

College students need a consistent, reliable way to wake up on time in a busy college life with inconsistent bedtimes and wake-up times every day.

Most students have schedules with varying class times each day. On some days, a student's first class of the day may not be until late afternoon, while some days it may start as early as 8:30! It can be difficult to manage a sleep schedule when students go from sleeping in as late as they want to waking up super early the next day. This is especially problematic for heavy sleepers who may not rise to a soft morning alarm. With an eventful college life where students go to sleep at different times every night, usually ranging from 10:00 pm to as late as 2:30 am, and sometimes even later, it is also difficult for the body to naturally develop any kind of rhythm.