Sleepeset

Goals

Sleepeset's goal is to provide a solution to difficulty of getting to sleep to teenagers that is easy and convenient to use. The app would also do a sufficient job of explaining things to teenagers insted of just telling them what to do and how to do it. If you tell a teenager that they need to go to sleep early because they won't be able to get up early otherwise, they're just gonna brush it off. But if you educate them then they will be more inclined to follow suit.

Mission

Sleepeset's mission is to make it easier for people to get to sleep tonight with out having to go cold turkey from their tech devises , or having to take dangerous, and addictive drugs like Ambien.

Action Plans

Within One year Sleepeset plans to have a huge prescence on social media. And will have strong brand recognition.

Teens who suffeer from difficulties getting to sleep all acrossed spokane will quickly down load it as their alarm clock alternative. There are huge markets for exercise apps, alarm clock apps, and sleep apps. So a simple app that connects the dots and offers more could have huge market potential!.

Due to such a small company behind sleepeset, the startup costs will be minimal . And since the profits will come from ads, the profits should take off immediately.

Objectives

Sleepeset's objective is to provide a simple and easy format to learn how to make going to sleep a less stressful process . As a young person, Understanding your Circadian clock can be pretty much impossible. For most young people the times that they are supposed to get up and go to sleep can appear to be totally random. Often times that is because they are . Teenagers clock can easily be out of wack . Sleepeset wants to give you control of your sleep cycle.