SLEEPSWEET

Presented By:

Joshua Jessup, Joshua French, Andrew Yan and Imey Adamjee

I got a solid 8 hours of rest but I feel super drowsy after my alarm woke me up.
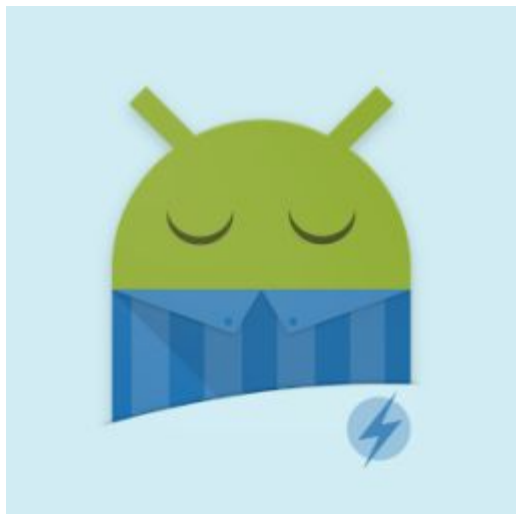
This is called **SLEEP INERTIA** and has caused everything from **CAR CRASHES** to **AIRPLANE CRASHES**

SLEEP INERTIA is minimized when you wake up from LIGHT SLEEP.

STAGE 1	STAGE 2	STAGE 3	STAGE 4	REM
LIGHT SLEEP		DEEP SLEEP		-

BEST { OK } WORST

TOTAL LENGTH: 90-120 MINUTES

Current solutions are **SMART CLOCK APPS**

Android


iOS

Sleep Cycle

How Sleep Cycle works

Instructions: Placement

Sleep Cycle has two motion detection modes. You can change modes under Settings > Motion detection (if Alarm is turned On in Settings). **Microphone:** The built-in microphone is used to analyze your movements as you sleep. It's important that you place your phone correctly:

Accelerometer

The accelerometer is used to analyze your movements as you sleep. It's important that you place your phone correctly:
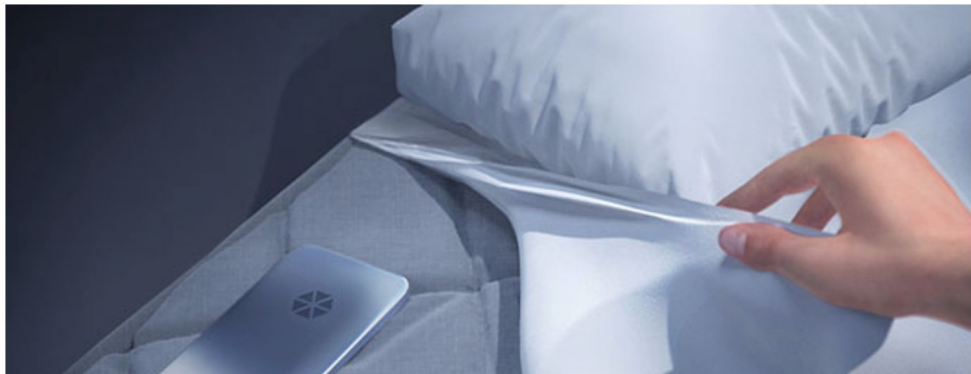
Ratings and Reviews

4.7 out of 5

214.4K Ratings

When your alarm goes off in the morning, is your first reaction to throw it against the wall? The problem isn't with you—it's with your alarm clock. Thankfully, Sleep Cycle offers a clever solution for improving your rest. Rather than yanking you from your slumber at a   more

★★★★★

Johnny B10225, 04/21/2018

**Just get it. You'll be so happy you did**
If you're not a morning person or even if you are, but want to wake up with more energy, get Sleep Cycle. I hate mornings. In a perfect world I would be able to sleep 10-12+ ho   more

★★★★☆

Branshr40, 04/30/2019

This App Saved My Life!
I have been using the sleep cycle app for almost 2 years now and it has helped my sleep more than anything else. It has also saved my life, hence the title. I upgraded   more

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REVIEWS

ⓘ Review Policy

4.6
★★★★⯪
👤 302,801 total

5
4
3
2
1
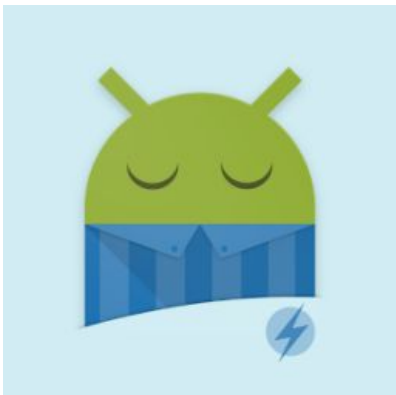
ep   ⬟ Editors' Choice

★★★★⯪ 302,801 👤

👤 Isaac Brooks-Church
★★★★★ January 4, 2020

👍
17

⋮

This app is truly the best sleep app I've encountered over the past few years. It tracks so many features that I would never expect such as light levels, snoring, and sleep irregularities. It has a myriad of graphs and charts to track literally everything related to sleep which is really fun to look...

Full Review

Reasons Why You Should Not Sleep With Your Cell Phone
https://www.verywellhealth.com › ... › Healthy Sleep Habits ▾
Sep 9, 2019 - Should **you** sleep with **your phone** in **the bedroom**? ... **Phones have** been around since Alexander Graham Bell invented **the** first telephone in ...

Put the Phone Away! 3 Reasons Why Looking at It Before Bed ...
https://health.clevelandclinic.org › put-the-phone-away-3-reasons-why-loo... ▾
Apr 22, 2019 - What may seem like **a** harmless habit to **you** – jumping into **bed** and opening up **your phone** – can actually **have a** big impact on **your** overall ...

3 Reasons Not to Sleep With Your Phone in Your Bed | Health ...
https://www.health.com › Mind & Body ▾
Jul 29, 2014 - Nearly half **of cell phone** owners **have** snoozed with their phone next to ... But while **you** may **have** good intentions, snuggling up to **your** phone ...

Mistake: Sleeping with your cell phone - Cell phones & cancer ...
https://www.cbsnews.com › pictures › cell-phones-cancer-8-dumb-ways-to... ▾
Cell phones & cancer: 8 dumb ways to boost possible risk. 2/10 ... If **you need** to be available for calls, place **the** phone several feet away from **your bed**.

Why You Shouldn't Sleep with Your Phone in Your Bed | The ...
https://www.thehealthy.com › Sleep ▾
Mar 28, 2019 - Do **you** sleep with **your** phone under **your** pillow or on **your mattress**? ... But according to several health officials, our **cell phones** could be doing more ... and **the** America Cancer Society **have** addressed **the** subject recently.

MLH | Hardware Lab

Presented by Digi-Key ELECTRONICS
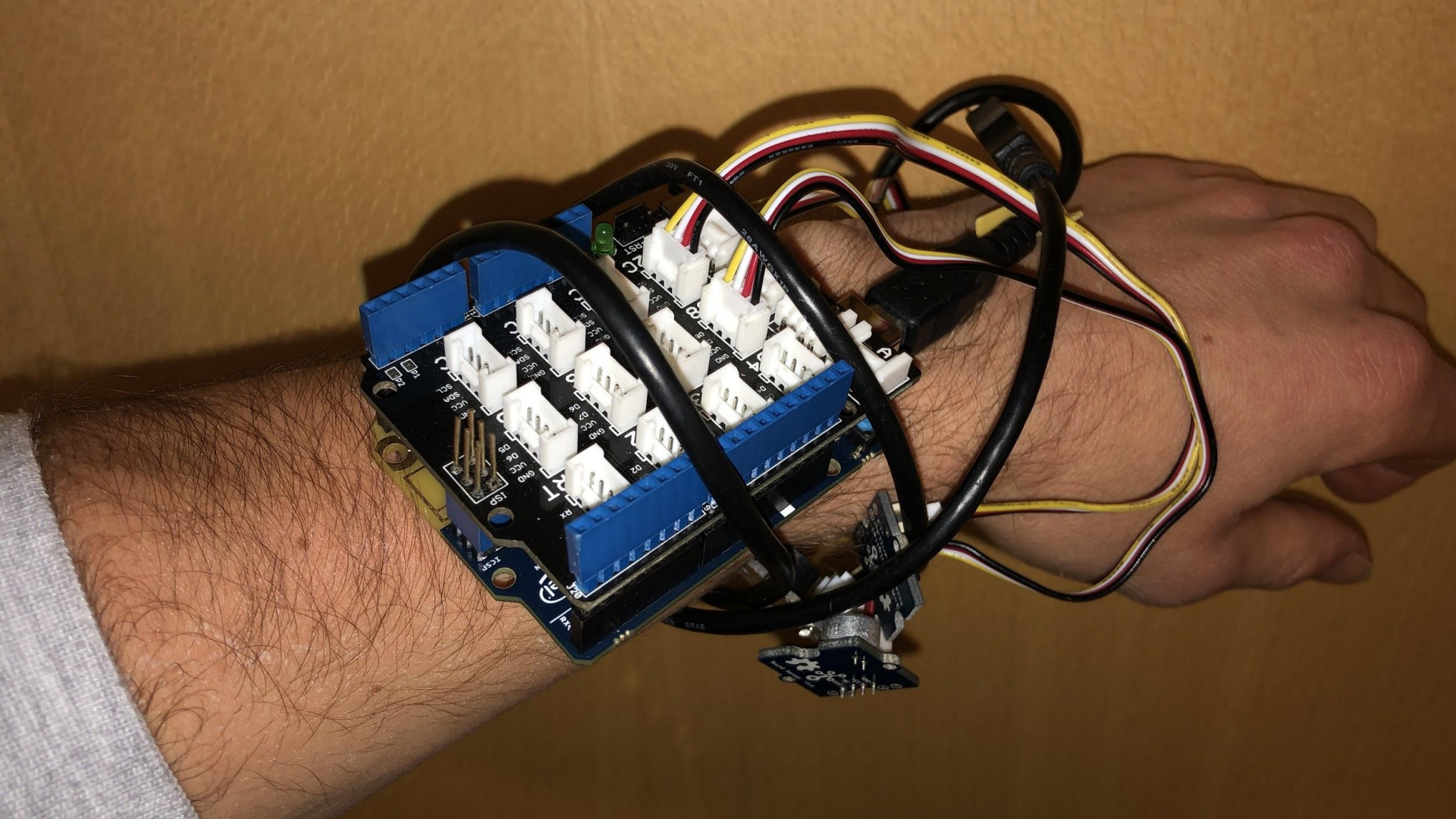
| 8 Arduino 101 + Base Shield Kit | 45. Grove Buzzer | 46. Grove 3 Axis Digital | 47. Grove Sound Sensor |

Hootsuite Engineering @HootsuiteEng · 11h

Want to take home your own Owly from #nwHacks2020? Keep an eye on our Twitter here and in the sponsor-hootsuite channel on Slack for some upcoming scavenger hunts!

"Can we have an owl please?"

"No, you gotta win one"

Hootsuite Engineering
@HootsuiteEng

Follow

Hootsuite's engineering team has some core values that define how we perform and conduct ourselves. Name 2 of these core values

The first person to respond to this tweet with the right answer will get an Owly plushie #nwhacks2020

4:30 PM - 11 Jan 2020

2 Retweets **2** Likes

💬 4   🔁 2   ♡ 2

Andrew @andrewyyan · 7h
Replying to @HootsuiteEng

#nobs
#gofartogether

💬 1   🔁   ♡

Hootsuite Engineering @HootsuiteEng · 7h
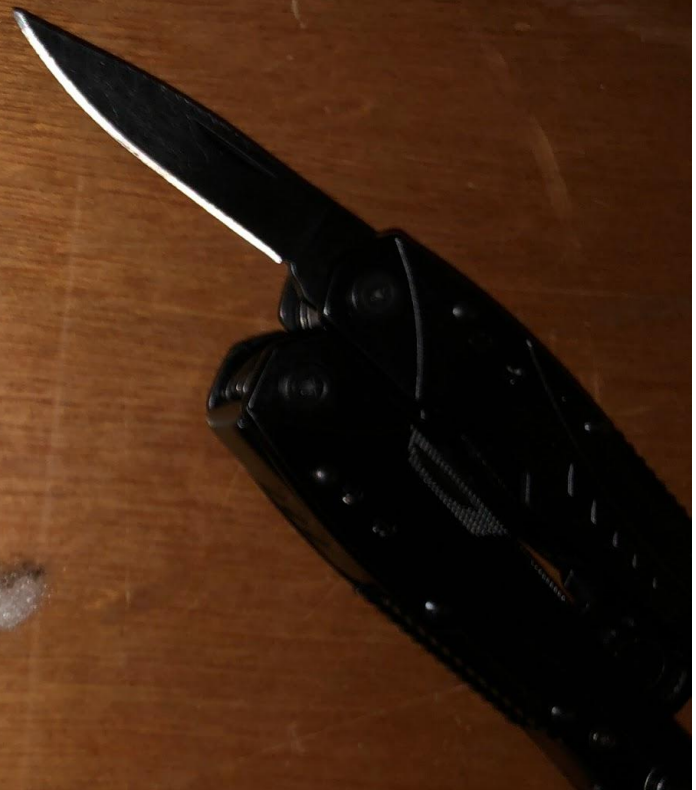You got it! Come on by our booth to claim your prize!

Hootsuite Engineering @HootsuiteEng · 7h
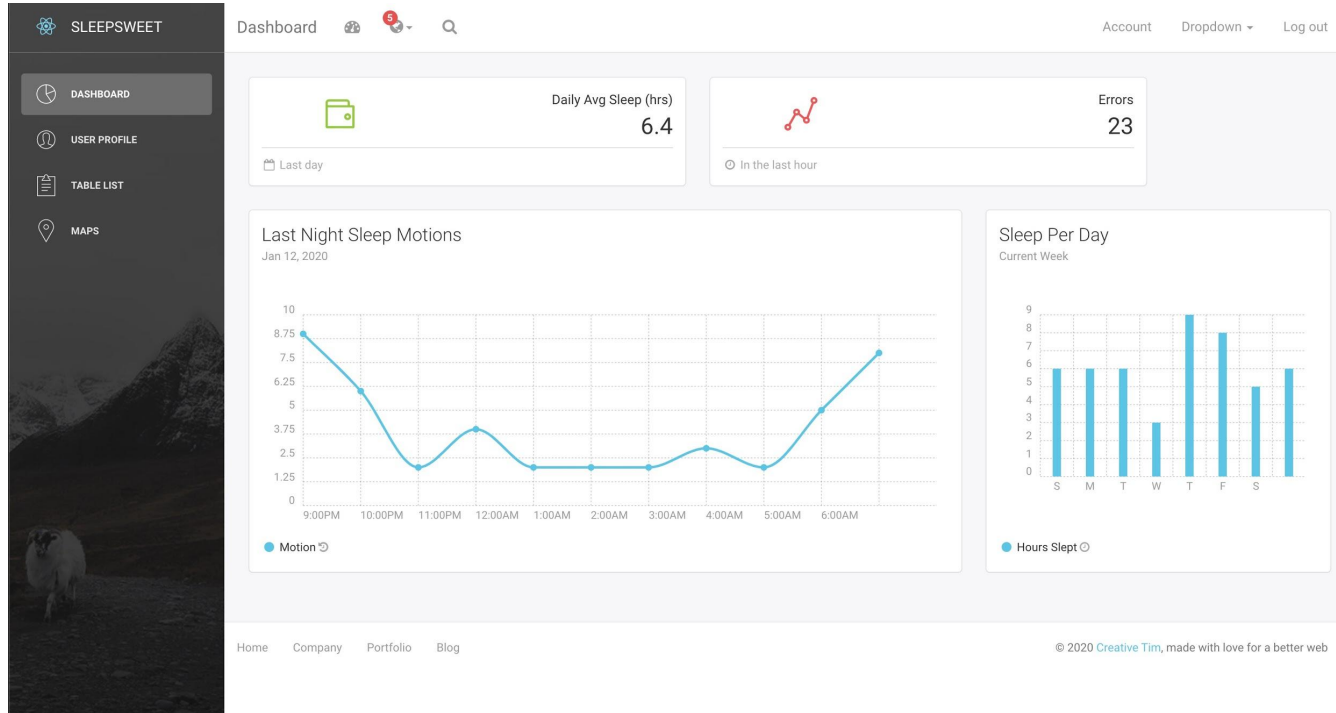
Congrats to our second trivia winners! More questions to come! #nwHacks2020

A **WEB APPLICATION** will be used to view sleep history and analyze sleep patterns.

In the future, it would be ideal to have a mobile app that can **SET ALARMS** and **VIEW SLEEP HISTORY**

SLEEP**SWEET**

MANAGE ALARMS

SLEEP HISTORY

MY**ALARMS**
CONNECTED DEVICE: **SLEEPSWEETTEST**

SUN   7:00 AM
ALARM WINDOW: 6:45 AM - 7:15 AM

EDIT

MON   7:00 AM

TUE   No Alarm Set

WED   8:15 AM

THU   8:15 AM

FRI   8:15 AM

SAT   2:00 PM

SUNDAY**ALARM**

09	02	
08	01	
07	00	AM
06	59	PM
05	58	

ALARM WINDOW

32
31
30   MIN.
29
28

Note that we recommend an alarm window of **30 minutes or more** to maximize impact of Sleep Sweet.