Supplement

Screenshots of the digital health app “dayzz.”
Practice a 5-min meditation session

Relax your mind for 5 minutes

2:45 min  5 min

I PREFER READING  SKIP
This week's sleep schedule

BED TIME
12:00 AM - 6:30 AM

WAKE-UP

Chat with a trainer about my schedule

YOUR LAST NIGHT'S
Sleep score
Discover more

Wakeup time
Have an awesome day!

8:00 PM
Get out of bed on time without snoozing.
Adam, let's explore last night's sleep

5 hr 57 min

+45 min vs. last night

Apple Watch update: Today, 06:45 AM

6 hr 40 min
12:00 AM - 06:40 AM

TIME IN BED

43 min
2 wake-ups

TOTAL WAKE TIME

EDIT MY SLEEP DATA

CONTINUE

11% Awake 16% REM 61% Light 12% Deep

SLEEP STAGES
Your worry list

Unload your racing thoughts, worries, and even to-do lists here, so they stop crowding your mind and interfering with your sleep. They are safe here with us - we will never read or share them.