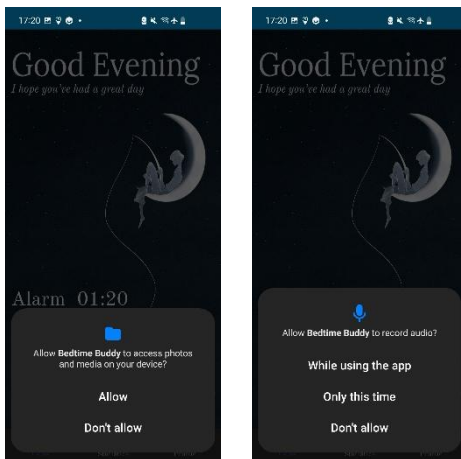


## Bedtime Buddy User Manual

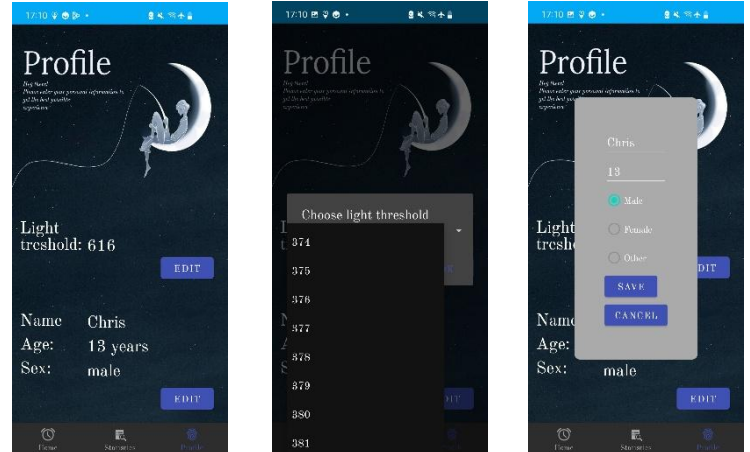
Introducing Bedtime Buddy, the last alarm clock you will ever need. We at Bedtime Buddy do not just provide you with an alarm clock, but focus on a rather holistic approach giving you insight into your own sleep quality. We do this by a noise counter which can be interpreted as the REM sleep phase. Furthermore, we provide you with your individualized sleeping times and statistics for you to detect problems and determine the perfect sleep schedule. Bedtime Buddy also features an option for you to get up with the sunset.

### Getting started:



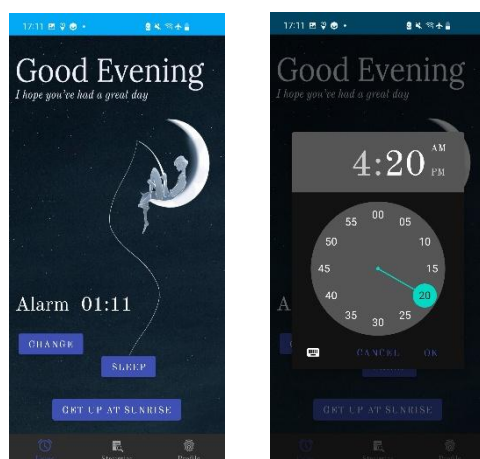
2: Before using the App please accept the permissions we need for the noise counter and to provide our services to you. Use the bottom nav-bar to navigate within the app.

### Setting up your profile:



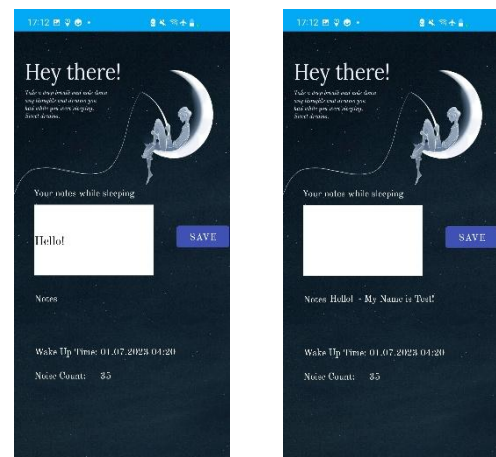
1: We advise you to fill out your profile information first. This will help us provide you with your personalized wake up time. Furthermore, you can set the light threshold in this menu (for using the wake up at sunrise option).

### Setting the alarm:



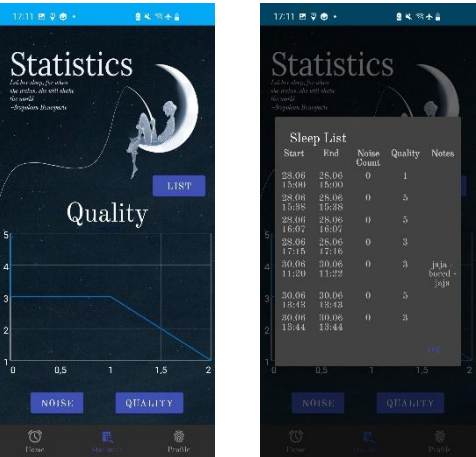
4: The time shown when opening the app is your personalized wake up time if you went to bed right away. To change this just press the change button. If you want to get up at sunrise just press the button, you will be woken up at the preset light threshold.

### During the night:



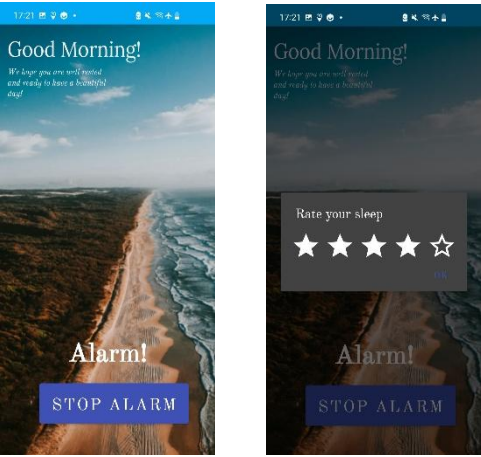
3: When waking up during the night you are able to write down your thoughts and dreams which you don't want to forget. Additionally, your wake up time and noise count is displayed.

Statistics:



6: On the statistics page you will be able to see you sleeping statistics over the last month. You can use the buttons to toggle between noise count and quality. To see the exact numbers and notes you took while sleeping press the list button.

Getting up:



5: If light is detected or the alarm time is reached our finely chosen alarm will wake you up. To stop it press the Stop Alarm button. Next, you will be asked to rate your sleep on a scale from 1-5, these ratings will also be shown on the statistics page.