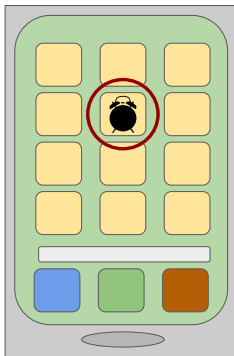


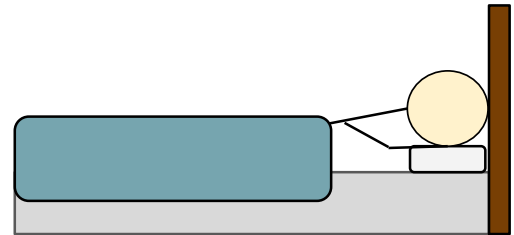
David stays up late on a Tuesday night working on homework. He has swim practice at 6:00 am the next morning. He knows he needs to wake up on time.

Go to bed to get the perfect amount of sleep!

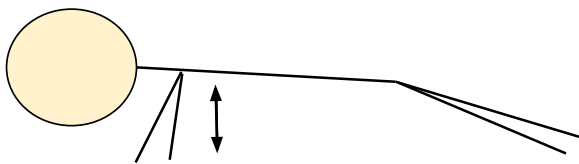
David gets a notification on his phone that instructs him to get to sleep in order to get the right amount of sleep. This amount is calculated using data from his previous nights of sleep.



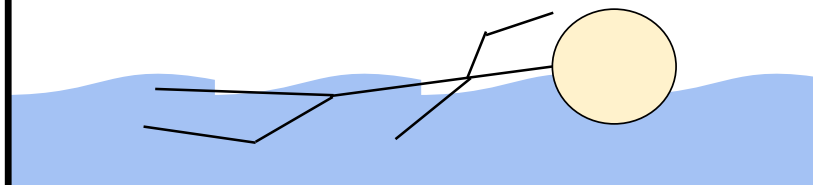
David opens his alarm app and sets his alarm for 5:45 and rests assured that he will be woken up on time.



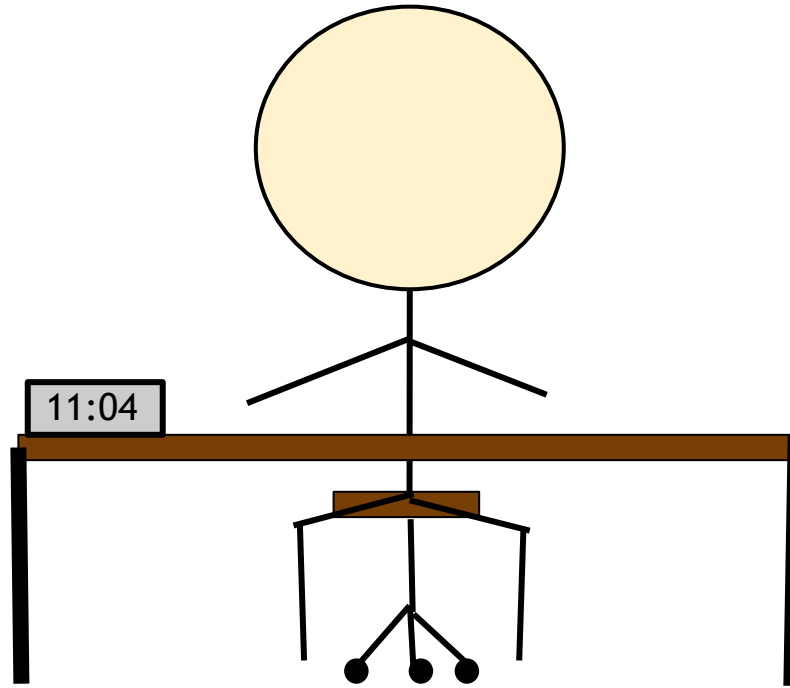
David is sleeping very heavily and sleeps through the beginning of his alarm. After ringing for a minute, the alarm gets louder and starts to vibrate.



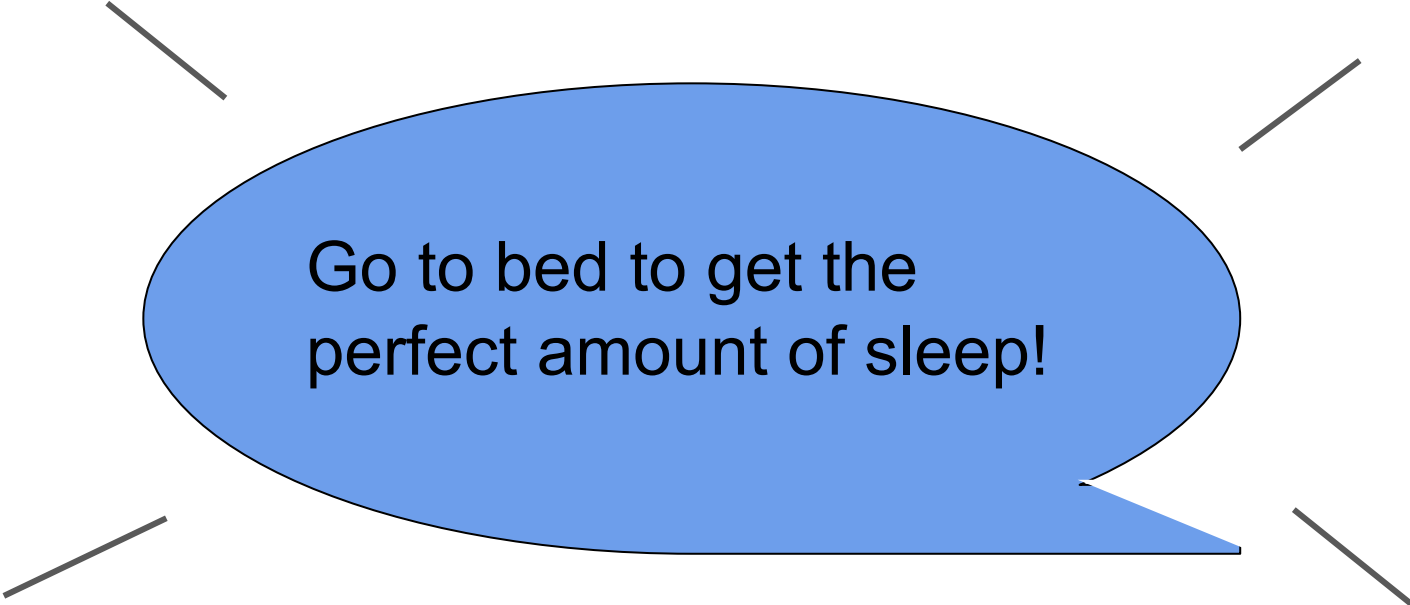
In a sleepy haze, David tries to silence his alarm and fall back asleep. The app does not allow this and the alarm will not turn off until David does 10 push ups.



David wakes up thanks to the helpful alarm app and makes it to swim practice on time. He sets a new PR because he feels so rested.

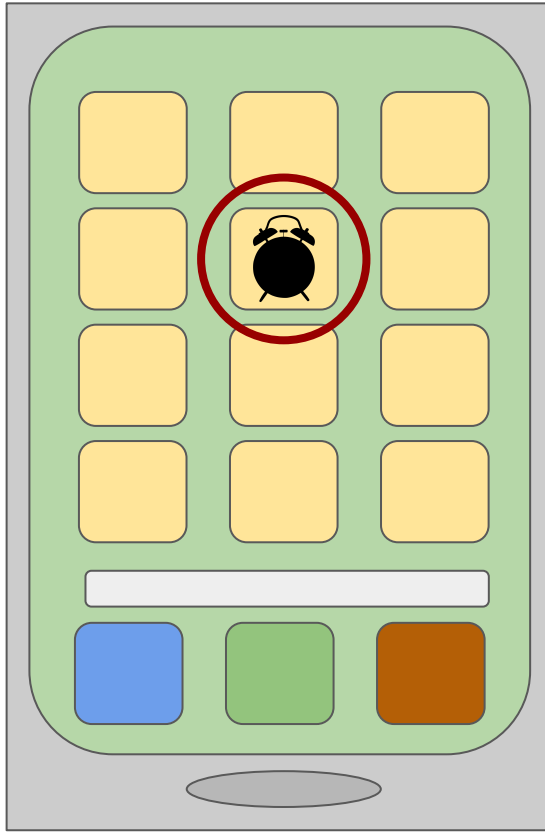


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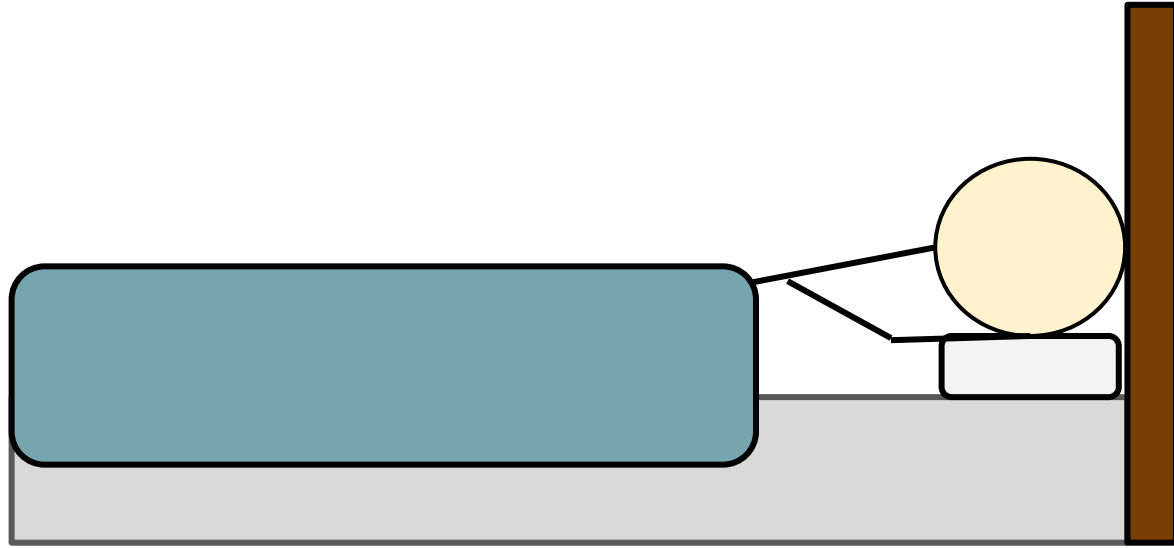


Go to bed to get the  
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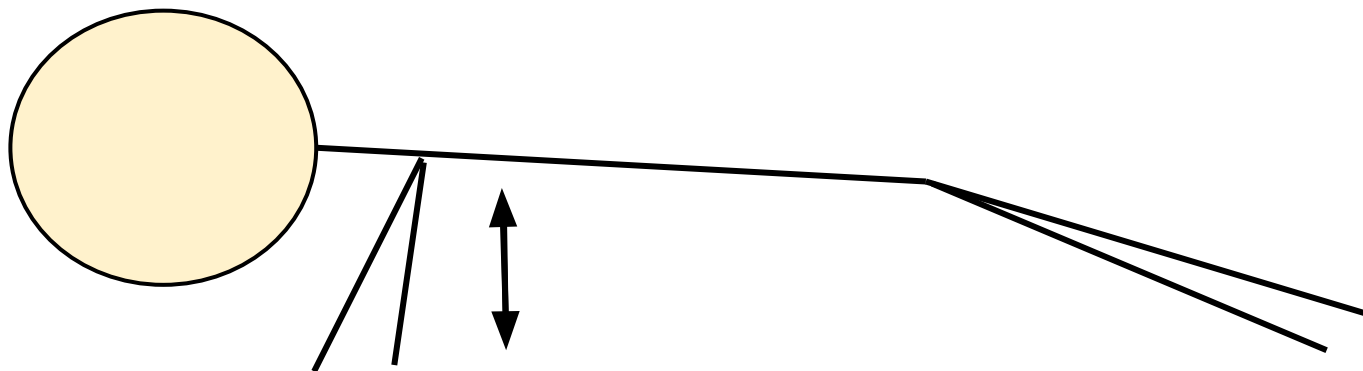
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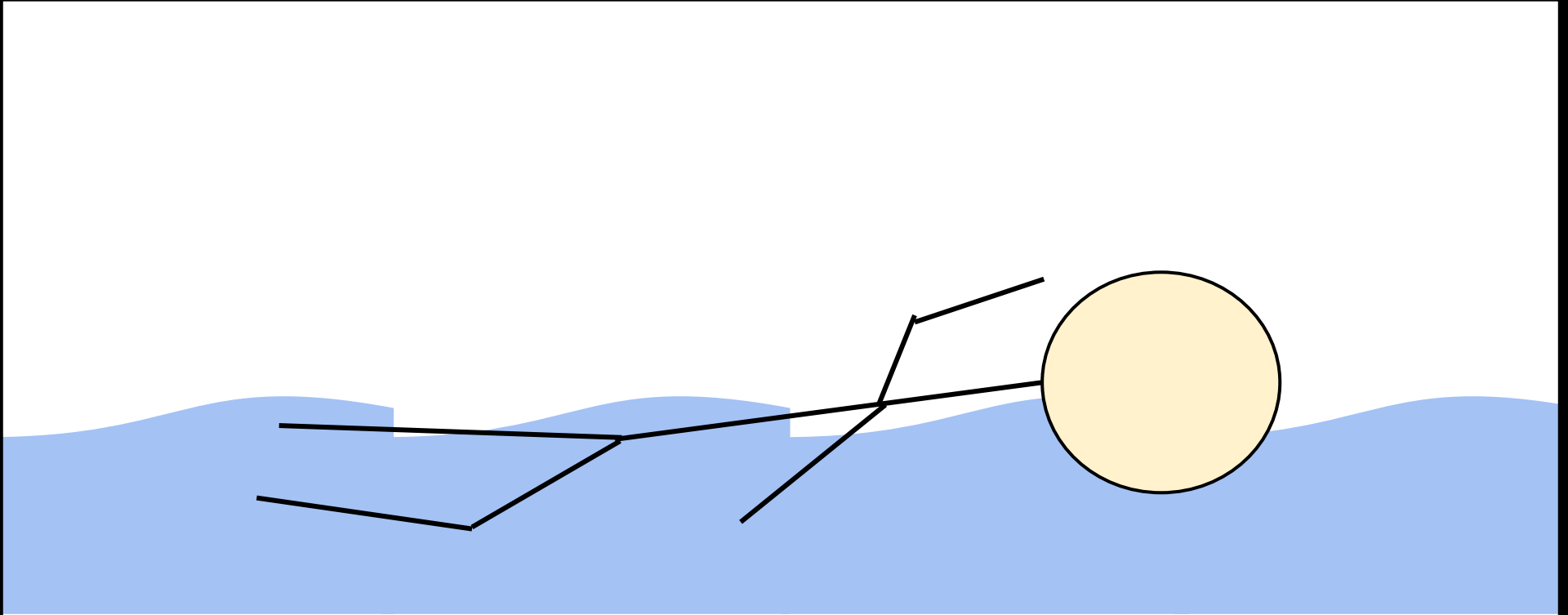
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