## Reasons for waking up

**Classes, Job Interviews**

**Certain jobs require early hours**

**Healthier Sleep Habits = Healthier Lifestyle**

## Ensure the user gets the best sleep

**Enter what time you went to bed**

**Rate the night of sleep to find the perfect amount of sleep**

**Have a way to set up "sleep-in" days**

**Bedtime reminders**

## How to wake the user up

**More important alarms on weekdays**

**Math problems or motivational messages to wake the user up**

**Different alarm sounds**

**Vibrations**

## Main Functions

**Alarm gets louder over a short period of time**

**Small adjustments to schedule over time**

**Alarm gets 10 minutes earlier every morning**

## Incentive for getting up

**Reward system for getting up?**

**Make it into some sort of game?**

**Make it a competition**

**Leaderboards with your friends and family**

## Reasons for waking up

**Get your day started, be more productive**

**Less stress and anxiety with better sleeping habits**

**Metabolism is improved with better sleeping habits**

Add a to-do list. the user can input tasks for them to complete the following day or few days

## Ensure the user gets the best sleep

Prompt the user to avoid electronics in order to reduce the amount of blue light exposure

**Sleep sounds like white noise or calming music**

Add a "Sleep Help" section where it informs the user how to get better sleep. Such as, "Having trouble getting to sleep? Try things such as reducing caffeine... etc."

**Warn the user to stay away from alcohol shortly before bed**

## How to wake the user up

**Allow user to input custom sounds from various sources**

**Reminder to drink water to get their day started**

Suggest to the user to put the alarm out of arms reach so the user must move in order to turn the alarm off

Prompt the user with healthy breakfast meals to get their day started

## Main Functions

Add a button for the user to press for a certain amount of time (Maybe 20-30 seconds) before the alarm turns off to ensure the user is up

Let the user to connect to bluetooth lights or curtains to turn on the lights or open the curtains when the alarm goes off

## Incentive for getting up

Make a streak system where the amount of days the user wakes up in a row adds up every day

Add a store where they earn a currency which they could redeem for real items (it would take a long time for them to be able to afford something of course)

# Reasons for waking up

# Ensure the user gets the best sleep

**Suggest to the user to try melatonin to help them sleep better**

**Suggest to the user to avoid eating late at night**

# How to wake the user up

**Prompt the user to have a quick meditation session to help wake them up**

**Prompt the user to have a quick workout session to help wake them up**

**Prompt the user to drink a cup of coffee to help wake them up**

**Prompt the user to stretch**

# Main Functions

# Incentive for getting up