

Såhär ser Varela Round ut i skrift

Såhär ser Raleway Regular ut i skrift

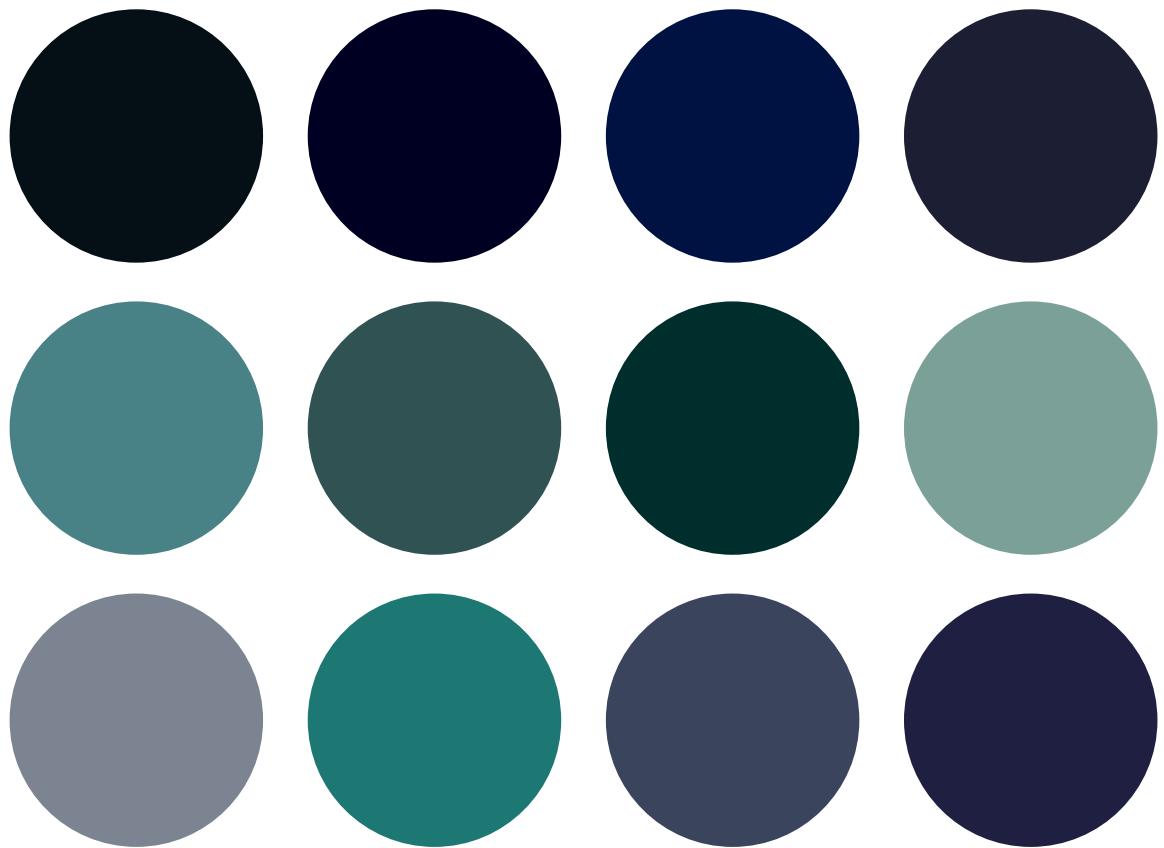
Såhär ser Raleway SemiBold ut i skrift

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Såhär ser Raleway SemiBold ut i skrift

Nattläge



Dagläge

Night
/ day

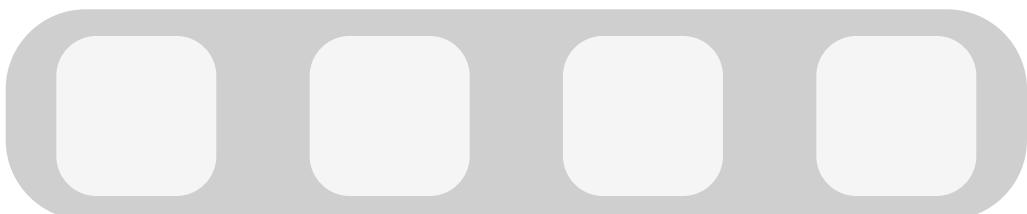
LOGO



Est etc.



Awake App





AWAKE



Profile



Calender & Goals



Progress



Notes



Sleep Guide



Settings



EST. 2020



AWAKE



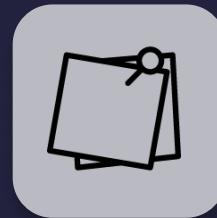
Profile



Calender & Goals



Progress



Notes



Sleep Guide



Settings



EST. 2020

Way to go, champ!

Two more days to claim your reward

[Dismiss](#)

 Back



Gone to bed on time



2 more days for reward

06:40

06:45

06:50

Wake me up

EST. 2020

 Back



Profile



79%
Quality



252
Nights



9h 13m
Avg. time



On
Backup

About You

Username

BionicMaster

Email

Hidden

Apple Watch

Inactive

GoogleFit

Active

[Change password](#)

[Back](#)



AWAKE



Settings

- Alarm Time monday-friday 7.00 >
 - Alarm Signal Radar >
 - Snooze Customized >
 - Sleeping Goal 8.3h >
 - Smart Lighting Night Lamp >
 - Reminders Custom >
 - Goals Set / Edit >

[Back](#)



AWAKE



Calender and Goals

jan. 2021

M	T	O	T	F	L	S
					2	3
<u>4</u>	5	<u>6</u>	7	8	9	10
11	12	13	14	15	16	17
18	19		22	23	24	25
26	<u>27</u>	28		30	31	

Goals

All >

Your to do list:

- Lorem ipsum
- Tellus nam amet
- Morbi feugiat massa libero.

Back



AWAKE



Goals



Congratulations

You have slept over 9h for over
four days this week!

Last week



Fullfilled Goals >

Last Month



Fullfilled Goals >

Of all Time



Fullfilled Goals >

[Back](#)



Statistics

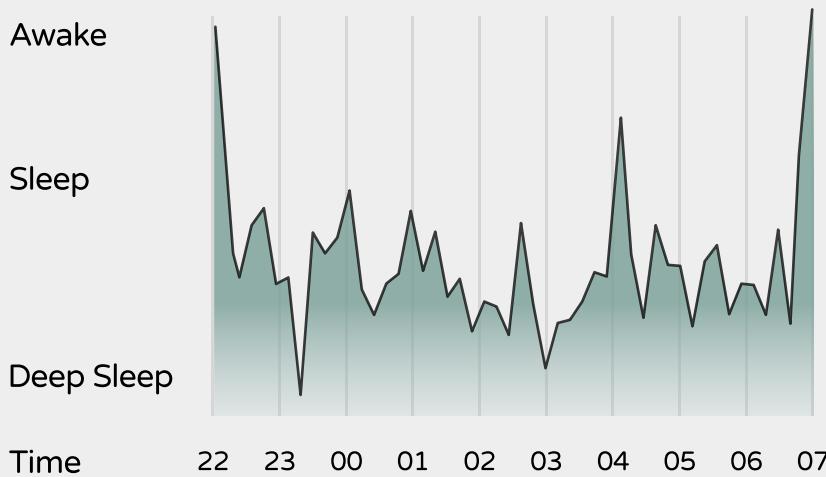
Sleep routine

Reward level: Zombie

Total sleep-streak: 24 days

Next level in: 2 days

< Thursday 29th of Jan >



22:05

Went to bed



94%

Regularity



9%

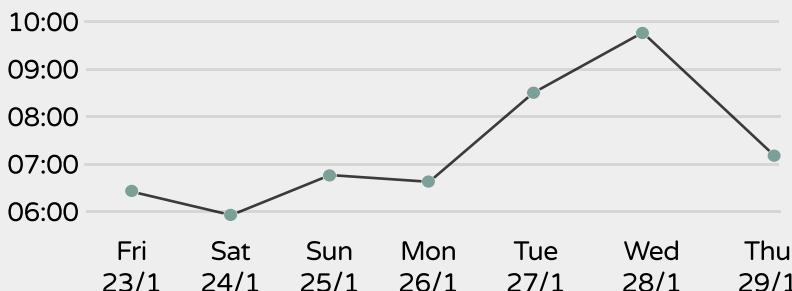
Deep sleep



06:55

Got up

Woke up



EST. 2020

< Back



AWAKE



Notebook



General



My Diary



EST. 2020

 Back



Your Sleep Guide

- 1. Increase bright light exposure during the day**
 - 2. Reduce blue light exposure in the evening**
 - 3. Don't consume caffeine late in the day**
 - 4. Reduce irregular or long daytime naps**
 - 5. Try to sleep and wake at consistent times**
-

Way to go, champ!

Two more days to claim your reward

Dismiss

Back



AWAKE



Gone to bed on time



2 more days for reward

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Nights



9h 13m
Avg. time



On
Backup

About You

Username	BionicMaster
Email	Hidden
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[Change password](#)

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Settings

Alarm Time monday-friday 7.00 

Alarm Signal Radar 

Snooze Customized 

Sleeping Goal 8.3h 

Smart Lighting Night Lamp 

Reminders Custom 

Goals Set / Edit 

 Back



Calender and Goals

jan. 2021

M	T	O	T	F	L	S
					2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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26	27	28		30	31	

Goals

All >

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EST. 2020

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Goals



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Fullfilled Goals 

Last Month



Fullfilled Goals 

Of all Time



Fullfilled Goals 

 Back



AWAKE



Statistics

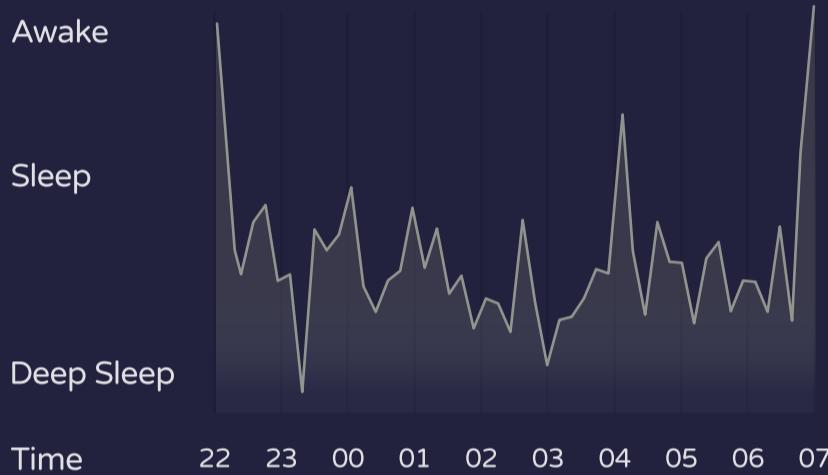
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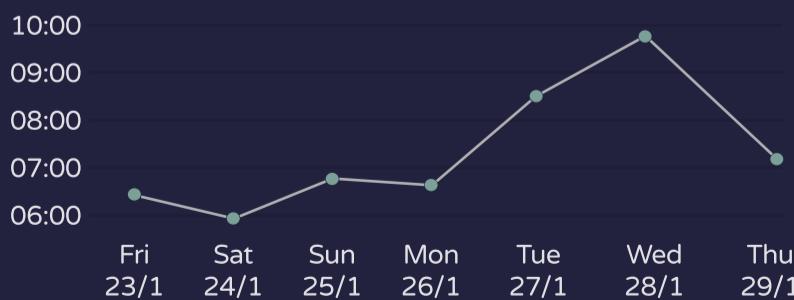
Deep sleep



06:55

Got up

Woke up



EST. 2020

 Back



Notebook



General



My Diary



EST. 2020



Your Sleep Guide

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4. Reduce irregular or long daytime naps

5. Try to sleep and wake at consistent times



15:10
ons 2 dec.



Awake App

now

It's been too long since you were active, take a break from work and move around for a minute or two :)



21:15

ons 2 dec.



Awake App

now

Don't forget it's almost time for bed! Our calculations say that you usually go to bed by 22:15, so make sure to spend the next hour disconnecting from technology