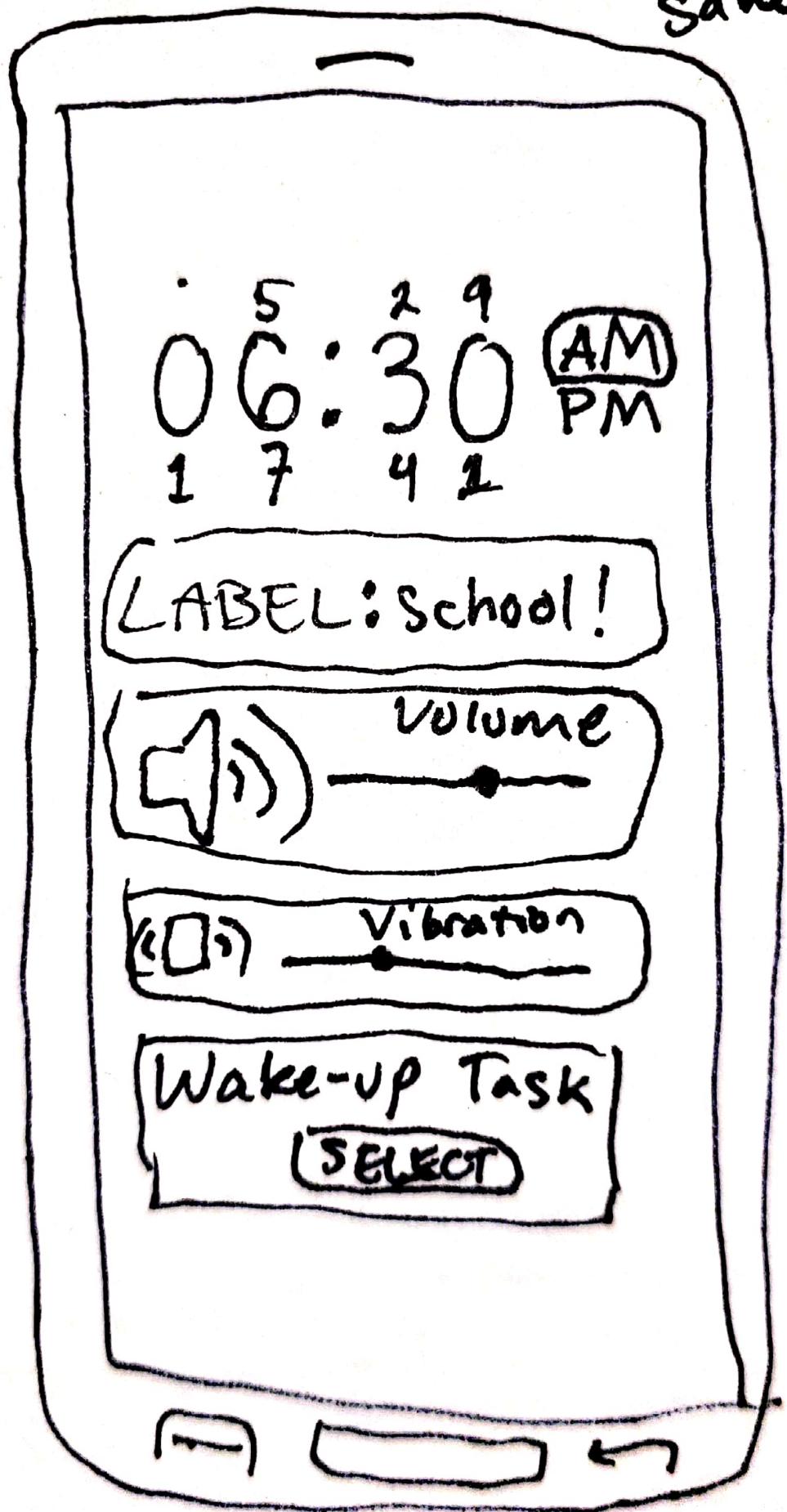
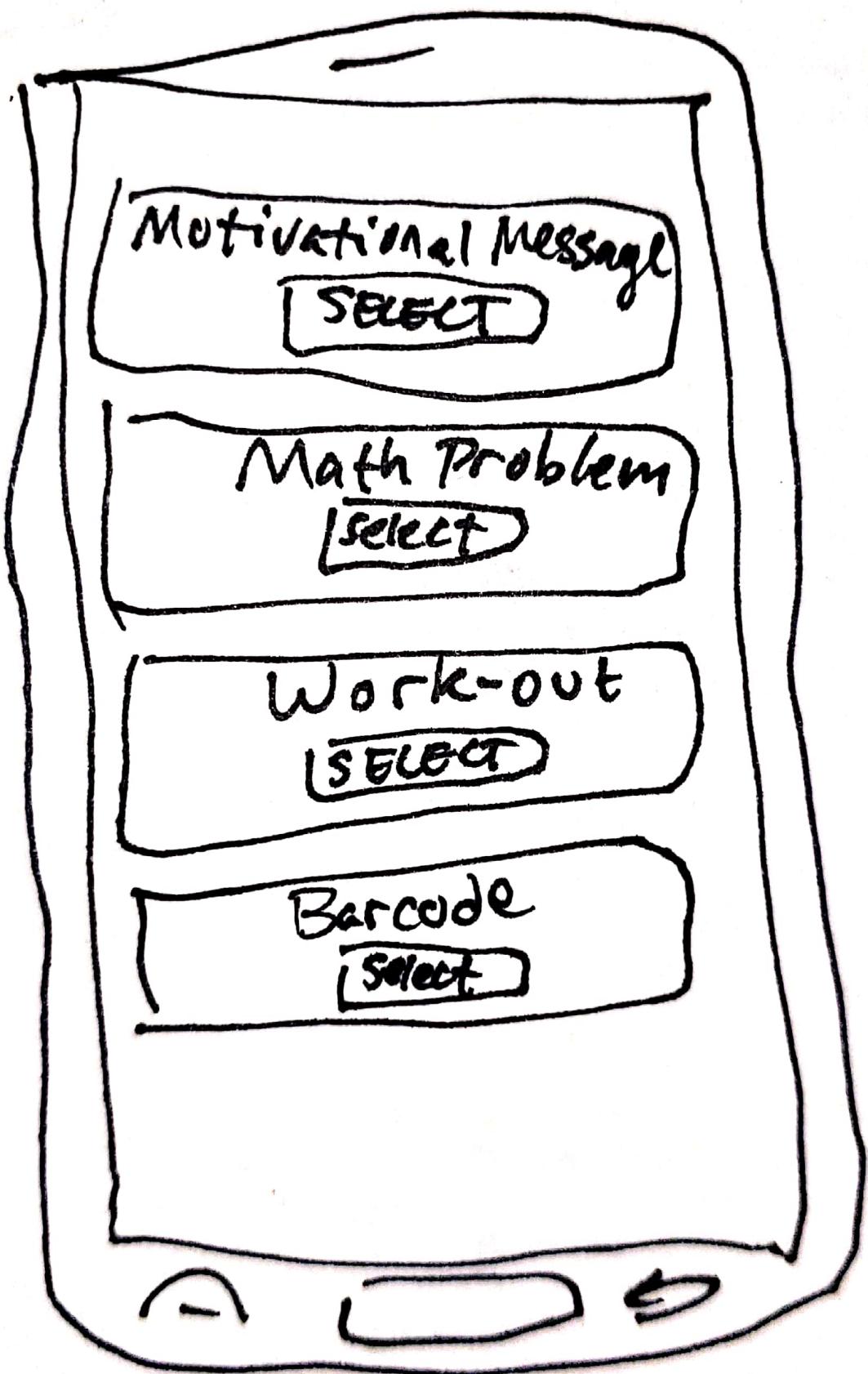


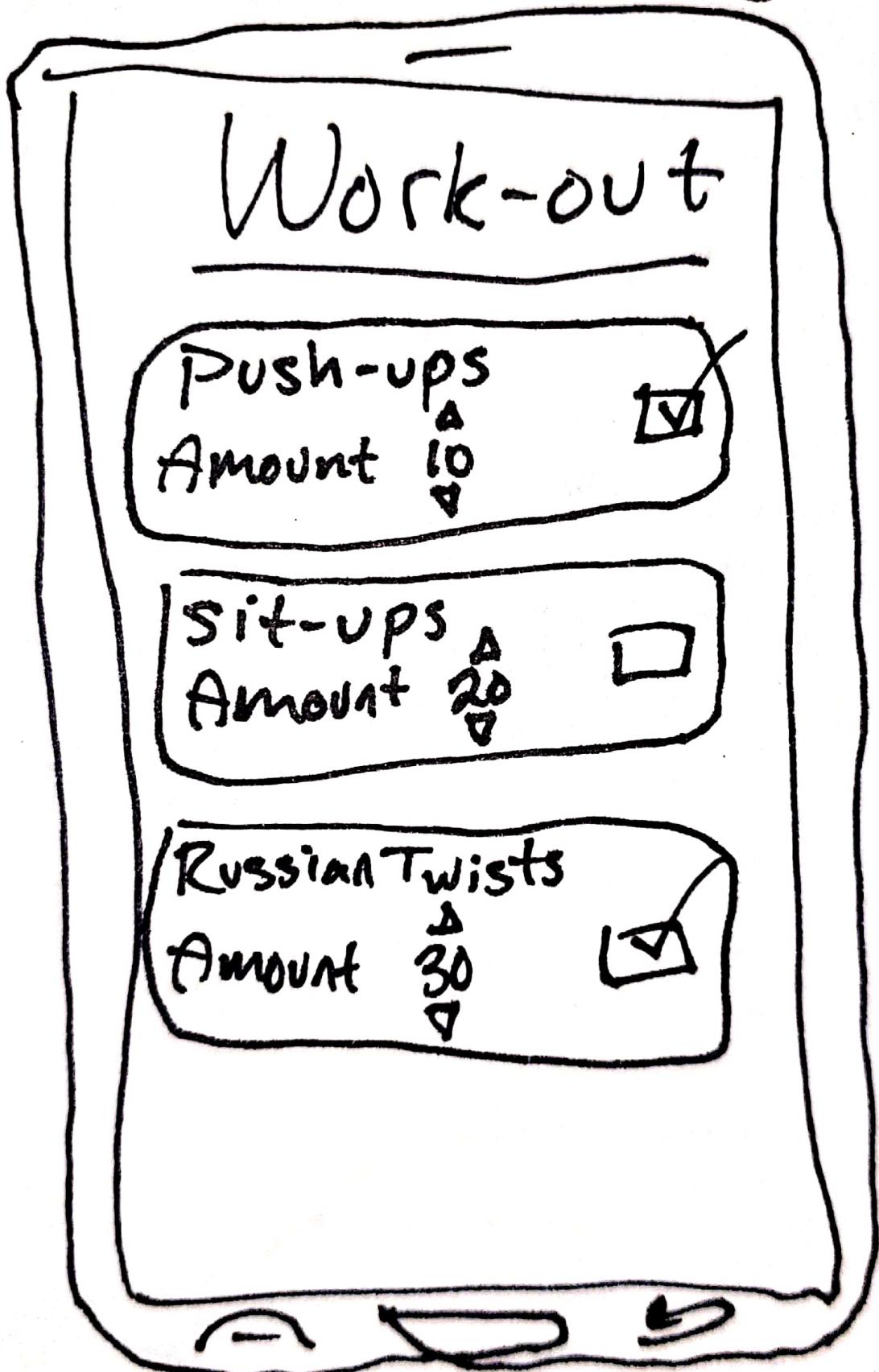
Jack  
sawers



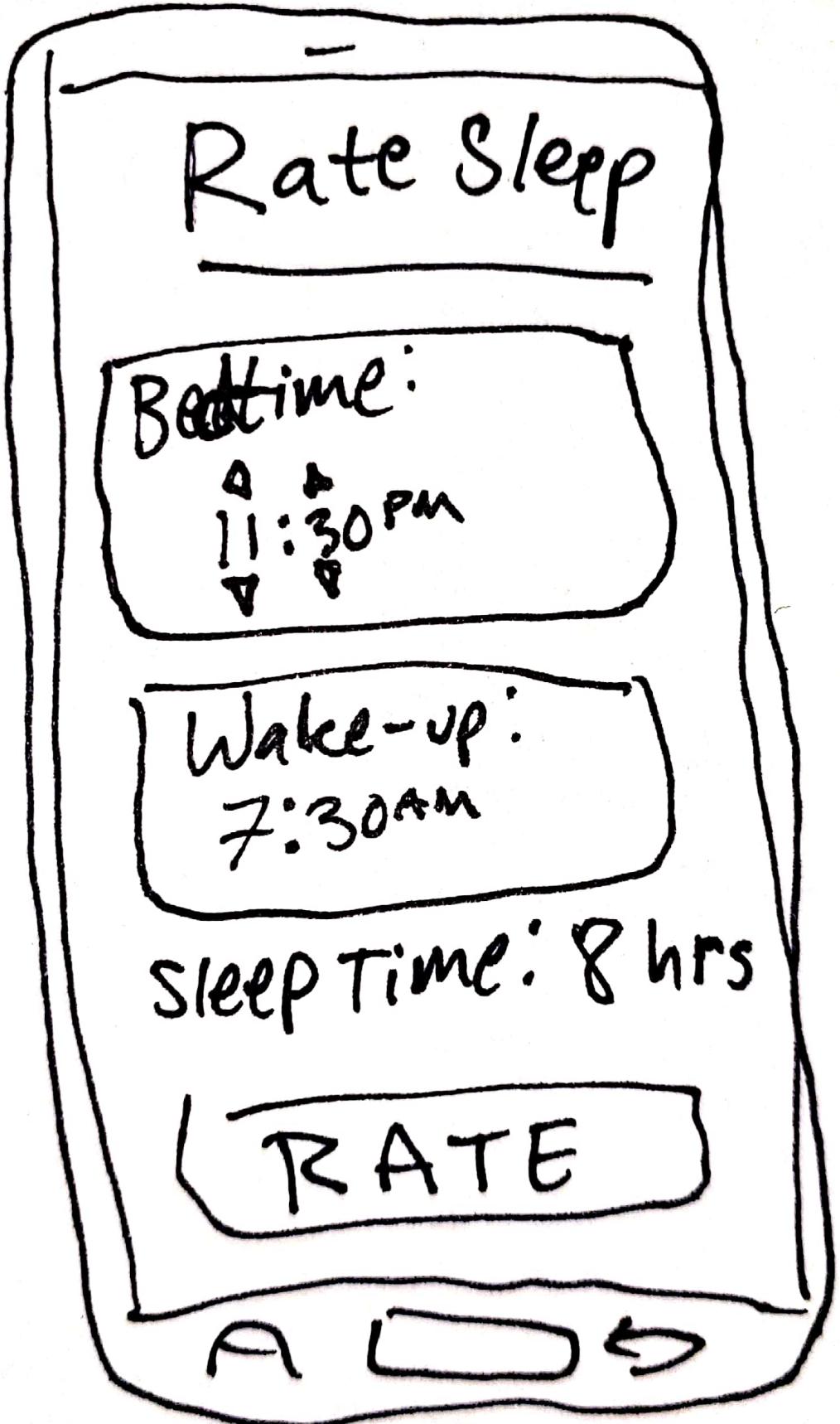
Jack  
Sales



Jack  
Sakess



Jack  
Sathers



Jack  
Sakers

## Rate Sleep

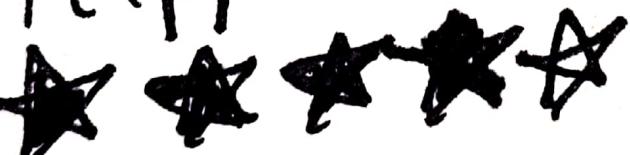
Restedness



Grogginess



Happiness



Total Rating: B<sup>+</sup>

A

—

W

Jack  
Sakers

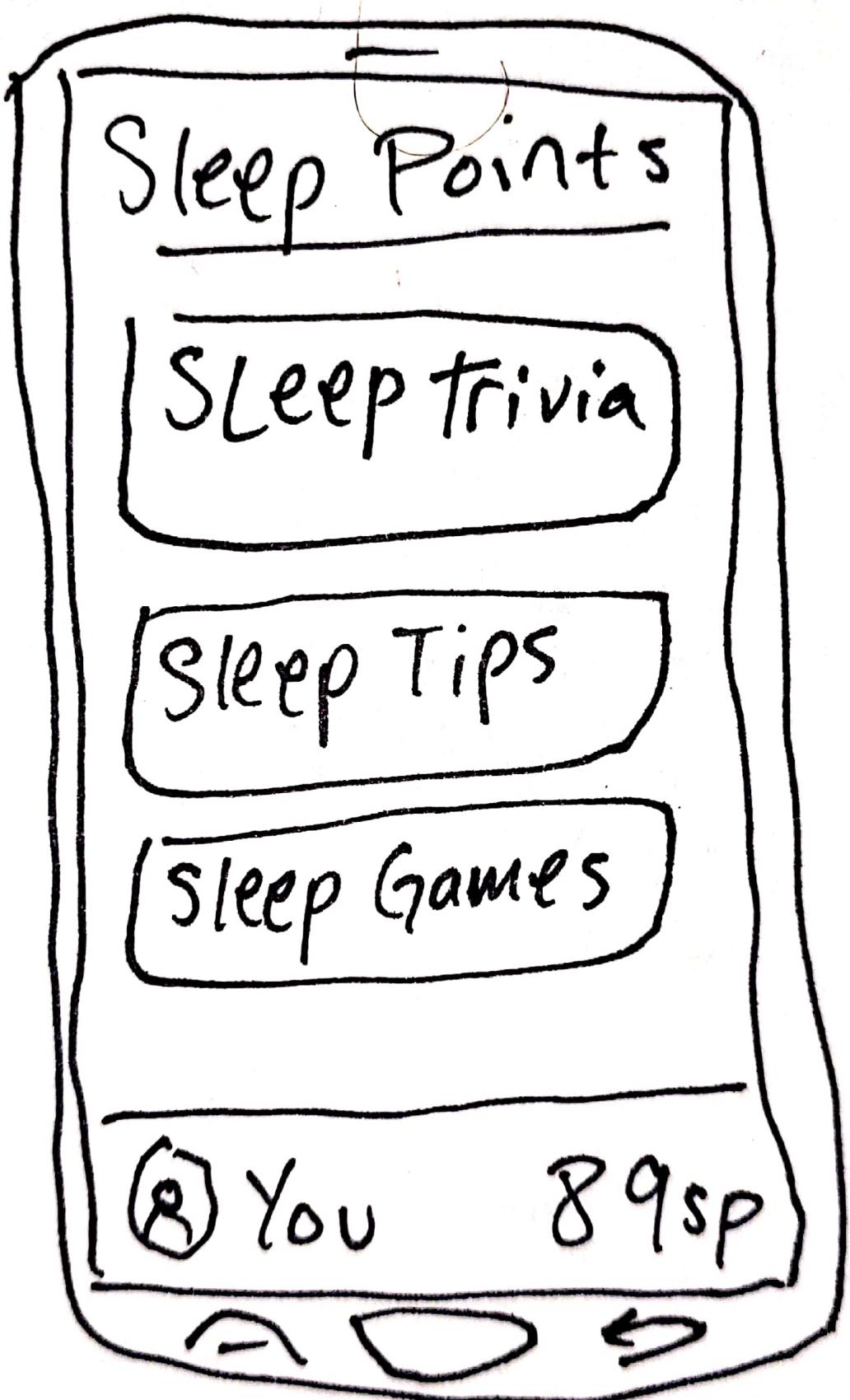
## Leaderboard

- ⑧ Claire 214 sp
- ⑧ Robert 200sp
- ⑧ Kenzie 162sp
- ⑧ Fred 97sp
- ⑧ You 89sp

Earn Sleep Points

A ← ↵

Jack  
Sakers



what time  
would you like

to get up?

8:00 AM

Dai's quote:  
"....."

help | listen | reward

D

Help

How to get better  
SLEEP?

How to wake up  
better?

Why should I  
prioritize my  
sleep?

Why is it so  
hard for me to  
go to sleep?

O

## Customize

What sound would  
you like?

Import

Select

Which vibration  
pattern would you  
like?

Create

Select

Which drill  
reminders would  
you like to  
be notified about?



# Rewards

~~Points~~

Sleep

Coin balance: 750

~~\$5~~ Gift Card: 500  
\$20

Mattress topper: 1000  
points

iPad: 10,000  
points

Why is it so hard  
for me to fall asleep?

There are many factors  
that could be impacting  
your ability to sleep.

One can be your  
blue light exposure  
shortly before bed or  
consuming caffeine  
shortly before you...

Additional links for Sleep  
MCIP: www....

# Connections

Connect to your  
blue tooth speakers,  
lights, or curtains to  
help you wake up  
in the morning!

Connect

