

7-8 HOURS OF SLEEP IS RECOMMENDED

WANT BETTER SLEEP?

TRY BEDTIME ALARM

STEP 1: GO TO THE CLOCK APP ON YOUR PHONE

STEP 2: TAP THE BEDTIME ICON AT THE BOTTOM AND GET STARTED

STEP 3: DRAG THE MOON TO YOUR CHOSEN BEDTIME, THEN DRAG ALARM ICON TO CHOSEN TIME OF AWAKENING

