

Tracker

Tracking circadian rhythms

For bed partners, check sleeping compatibility- did they wake each other up?

Sleep tracker (amt. of time slept per day, in a bar graph)

REM Sleep

Sleep points that you can spend to get perks on the app

User inputs how much sleep they want

Survey after sleep, asks user how they feel

Gives you a sleep review with a grade of how well you slept A-F

Tracks sleeping patterns

Alarms

Dynamic Alarms

Can't be turned off and ignored

Multiple alarms for different amounts of sleep

Different alarm sounds for different days

Volume control- ensure user can hear alarm without startling them awake

Automatically adjusts based on the user

Alarm that you make where its someones voice yelling at you

3rd party functionality

Works with the health app on a phone

Syncs with wearable devices to more accurately track sleep (WearOS, apple watch, fitbit)

Integrated smart assistant functionality (Google home, siri, Amazon home)

Works with a sleepnumber bed

Creates restrictions for apps on your phone close to when you have to sleep

Turns on vision comfort after a certain time. (Smart LED functionality)

Pairs to speaker to play music while you sleep

Health

Melatonin Gummies?

10-3-2-1-0 sleep formula

Meditation option

Reminder to abstain from electronics 1hr before sleep time

forces the user to finish hw earlier

Creates data that can be sent to doctor if need be

White noise from your phone

Sharing Information

Share sleep scores with others

Calls your mom if you dont sleep

Set up accounts for different users