

## 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

## 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."

## How to wake the user up

Allow user to input custom sounds from various sources

## Main Functions

## Incentive for getting up

Make a streak system where the amount of days the user wakes up in a row adds up every day