Target time to get up

Target day or period of time to correct over

Target length of sleep per day

Time they currently go to bed (this is not saved and instead asked when the user sets a new goal)

>Allow user to enter what time of day they need to get up at

>What day they want to correct the sleep to / or how many days they want to correct it over

>How long they want to sleep for with a recommended sleep length of 8hrs (do a popup that recommends not setting sleep lower than 7 hours)

>Then enter what time they currently go to bed

App will create a plan over those days that the user should go to bed and wake up

> weekends option for more sleep

Send reminders 1 hour (modifiable) before bed and at bedtime to get user to set an alarm for time x

Trigger alarm at time they should be getting up – if possible

Maybe create profiles that users can create to allow them to recorrect easier

To avoid being intrusive the app wont force any (alarms or) settings, it is simply to help recommend a structured form of correcting sleep patterns?