Creating incentives for sleep

Air quality could also be a factor

Reading a boring book

Better pillows and blankets

the app plays relaxing music or rain noises

Sleep mask

phones contribute to sleep loss

Background noise

Hard-limits

Scroll limit

Phone limiting

turn off phone at a certain time

Cut out the reception at bedtime

Reminders

alarm reminding the user to sleep

phone screens causes the brain to not produce melatonin

remind the user of good sleep habits

Bedtime notification

Subproblems

Difficult to get people to self-regulate

Go talk to a professional

Research shows that exposure to blue light near bedtime can hinder sleep quality.

Pure Self-Discipline

delete Twitter (best solution)

thugging it out

Just delete Tik Tok

Turn every ounce of light from your PC off