

Noise-Based	Vibrating (external)	Vibrating (wearable)	Lifestyle Changes	Sensory-based	Devices
<div>Built-in phone alarm</div> <div>Dude Person</div>	<div>Vibrating phone alarm</div> <div>Dude Person</div>	<div>Vibrating “headphones”</div> <div>Dude Person</div>	<div>Take naps during the day</div> <div>Dude Person</div>	<div>Sleep mask that lights up</div> <div>Dude Person</div>	<div>Device to take sheets off</div> <div>Dude Person</div>
<div>Physical alarm clock</div> <div>Dude Person</div>	<div>Vibrating mattress</div> <div>Dude Person</div>	<div>Apple watch alarm (vibrates)</div> <div>Dude Person</div>	<div>Manage sleep schedule according to 1 1/2 hour circadian rhythm</div> <div>Dude Person</div>	<div>Bright light that turns on at a set time</div> <div>Dude Person</div>	<div>Water-pouring device</div> <div>Dude Person</div>
<div>Alarm app (ex. Alarmy)</div> <div>Dude Person</div>	<div>Vibrating timer (possibly the ones used in restaurants?)</div> <div>Dude Person</div>	<div>Vibrating bracelet</div> <div>Dude Person</div>	<div>Wake up at the same time every day, regardless of schedule</div> <div>Dude Person</div>	<div>Wake up to natural light</div> <div>Dude Person</div>	<div>Bed-shaking device</div> <div>Dude Person</div>
<div>Alarm w/ airpods in</div> <div>Dude Person</div>	<div>Vibrating pillow</div> <div>Dude Person</div>			<div>Timed smell release (Jasmine, citrus and peppermint)</div> <div>Dude Person</div>	<div>Fan set to a timer</div> <div>Dude Person</div>
<div>Audio of a friend saying student’s name</div> <div>Dude Person</div>					<div>Poking device</div> <div>Dude Person</div>