REST is the first Web3 lifestyle software to combine Social-Fi and Game-Fi features, allowing users to earn $EASE just by going to bed, turning off their devices, and getting some rest.

In the beginning, players who have NFT mattresses can earn $EASE as they rest, which can be used to purchase better mattresses and other perks as the game progresses.

Using the in-game 'Marketplace,' players may either rent out or sell their NFT mattresses to other players, while their $REST earnings can be kept in their Wallet, which features a Swap function.

In-game token: $EASE

Governance token: $REST

WHAT IS REST

The REST app is the first of its kind, teaching users about the value of resting and allowing them to earn money while they snooze.

It's the first Web3 lifestyle software that combine Social-Fi and Game-Fi features, allowing users to earn $EASE just by turning off their screens at naptime.

**Two new game types are on the way for REST, and they're sure to help everyone generate some extra $EASE.**

* REST - (Rest Phase)

Put your phone in Sleep to earn $EASE

* DRIVE- (Vehicle Phase)

Put your phone down while driving to earn $EASE

* MENTAL- (Rest Phase)

Put your phone in during the day to earn $EASE

Getting Started

With the release of the REST app for iOS (Appstore) and ANDROID (Google Play), instructions for gaining $EASE in-game will be made accessible here (Google Playstore).

Vision & Mission

**VISION**

REST's ultimate goal is to become the most widely used health app that improves people's lives while simultaneously generating substantial revenue.

All without sacrificing the ability to survive in the long and short terms.

**MISSION**

As a group, the REST team is committed to spreading awareness about the value of resting in order to enhance the well-being of a particularly active and energetic population.

## THE PROBLEM

Inadequate rest is a worldwide epidemic that is only becoming worse with time. 62% of adults around the world say they don't get a good night rest regularly. Even if you only lose an hour or two of rest per night, you may notice a decline in your ability to focus and make decisions, just like you would if you went without sleep for two days straight.

## SOLUTION

Our goal is to become the most widely used health app that improves people's lives while simultaneously generating substantial revenue and to increase awareness of the dangers associated with excessive phone use. For this reason, we have instituted a bonus for anyone who puts down their electronic device or goes to bed early.

For those who aren't already immersed in the blockchain world, REST is a fantastic introduction to the fascinating technology that underpins it. Individuals in this category can start making money even before they master the Decentralized Wallet.

## THE GAMEPLAY OVERVIEW

To enter the REST universe, users must first purchase an NFT within the application. Once a user has acquired their first NFT, they can immediately begin earning in-game currency, leveling up their NFTs, and trading NFT assets on the market.

## RENT NFT ASSETS

You can rent or sell your NFT bed on the in-game Marketplace, and all of your earnings from SLEEP will be kept in your Wallet, which features a built-in Swap.

## EARNING WITH REST

In the REST ecosystem, there are numerous game modes that can be used to acquire $EASE

* Activating Vehicle mode while driving
* Activating REST mode while resting
* Activating mental mode while relaxing
* Get paid $EASE in rent by letting out your NFT assets to other users.
* Buy and sell NFTs with other users in the app, Invest in NFT Assets (via purchase or minting), then improve their value and trade them on the NFT exchange.

## BUSINESS MODEL

NFT MINTING; In order to start earning $EASE in Rest Mode, Vehicle Mode, and Mental Mode, new users of the SLEEP app must mint their first NFT in-app using $REST/$ADA.

TRANSACTION FEES: All transactions, minting, and renting of assets in the app's NFT marketplace incur a small fee.

MARKET

The scope of REST’s applications is enormous.

Since resting is something that everyone does, you may as well make some money while you're out.

However, not everyone is interested in Decentralized finance.

In light of this, we're taking a close look at the emerging field of decentralized finance, and more specifically, at the MOVE2EARN platform.

Resting, video games, and decentralized finance are all multibillion dollar industries that REST aims to tap into.

**RESTING**

A total of 8 billion individuals throughout the globe need rest right now. However, a mobile phone is required to utilize REST. The total number of persons with access to a mobile phone is 5.32 billion.

**DEFI**

Over $110 billion in value is stored in over 4.4 million non-custodial wallets in the decentralized financial industry.

**VIDEO GAMES**

More than forty percent of the population of the globe, which equates to more than three billion people, are devoted video games.

**CORE GAME MECHANICS**

NFT AQUISITION

In-game, NFTs fall into one of two kinds, each with its own resting mechanisms.

**Mattresses**: The vast majority of NFTs fall under the category of users locking their devices at night.

**Vehicles:** While operating a motor vehicle, NFT users are advised to disable all mobile devices.

**Hermits:** Commonly used NFTs, where users routinely keep their devices locked during the day.

In addition to the many types, NFT also come in a wide range of rarities

**Normal(x1) Abnormal(x1.25) Scarce(x1.5) Great(x2) Outstanding(x3)**

|  |  |  |  |
| --- | --- | --- | --- |
| Parameters | Rest mode | Vehicle Mode | Hermit mode |
| **Tracked on** | Night time | Vehicle travel | Day time |
| **Hours on first** | 4 | 1 | 2 |
| **Hours on one** | 2 | 0,5 | 1 |
| **Maximum hours** | 8 | 2 | 4 |
| **Cli`ck per time** | 30 minutes | 5 minutes | 15 minutes |
| **Maximum Clicks** | 16 | 24 | 16 |
| **Bonus on Click** | Normal | lesser | Normal |

**A Click is the amount of time an app watches in order to report a successful scenario occurrence.**

REST MODE BASICS

By securing their mobile devices, players may earn Tokens for use inside the game. This indicates that just one of the following conditions must be met for the desired rewarding behavior to occur:

1. The user keeps their device's screen on the resting Screen rather than turning it off.
2. When the user activates the resting Screen, they do not return to the device until the resting cycle has concluded.
3. After the user enters resting Screen, he either leaves the screen on to check his rewards and then locks the device again, or turns it off.

Users should be aware that the following situations might result in disciplinary action:

* User exiting the Resting Screen and launching another app using the operating system's built-in features (app switching, tapping on a push notification, etc.);
* User navigating away from the lock screen and into another program.
* When the user presses the "Stop" or "Back" button, the resting Screen closes and the user is notified that the resting cycle has ended.

GAME ASSETS

In the REST mobile app, there is a distinct NFT asset class for each game mode. One must have an NFT in the suitable class in order to earn $EASE in each mode. To get started, users must mint their first NFT, but once they do, they may utilize the NFT marketplace inside the app to make purchases or sell their tokens to other users.

**Rest mode**

|  |  |
| --- | --- |
| **Mode of earning** | **Non Fungible tokens** |
| Resting | Mattress NFTs |

**Drive mode**

|  |  |
| --- | --- |
| **Mode of earning** | **Non Fungible tokens** |
| Driving a Vehicle | Vehicle NFTs |

**Mental Mode**

|  |  |
| --- | --- |
| **Mode of earning** | **Non fungible tokens** |
| Relaxing | Hermit NFTs |

**Supported Devices**

Currently, REST is being made available on both Android and iOS mobile devices. The program, however, will have integration with both Google Health and Apple Health. This implies there will be an integration with smartwatches and other wearable devices to enhance tracking accuracy.