SHYFTLYN

How the application works

Your shifts. Your life. Your family connected.

A page-by-page guide for the worker, the partner, and the carer at home.

What Shyftlyn is

Shyftlyn is a life tool for people whose hours change. It keeps the roster, the real hours including overtime, the recovery plan for that kind of shift, and a private line to the person at home.

The website and the phone app are the same product. The address is shyftlyn.com. The phone app, once the latest file is installed, opens that live site. A change on the website is then the change in the app.

It is a planning record. It is not a medical device, not a wage statement, and not an emergency alarm.

Who uses it

The worker uses it every shift: nurses, security, factory, hospitality, logistics, and anyone on rotating, night, or mixed hours.

The partner uses the Family page to see whether the worker is on shift, sleeping, or free, and to leave a note.

The carer at home does not need an account. They open a link on their own phone. From that link they can read the check, reply, leave a voice note, or join a call while both screens stay open.

1. The front page

Open shyftlyn.com. The first screen says Your shifts, your life. Your family connected.

Open Shyftlyn starts a new account. I already have an account goes to sign-in.

Three cards explain the product: The roster, The hours, and The family.

Pricing sits under those cards. Free is one Care Circle, the roster, the clock, and Today. Premium is 6.99 dollars a month or 49.99 dollars a year, for more circles and the PDF record.

2. Create an account or sign in

Enter email and a password of at least 8 characters. Tap Show to read the password. Tap Hide to cover it.

Create account asks for a name as well. Sign in uses the same email and password on the website and in the phone app.

Forgot password is on the sign-in screen. Enter the email on the account and tap Email me a reset link. The link lasts one hour. Open it, choose a new password, and sign in. Check spam. If nothing arrives, write to info@shyftlyn.com from that same email address.

3. First setup, four steps

Step 1. Your name.

Step 2. What matters right now. Sleep is already selected. Add or remove goals.

Step 3. How you work. Pick a set pattern, or build a mixed routine: 12-hour day, 12-hour night, a 24-hour stretch, and one, two, or four days off. Set the day start, day end, night start, and night end. Look at the next two weeks before you continue.

Step 4. The person you are supporting, if you want a Care Circle now. You can skip this and add it later. Then the app opens on Today.

4. Today

Today is the home screen after sign-in. It is built for a tired person: one shift, one sleep window, and the next useful action.

It shows the kind of day, the hours, when to sleep, when to stop caffeine, and a short plan for food, recovery, and winding down. These follow the kind of shift. They are fixed rules, not a chat with an artificial intelligence.

A 24-hour stretch is shown as one block. Sleep is planned after you are relieved, not during the stretch.

5. Schedule and the clock

Open Schedule. The month shows each day as work or off. Tap a day to see the registered hours. You can move a day if the roster changed.

Clock in when you actually start. Clock out when you leave. The hours counted are the time between those two taps, not the whole registered shift by itself.

If you forgot to clock in but you were already there, tap I started at the beginning. That moves the start back to the registered start.

If you forgot to clock out, tap I finished on time. That sets the end to the registered end. If you are still at work, leave it open and clock out when you leave.

A shift that is still open is not added to the month. Nothing is counted until there is a clock-out.

Overtime is anything past the registered 12 or 24 hours, and any work on a day that was meant to be off.

6. The hours, one month and four months

On Schedule, Worked this month is the total of finished shifts. Overtime included sits beside it.

Last four months lists each month, then the combined hours, overtime, and number of finished shifts. Use Prev and Next to look at older months one at a time. The four-month card always stays on the latest four.

7. Care

Care is the circle around one person at home. Free includes one circle. More circles are Premium, turned on in You.

Add the person's name and the helpers. Add a phone number if you want a WhatsApp message. Add a task for morning, afternoon, evening, or anytime, and mark it done when it is done.

The circle has a private link. Send that link. The helper does not need the app and does not need an account.

8. The person at home

They open the link on their phone. They can see the check, write back, leave a voice note, or join a voice or video call.

A call stays up only while both screens are open. It is not a hospital alarm and it does not call the emergency services.

WhatsApp is only the message that carries the link. The reply, the voice note, and the call happen on the Shyftlyn page.

9. Family

Family is the worker's side of the same relationship. It shows a plain line for today: on shift, sleeping, or free, and the next seven days.

Leave a note for yourself or for the person who shares the plan. Notes can be spoken with Speak, the same as other free-text boxes. Speak only turns your voice into text. It does not give advice.

10. You

You holds the account. Change the name, the routine, and the quiet hours here.

Sign out is the full-width button under your name. On a phone it is the last tab. On a computer it is the last item in the side menu.

Premium is here. 6.99 dollars a month or 49.99 dollars a year. Stripe takes the card. Shyftlyn does not store the card.

Download PDF, on a Premium account, is your own record: the last four months at the top, then every month you have clocked, each shift, and the sleep you logged. It is your planning record, not a payslip and not a medical file.

11. Support, privacy, and the phone

Support is on the front page and at shyftlyn.com/support. A note there is sent to info@shyftlyn.com.

Privacy and Terms are linked from the front page and from sign-in.

On an Android phone, install https://shyftlyn.com/shyftlyn.apk once. Allow the install. The home-screen icon is the Shyftlyn mark, and the name under it is Shyftlyn.

If an older copy is still on the phone, delete it first, then install that file. After this install, the app opens the live site, so later pages change when the website changes. A new icon would still need a new install.

A normal day, in order

1. Open Shyftlyn. Today tells you the shift, the sleep, and the next small action.

2. Clock in when the shift starts. If you were already there, use I started at the beginning.

3. At home, the carer uses the link if something needs a check. You can call or leave a voice note from Care.

4. Clock out when you leave, or tap I finished on time if you forgot until later.

5. Schedule shows the month and the last four months.

6. When you need the paper record, open You and download the PDF.