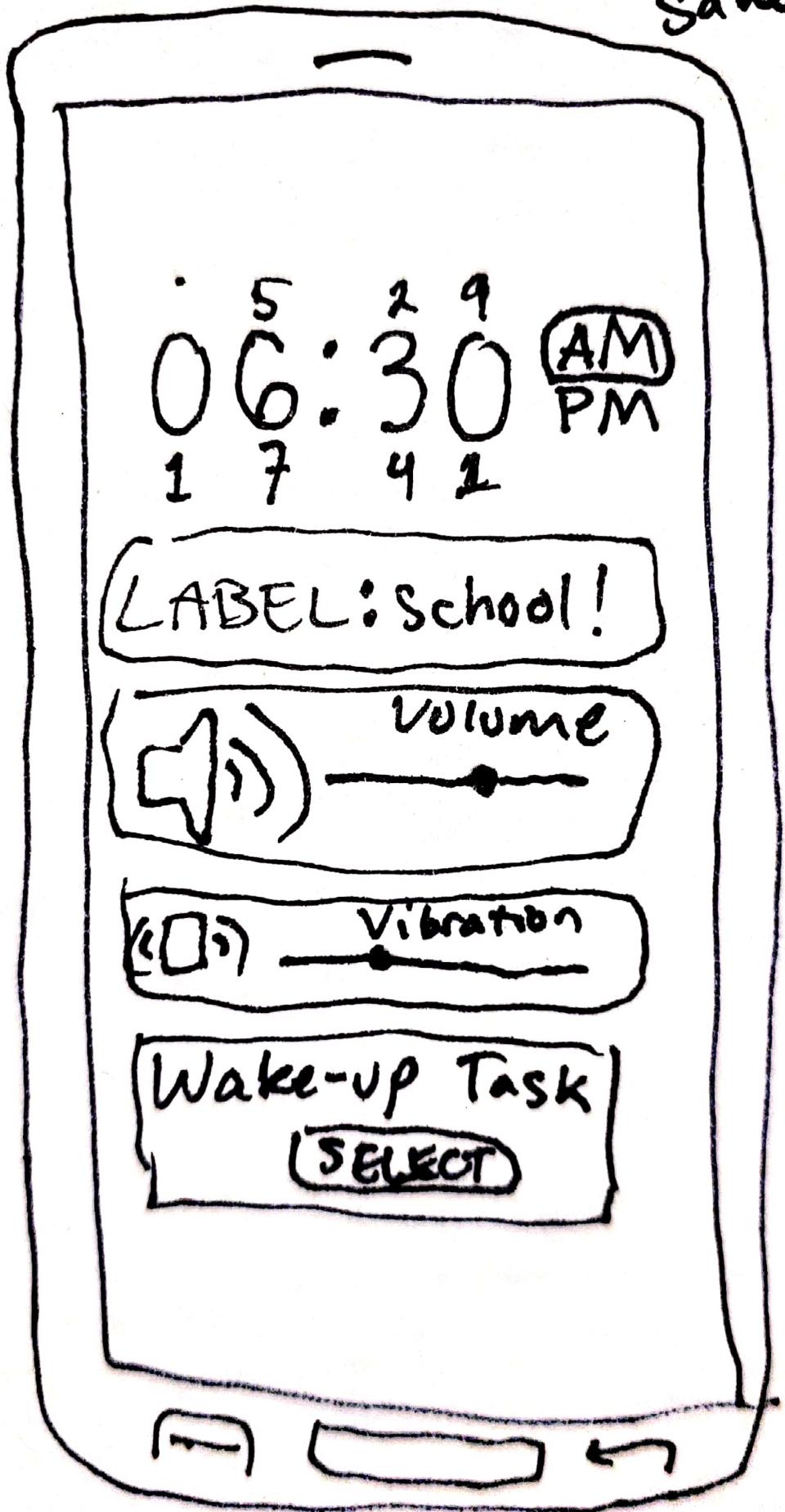
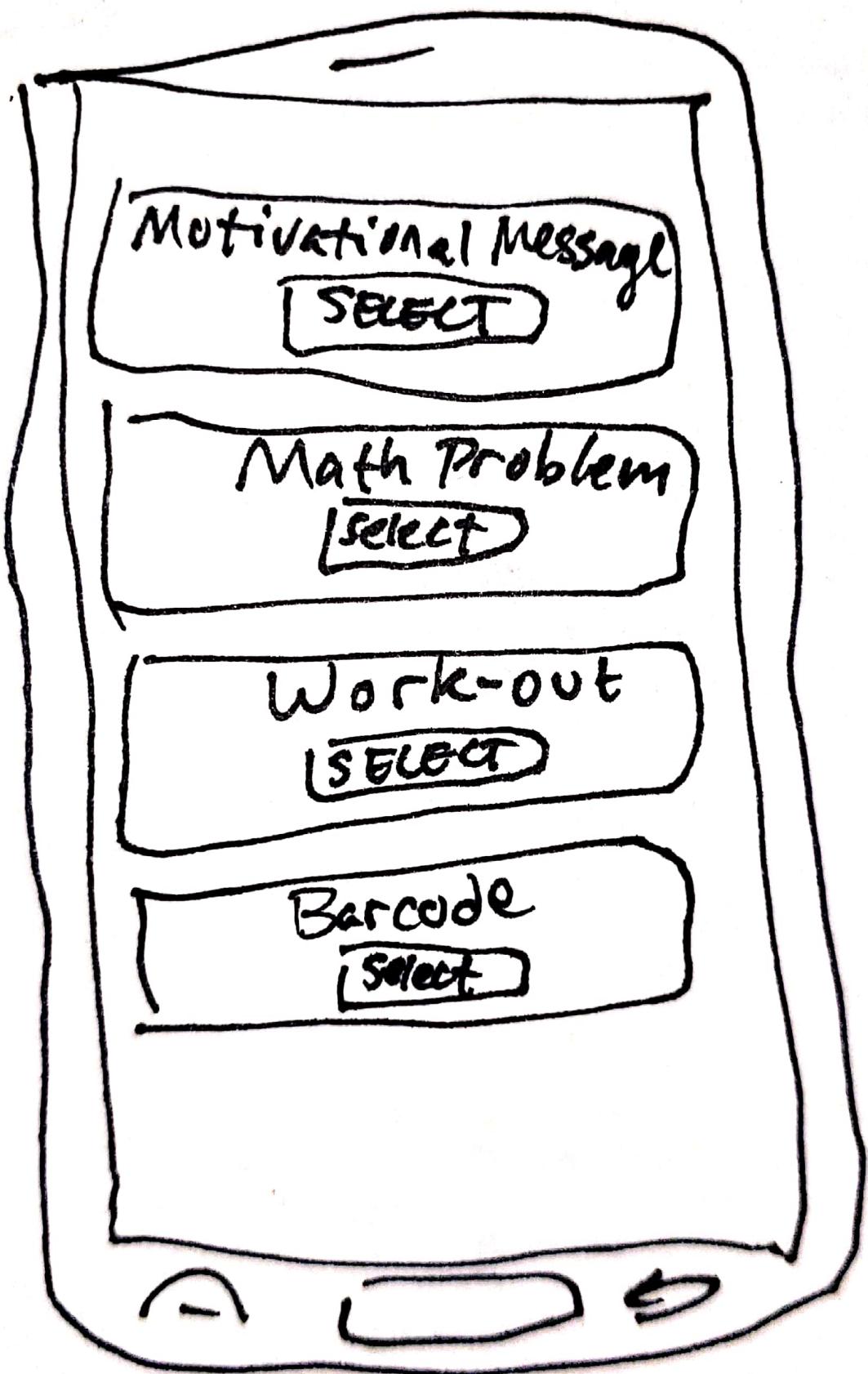


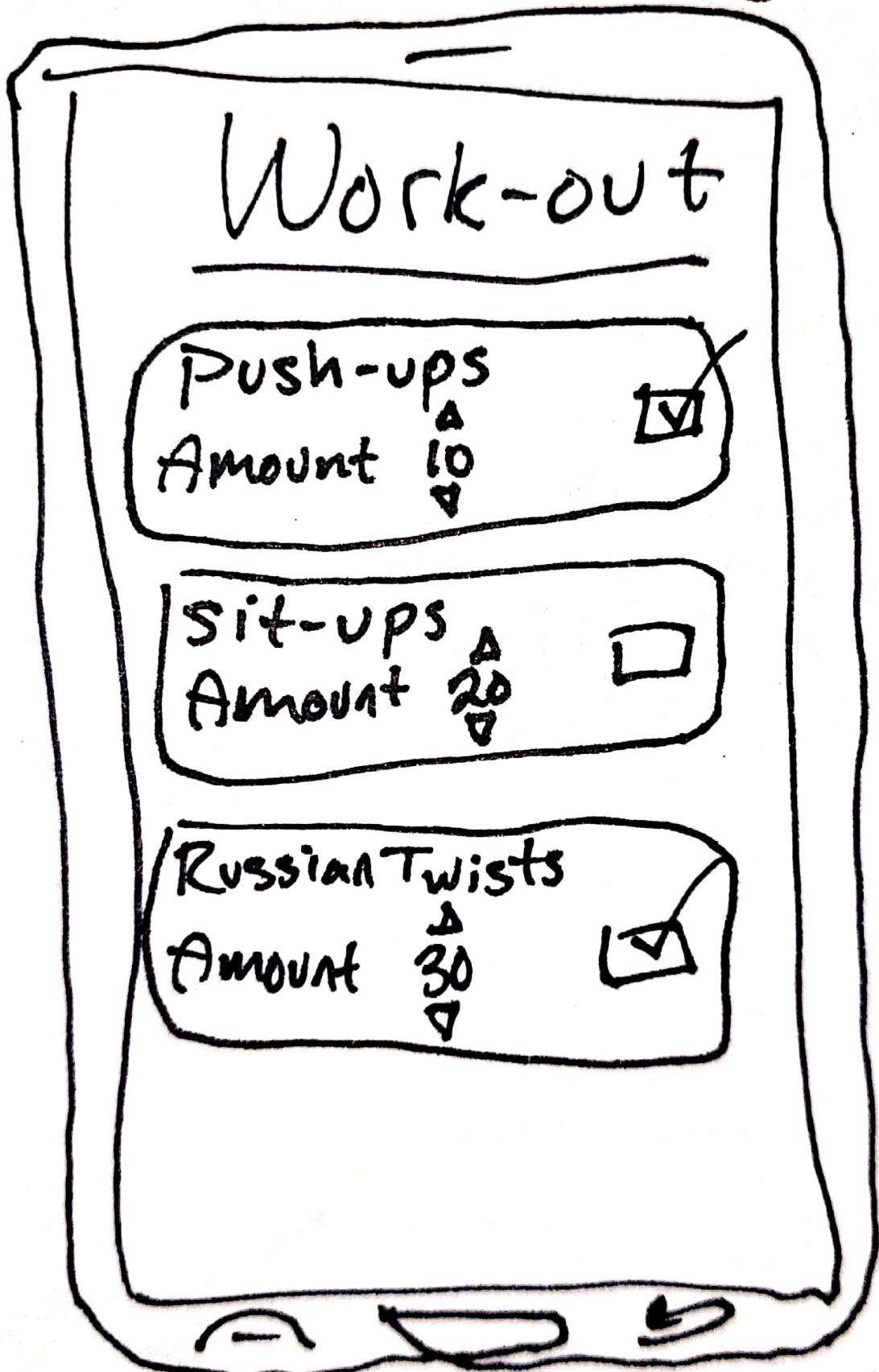
Jack
sawers



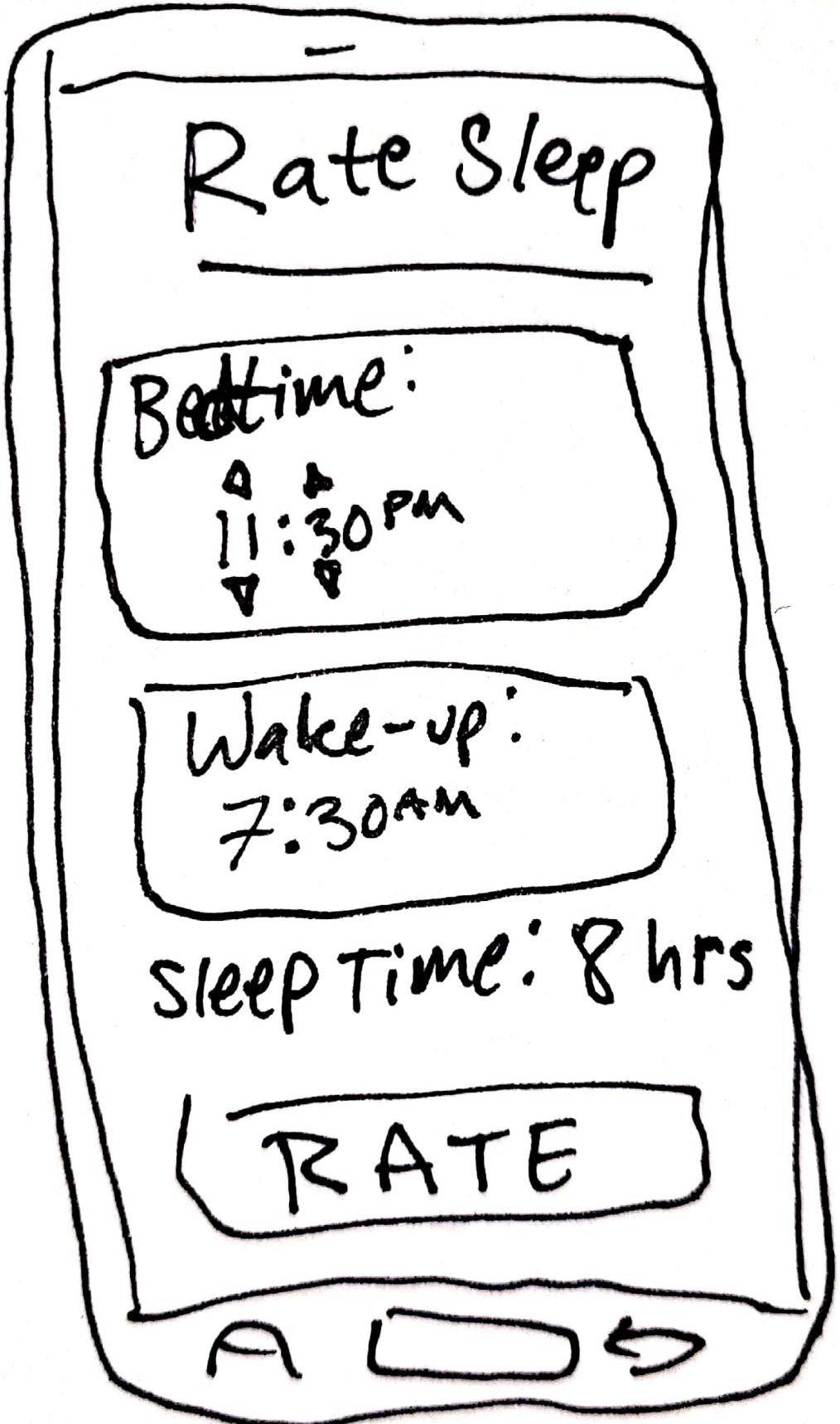
Jack
Sales



Jack
Sakess



Jack
Sathers



Jack
Sakers

Rate Sleep

Restedness



Grogginess



Happiness



Total Rating: B⁺

A

—

W

Jack
Sakers

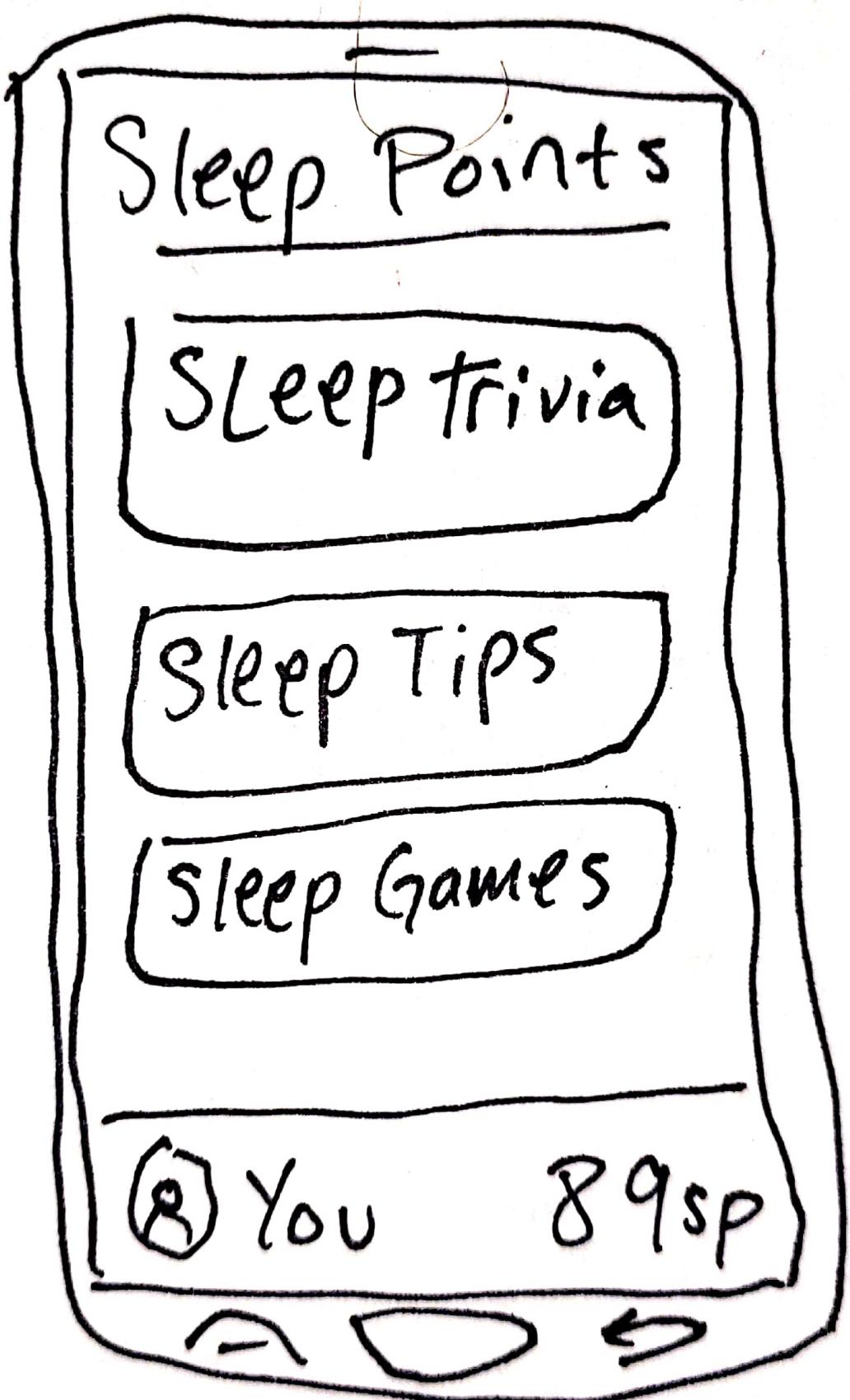
Leaderboard

- ⑧ Claire 214 sp
- ⑧ Robert 200sp
- ⑧ Kenzie 162sp
- ⑧ Fred 97sp
- ⑧ You 89sp

Earn Sleep Points

A ← ↵

Jack
Sakers



what time
would you like

to get up?

8:00 AM

Dai's quote:
"....."

help | customize | review

D

Help

How to get better
SLEEP?

How to wake up
better?

Why should I
prioritize my
sleep?

Why is it so
hard for me to
go to sleep?

O

Customize

What sound would
you like?

Import

Select

Which vibration
pattern would you
like?

Create

Select

Which drill
reminders would
you like to
be notified about?



Rewards

Points →

Sleep

Coin balance: 750

\$5 → Gift Card: 500 points
\$20

Mattress topper: 1000
points

iPad: 10,000
points

Why is it so hard
for me to fall asleep?

There are many factors
that could be impacting
your ability to sleep.

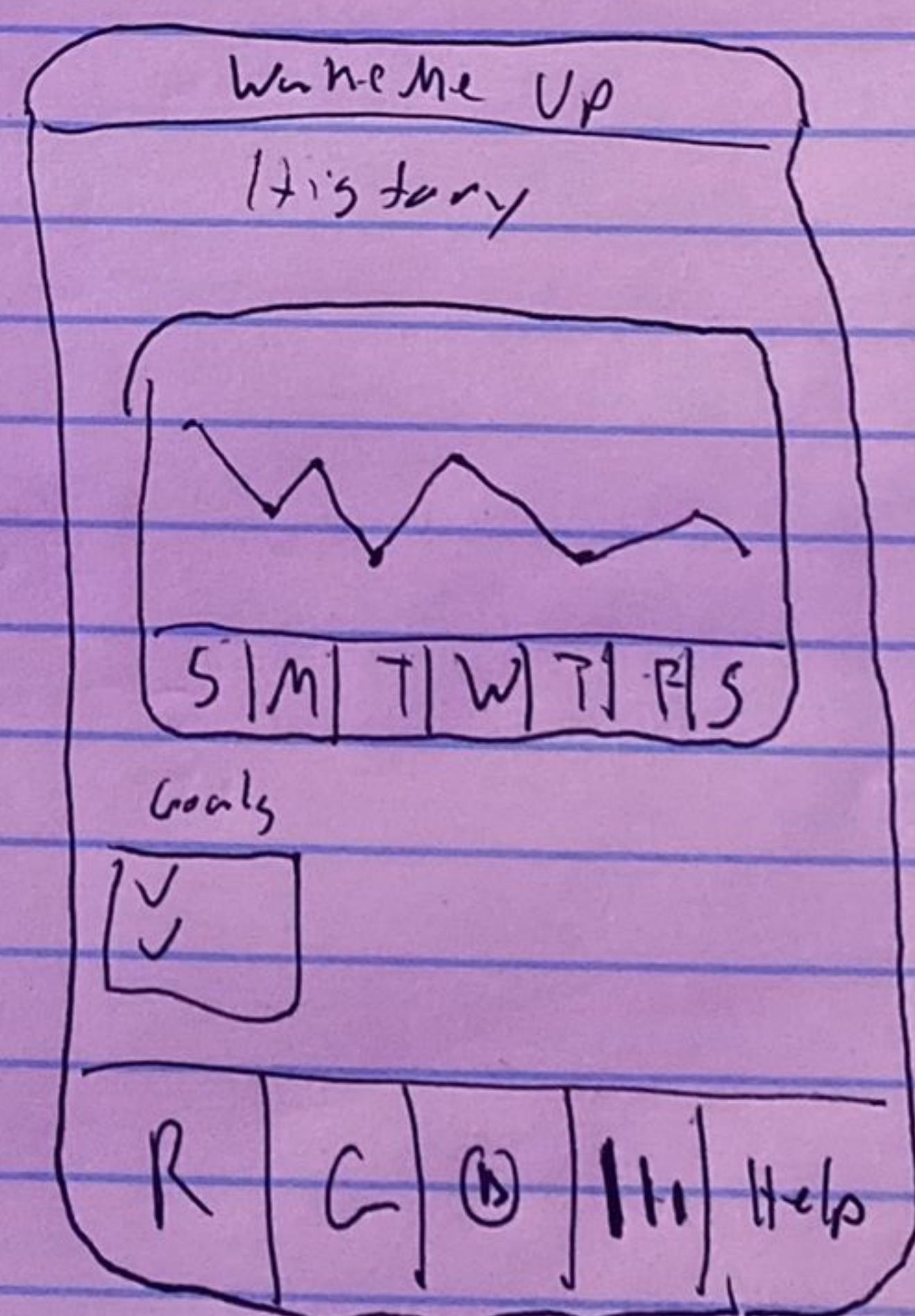
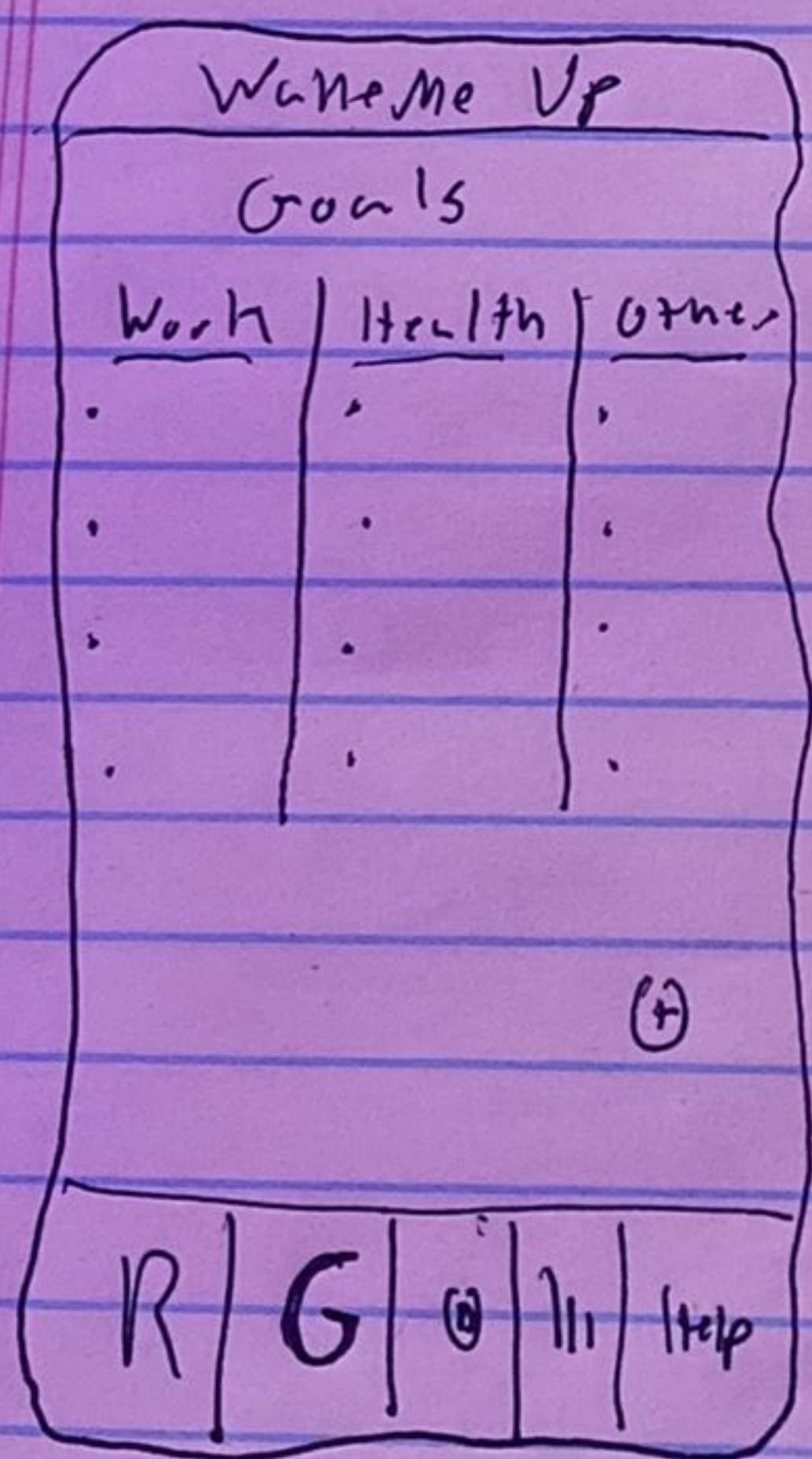
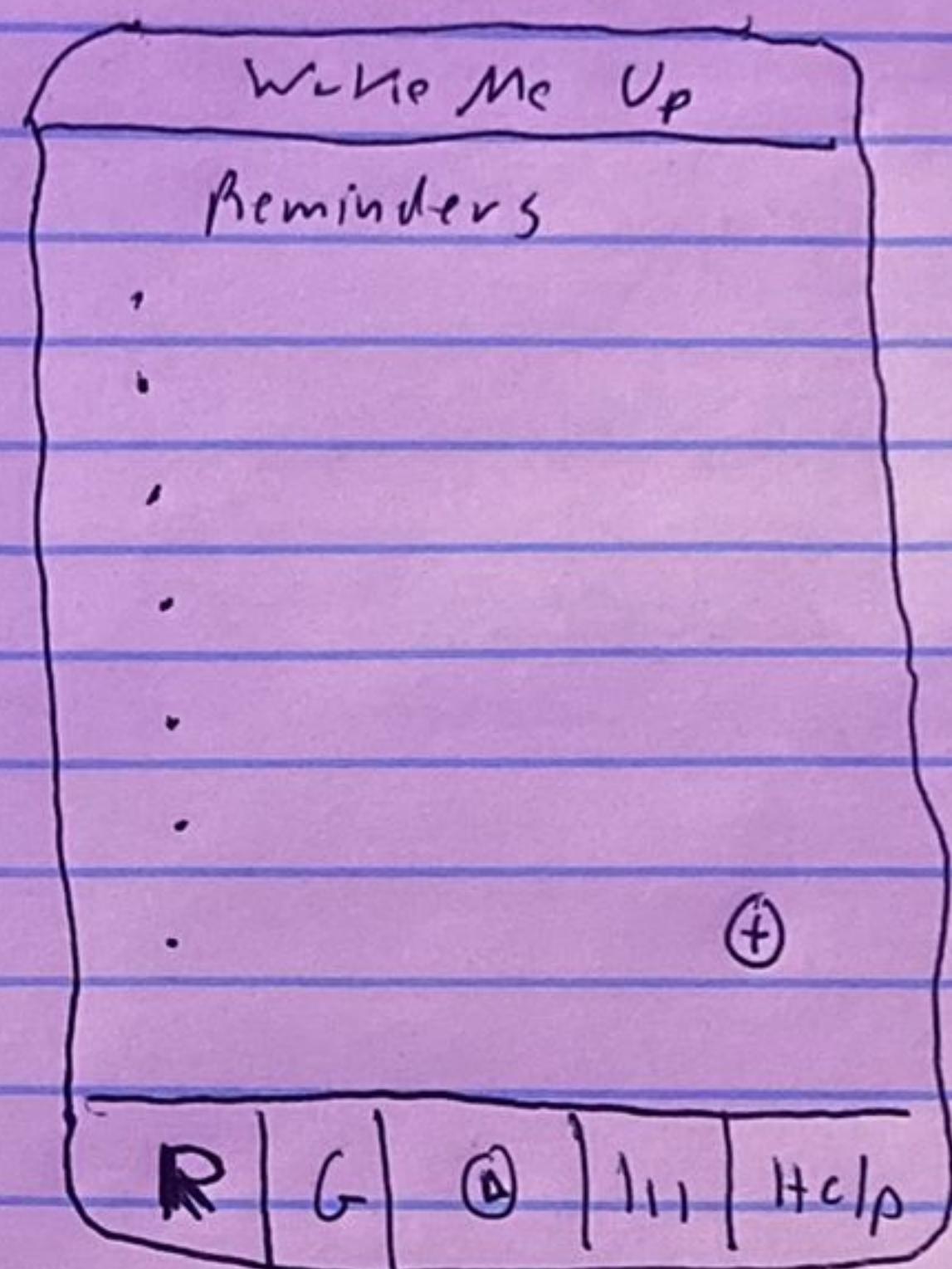
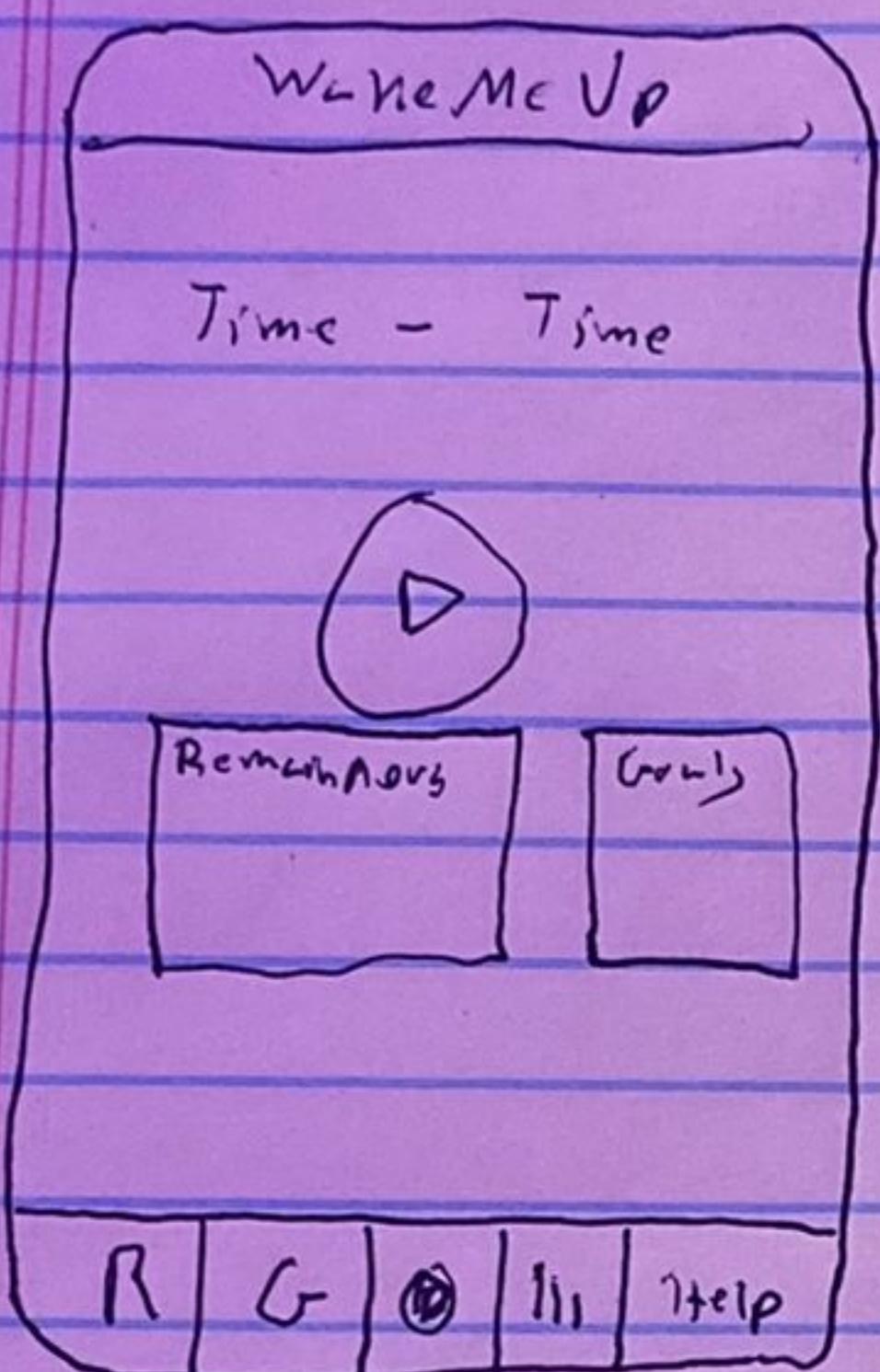
One can be your
blue light exposure
shortly before bed or
consuming caffeine
shortly before you...

Additional links for Sleep
NCIP: www....

Connections

Connect to your
blue tooth speakers,
lights, or curtains to
help you wake up
in the morning!

Connect!



Good
Morning!

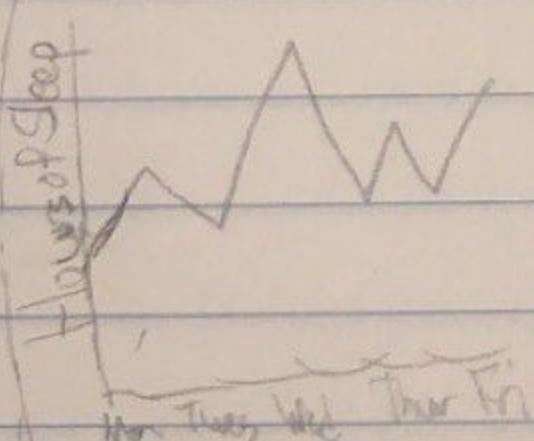
8:00 am

- * Drink Water
- * Lecture @ 10 am
- * Check News

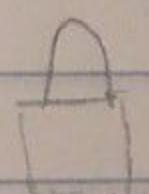
Set Alarms

Mon	Tues	Wed
8 am	8 am	8 am
6 am	6 am	6 am
7 am	7 am	7 am
8 am	8 am	8 am

Sleep Chart



Sleep Tight



Go to Sleep