

1. Note down all the problems that you connect to
 - Not being able to wake up as soon as my alarm goes off
 - Background noise (music from neighbors, construction) is too disturbing
 - Not being able to create and follow a schedule on a daily basis
 - Always getting distracted while working
 - Procrastinating
 - stressing
2. Then categorize them by how that problem can be solved . (relative to the first answer)
 - By not keeping the alarm next to me, but at a place where I have to get out of my bed to turn it off
 - Can't do much - try to stay far from noise source?
 - By pushing myself to - there's not much of a specific procedure to solve it
 - By ridding of all distractions or asking family member to make sure I don't
 - Same as above 2^
 - If I'm able to work out answers 3 - 5 for #1 I should be stress free
3. Then decide one problem which can be solved using technology.
 - I think I can cover 4 of the problems actually. If I create an app with the following features:
 - Has a schedule creator
 - Sends an alarm sound when user needs to start/end work/break period
 - Provides music that improves focus
 - Has resources such as a calculator, timer, maps, math formulas, etc that a person can refer to if they are a student
 - I can cover the problems of scheduling, distraction, and procrastination using this app, and if it works for the user, the problem of stress will also be solved.