

Methods:

Participants were first asked to fill out a short survey with the following questions:

1. What is the average hours of sleep that you get per night?
2. On a scale from 1-10, how much do you rely on your alarm to wake you up?
3. On a scale from 1-10, how often do you find yourself hitting "snooze" on your alarm?
4. What is the average amount of times you hit snooze, if you do?
5. Do you ever fall back asleep instead of getting up on time?

The results can be shown in the table below.

Figure A: Initial Data-

No.	Avg. Sleep (Hours)	Reliance on Alarm (1-10 scale)	How often "snooze" hit (1-10 scale)	Avg. times snoozed at once	Ever fallen back asleep?
1	7.5	9	10	5	Y
2	5.5	9	0	0	Y
3	7	10	10	18	Y
4	7	10	7	3	N
5	9	5	4	2	Y
6	6	10	4	2	Y
7	7	10	10	1	Y
8	7	8	5	2	Y
9	7	10	8	2	Y
10	5	9	3	0.4	Y
Avg.	6.8	9	6.1	2.175*	N/A

*Adjusted by throwing out highest and lowest outliers

Participants were then told to track their waking up habits for a seven day period, whether they hit snooze and how many times, as well as if they eventually fell back asleep. During this period, they used these habits for a game-like system. Participants were awarded 100 points for waking up and not hitting snooze. Each snooze hit subtracted 25 points from their score. For each consecutive day they earned the full 100 points, a 50 point bonus was awarded. There were 5 "levels" at incrementing point thresholds that could be achieved, and each time a threshold was reached the participant was to reward themselves with a piece of candy. The thresholds were at 0, 50, 250, 500 and 1000 (a perfect score).

Results:

The final points of each of the participants are shown in the table below.

Figure B: Final Point Totals-

No.	1	2	3	4	5	6	7	8	9	10	Avg.
Final Points	1000	650	1000	600	1000	450	650	1000	1000	850	820

Discussion:

As can be seen from the initial data, each participant struggled with waking up, with the average rating of "reliance on alarm" being a 9 out of 10, and 9 out of 10 participants regularly falling back asleep.

Sleep is likely not a significant factor in this, as the average hours of sleep each night is 7, a

recommended amount. Thus, sleep is also most likely not a confounding factor to the results. The results show an increase in staying awake and a decrease in hitting snooze, with 5 out of 10 participants never falling back asleep or hitting snooze. Although the sample size is small and the experiment was run for a short amount of time, the initial results show that our concept could work to fix the problem people experience with struggling to get up in the morning, especially with a bit more iteration and testing.