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

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

to stretch

Main **Functions**

Incentive for getting up

have a quick meditation session to help wake them

Prompt the user