

As a user, I want to be able to enter the time I want to wake up and the hours I want to sleep, so I can figure out when to go to bed.

As a user, I want to be able to save my settings in various profiles in order to more conveniently regulate my weekly schedule.

As a user, I want to customize the text message notification to let me know when to go to sleep so I can get to bed on time.

As a user, I want to be able to choose what time to get my sleep notification, so I can better plan out my night.

As a user, I want a main menu that is easily navigable so I can understand how to use the app.

As a UI Designer, I want the interface to be reliable and efficient, to provide as much of a streamlined process as possible.