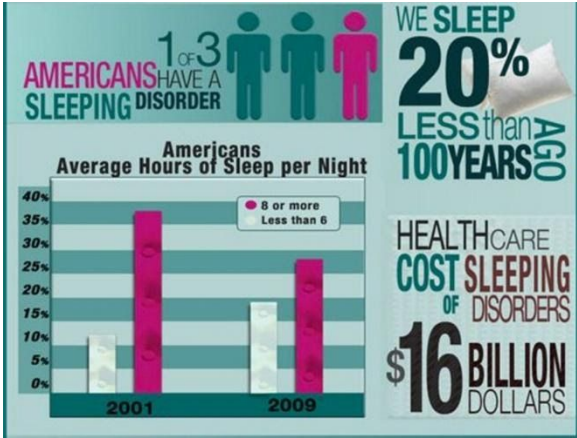


1. Identify a Problem (Plan)
<div><div><p>Most people do not realize how important getting the proper hours of sleep every night is. Feeling groggy or tired are only surface level problems caused by not sleeping well. Bad sleep can lead to headaches, weight gain, heart problems, diabetes, etc. It is a problem that can affect people of all ages. A lot of people do not realize how important good sleep is.</p></div><div></div></div>
2. Set the Target (Plan)
<ul style="list-style-type: none"><li>• The target is to help people keep track of how many hours they are sleeping and the quality of said sleep.</li><li>• The target is anyone that has trouble sleeping, no matter the age. Mainly people that cannot keep up with a healthy sleep schedule and people that suffer from any disease or problem stemming from bad sleep.</li></ul>
3. Analyze the Causes (Plan)
<ul style="list-style-type: none"><li>• Bad sleep practices can be caused by many factors such as: anxiety, stress, insomnia, the environment, etc.</li><li>• Being physically inactive throughout the day is a big factor a lot of people from the younger generation share.</li><li>• Being exposed to white light just before going to sleep.</li></ul>

4. Propose & Implement countermeasures (Plan/Do)
<ul style="list-style-type: none"><li>• The target can be achieved via a user-friendly application.</li><li>• The user can use the application for tracking how many hours of sleep they achieved that night and if the quality was met.</li><li>• Nowadays, people can get their hands on an application easier than ever before. Making it an effective and easy tool.</li></ul>
5. Check/Evaluate (Check)
<p><b>ASK:</b></p> <ul style="list-style-type: none"><li>• Did the countermeasures work?</li><li>• Was the target achieved?</li><li>• Can I verify that the Root Cause was eliminated (can I turn it off &amp; on)</li><li>• If the countermeasure was not effective, why didn't it work?</li></ul> <p><b>SHOW:</b> The results; describe the reliability of the new process</p> <p><b>TOOLS:</b> Line graph, pareto</p>
6. Act and/or Standardize (Act)
<p><b>ASK:</b></p> <ul style="list-style-type: none"><li>• How will we ensure the process continues to work (stays solved)</li><li>• What have we learned?</li><li>• Where else can we apply this learning?</li></ul> <p><b>SHOW:</b> New or changed procedures, plans to apply learning in other areas</p> <p><b>TOOLS:</b> Standard Operating Procedures</p>