



The results of Snoozify



01

Sleep across the school term

As the school term goes on, students stay on **devices later and go to sleep later.**

02

Snoozify fixes this

Snoozify helped students to switch devices off 25 minutes earlier and go to sleep earlier.

25

Minutes earlier!

03

Snoozify = Better Sleep

Snoozify users slept **longer**, woke up less in the night, and felt **fresher the next day.**

04

Why does this matter?

Good sleep hygiene (e.g., not using devices before bed) is linked to **better learning ability, better school grades, better reading, and better teacher ratings** of school performance.

