

# Waking Up Earlier

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## Problem Statement

Our users wish to wake up earlier and have more time to accomplish their tasks everyday. Making this change can often be difficult and our solution should provide users with an easier way to change their sleeping habits.

## Who is experiencing this problem?

Individuals that wish to have an earlier start to their day but struggle to make the change.

## What is the problem?

Making drastic changes to one's sleep schedule can be very difficult.

## Where does the problem present itself?

This problem most often occurs in the user's bedroom, hotel room, or wherever the user wakes up.

## Why does it matter?

When one wakes up earlier, they can accomplish more and get closer to reaching their goals.