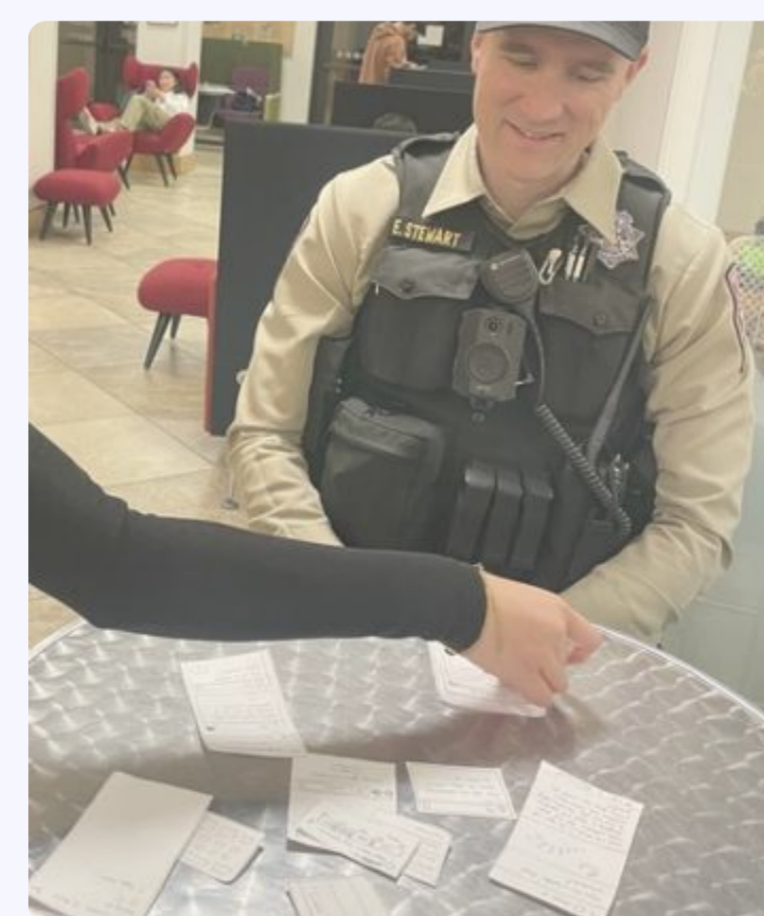


Set in-app reminders from post advice

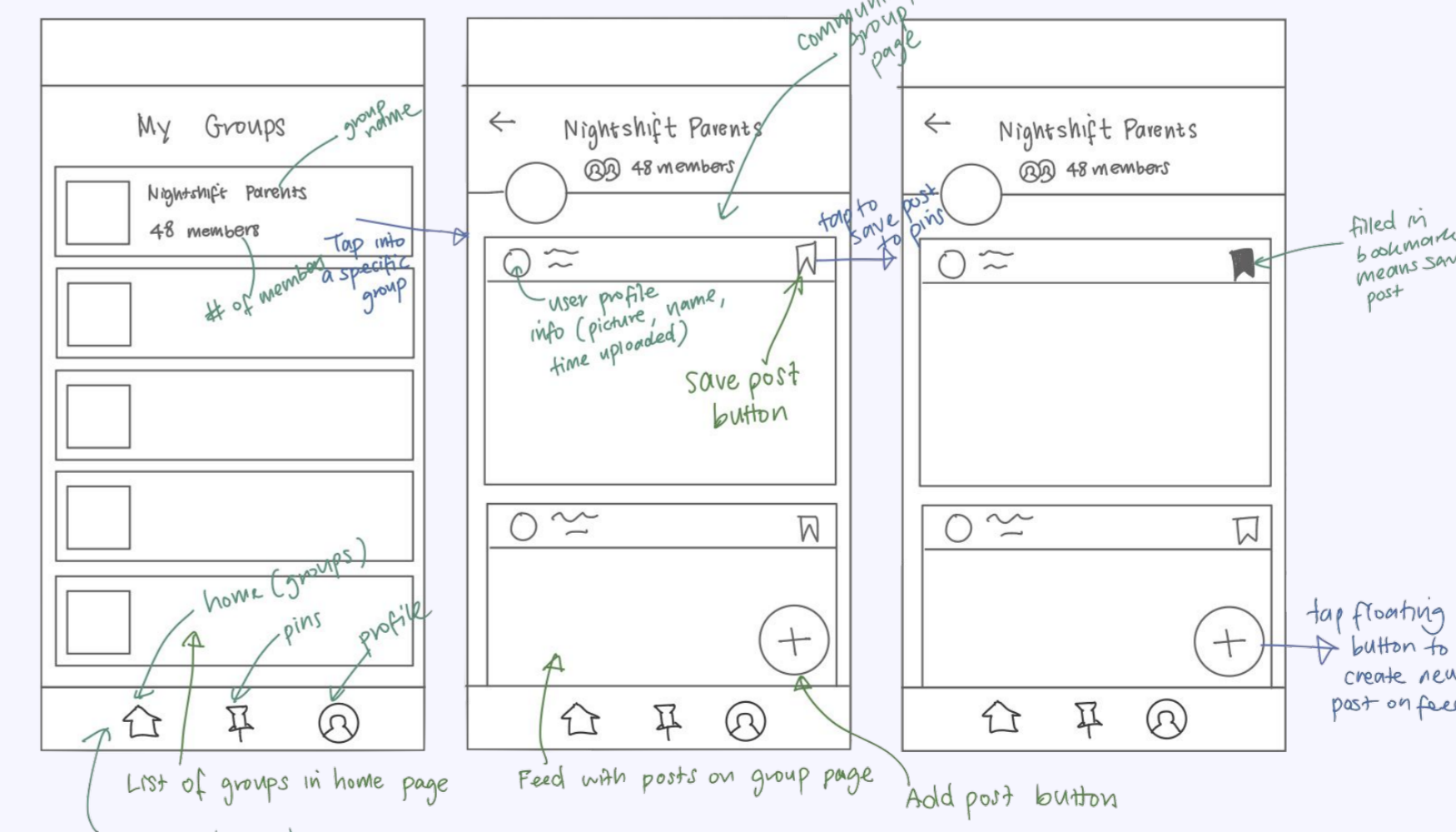
Design Process

Q Says	Q Thinks
<ul style="list-style-type: none"> Works long hours - shift from 6:30 pm to 4:30 am + 2 hours overtime 6 months of experience in the day shift, 6 months of experience in the night shift Other of transition Has his own schedule Working overtime every night Found the hardest part about night shifts is the little things, like you can't do 11 am brunch, for example 	<ul style="list-style-type: none"> Discipline and consistency is most important to working these cycles Experience working in the night shift There is no perfect solution to transitioning to night shifts The human body isn't built to work overnight and the hardest part is the first two weeks of transition It's not easy to transition to night shifts Working night shifts is necessary for work Working night shifts is necessary for work Working night shifts is necessary for work
Q Does	Q Feels
<ul style="list-style-type: none"> Doesn't drink caffeine Doesn't use any sleep or wake aids (caffeine, melatonin, energy drinks) Doesn't use any sleep or wake aids (caffeine, melatonin, energy drinks) Maintains his overnight schedule even on his off days. Believes consistency is the key to adjustment. Feels more alert in the beginning of the shift, and finds it hard to stay awake later on (4:30 am) Work in a regulated schedule, other night shifters work different nights 	<ul style="list-style-type: none"> Frustrated with 2 week transition period Feels he can assess for himself his degree of wakefulness, but would enjoy a tailored sleep tracker Feels he can assess for himself his degree of wakefulness, but would enjoy a tailored sleep tracker Feels he can assess for himself his degree of wakefulness, but would enjoy a tailored sleep tracker

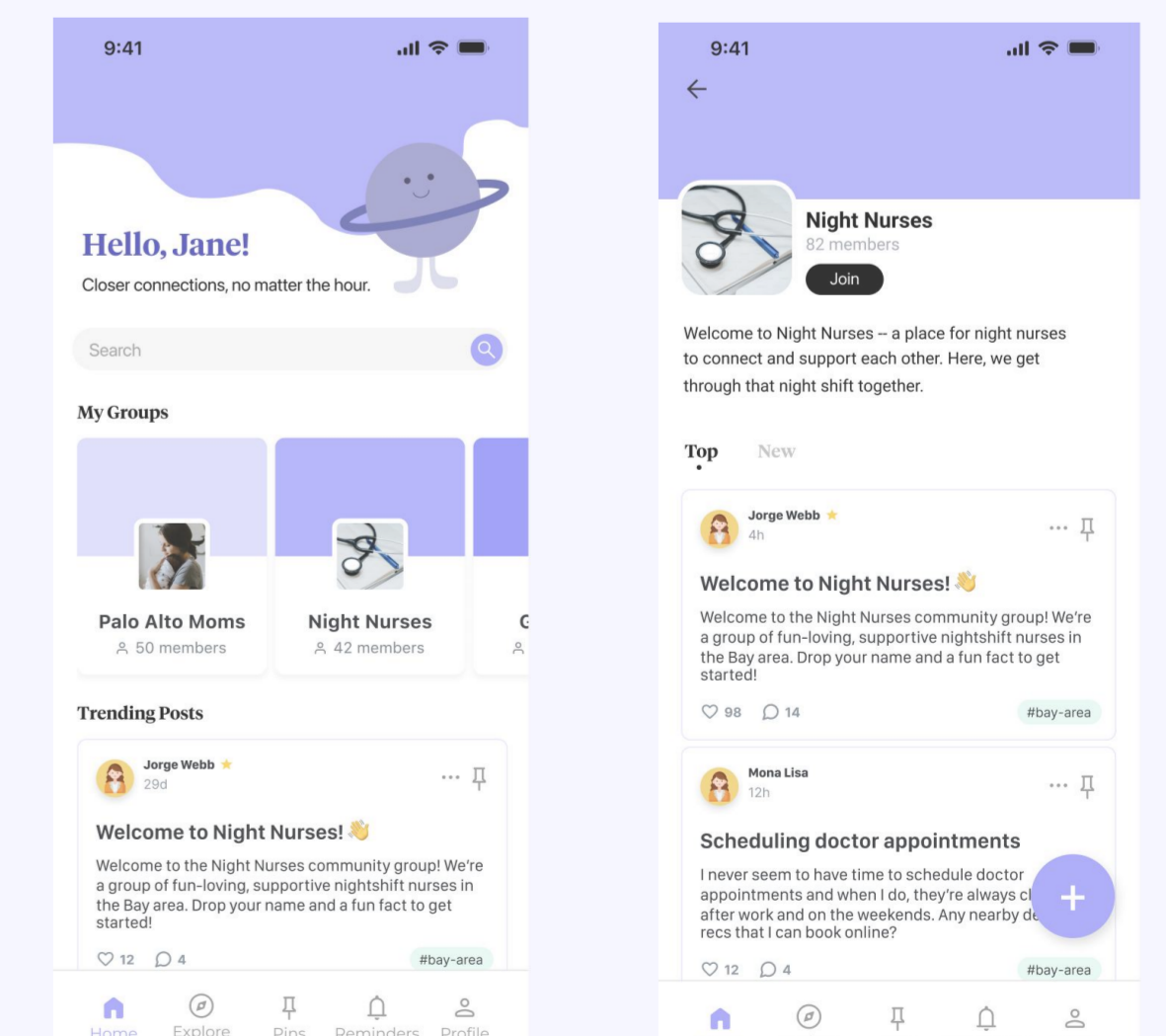
Needfinding



Experience Prototyping



Low-fi



Med-fi