

9:41



GoodNight

A sleep schedule especially for you

 Google

Log In

Sign Up

9:41



Welcome Back!

Please enter your account here



Email or phone number



Password



[Forgot password?](#)

Log In

Don't have an account? [Sign Up](#)

Sign Up



First name



Last name



Email address



Password (8+ characters)



I agree to GoodNight's Terms and Conditions
and Privacy Policy

Sign Up

or continue with

Google

Already have an account? [Log In](#)

Let's get some sleep!



**Before you get started,
we'd like to ask a few
questions that will help
us customize the app just
for you.**

Start



Sleep Goals

How many hours of sleep do you get each night?

Select Option



Rank the quality of an average night of sleep.



What are your long-term sleep goals?

Select Option



Allow GoodNight to generate personalized short-term goals

Daily Habits →



Daily Habits

How often do you use recreational drugs?

Select Option



How often do you consume caffeine?

Select Option



How often do you consume alcohol?

Select Option



Additional notes...



I consent to have my information made available to researchers and sleep professionals to be able to receive better personalized recommendations regarding my sleeping habits.

Import Calendar →

9:41



Import Calendar

Choose a calendar to sync with:

 Google

 iCloud

Other...

Skip for Now

Continue →

**Finished customizing
sleep schedule and
personalizing
recommendations for you!**

[Go to Homepage](#)



Account



David Sims

[Update Profile](#)

I consent to have my Daily Log information made available to researchers and sleep professionals to be able to receive better personalized recommendations regarding my sleeping habits.

9:41



Account



ExpertChat

Home



Last night you slept **7.63** hrs

Your goal was **8** hrs

Legend

- Light Sleep - 52%
- Deep Sleep - 8%
- REM Sleep - 31%

Compared to 12/06

2%	↑
-15%	↓
8%	↑



Tip of the Day

You have **Exam 1 - INFO 200** tomorrow.

Remember to turn on Wind Down Mode and limit computer usage at least **1 hour before bed** tonight!



Schedule



Goal Tracker



Home



Daily Log



Wind Down



ExpertChat

Need additional advice?
Choose an expert right for you!



Dr. Sleep Expert

PhD in Sleep Psychology



Dr. Sleep Expert

Specialist in Narcolepsy



Dr. Sleep Expert

Therapist



Dr. Sleep Expert

Specialist in Restless Leg Disorder



[Show All Available](#)



ExpertChat



Dr. Sleep Expert

PhD in Sleep Psychology



Hi, I'm Dr. Expert, How can I help you today?



Hi, I've been having a lot of trouble falling asleep lately. I have insomnia and it's been really hard for me to stay focused in school. I want to feel rested, especially since I have an exam coming up soon.



Great question! Are you currently on any medication for Insomnia?



No I am not. I have been trying to rely less on medication



Based on the Daily Log Information you provided, you've been drinking 2-3 cups of coffee daily for the past week. I would recommend trying to reduce your caffeine intake to 1 cup at most per day. Although it may seem temporarily effective, it can also be affecting your ability to fall asleep and maintain a consistent schedule.



Okay, I will try that. Thank you!

Type Here to Text



9:41



Account



ExpertChat

Schedule

Today

Next Week

This Month

Sleep

10:00

Wake-Up: 10:30 AM

12:00

Exam 1 - INFO 200

2:00

4:00

6:00

INFO Meeting

8:00

10:00

Suggested Bedtime: 11:30 PM

12:00

Sleep



Schedule



Goal Tracker



Home



Daily Log



Wind Down

9:41



Account

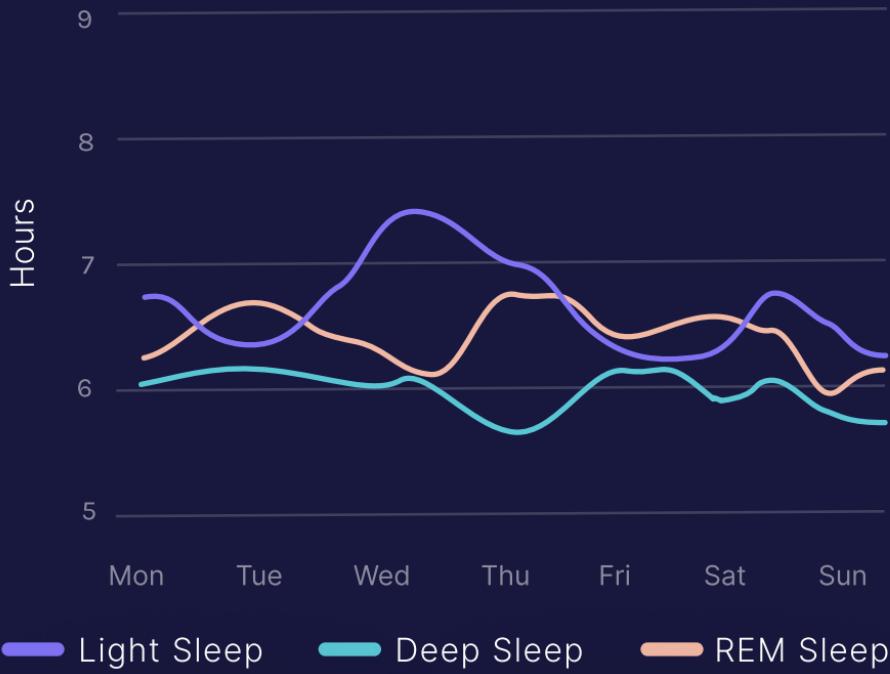


ExpertChat

Goal Tracker

Sleep Details

Daily Habits



70 bpm



30% snoring

My Goals

[Yesterday](#)[Last Week](#)[This Month](#)

My long-term goal is to

Increase Sleep Quality

Schedule



Goal Tracker



Home



Daily Log



Wind Down

9:41



Account

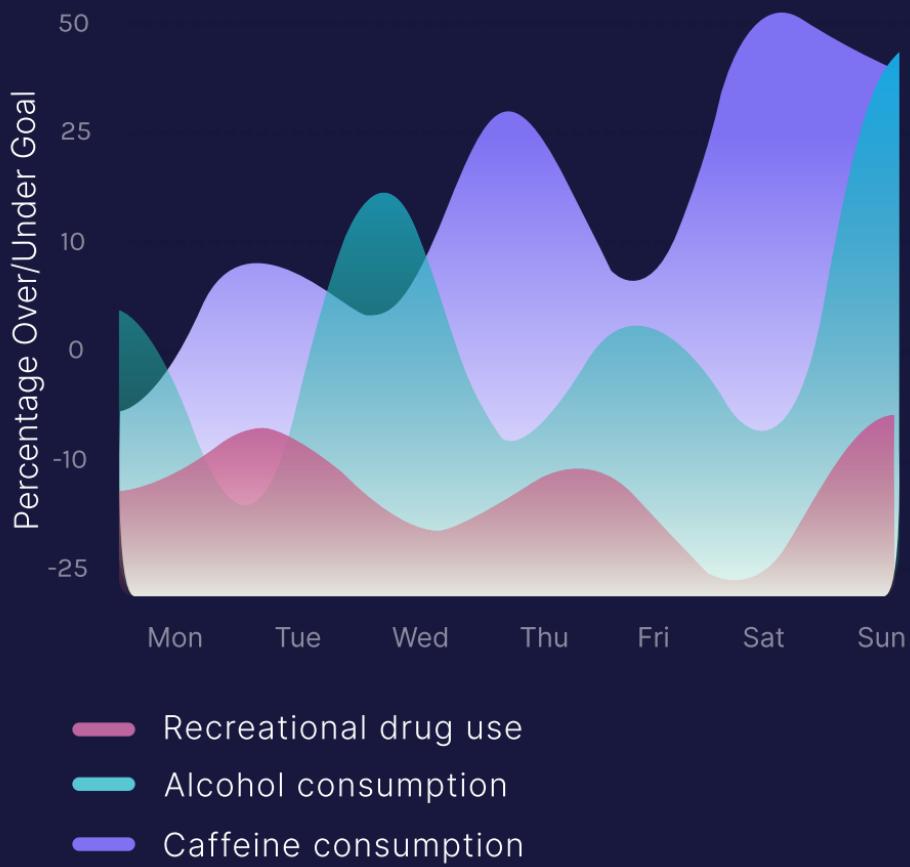


ExpertChat

Goal Tracker

Sleep Details

Daily Habits



My Goals

[Yesterday](#)[Last Week](#)[This Month](#)

My long-term goal is to
Increase Sleep Quality



Schedule



Goal Tracker



Home



Daily Log



Wind Down

9:41



Account



ExpertChat

Goal Tracker

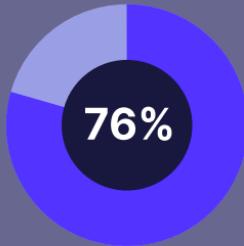
My Goals



Yesterday Last Week This Month

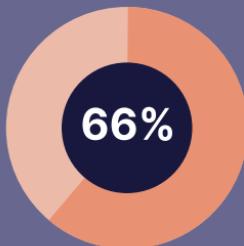
My long-term goal is to

Increase Sleep Quality



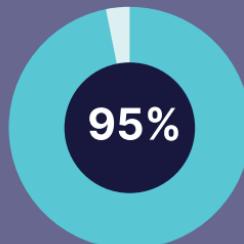
Current Goal

Limit screen time at least 1 hour before bedtime



Daily Habit Score

Maintain healthy habits and consumption of alcohol, drugs, and caffeine



Sleep Score

Get 8 hrs of quality sleep

[Show breakdown](#)



Schedule



Goal Tracker



Home



Daily Log



Wind Down

9:41



Account



ExpertChat

Daily Log

5

Dec

6

Dec

7

Dec

8

Dec

9

Dec

10

Dec

How often did you use recreational drugs?

Select Option



How much alcohol did you consume?

Select Option



How many hours
of screen time?

1



How much caffeine did you consume?

Select Option



Additional notes...

Submit



Schedule



Goal Tracker



Home



Daily Log



Wind Down

9:41



Account



ExpertChat

Wind Down



Alarm set for

7:30
AM



Enable Alarm



Wind Down Mode ⓘ



White Noise Player



Restricted Apps



Schedule



Goal Tracker



Home



Daily Log



Wind Down

9:41



Account



ExpertChat

Wind Down



Alarm set for

7:30
AM



White Noise Player



Restricted Apps



Schedule



Goal Tracker



Home



Daily Log



Wind Down

9:41



Account



ExpertChat

Wind Down



Alarm set for

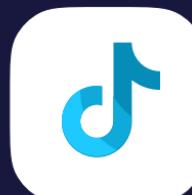
7:30
AM



White Noise Player



Restricted Apps



Schedule



Goal Tracker



Home



Daily Log



Wind Down