

HappyWakeUp® ver 1.20

A Smart Alarm Clock in Your Mobile Phone

by SmartValley Software Ltd

More information: <http://www.happywakeup.com>
Support and help: info@happywakeup.com

User Guide

HappyWakeUp is a smart alarm clock for your mobile phone.

It monitors your sleep using the microphone. It is very sensitive to detect any movements while sleeping. HappyWakeUp wakes you up when you actually are already awake or 'almost awake'. HappyWakeUp does not try to wake you up when you are in deep sleep. These are the moments when it is most difficult to wake up.

HappyWakeUp is based on the medical knowledge and research of human sleep and sleep cycles. During the last morning hours your sleep is fragmented and there are short periods of wakefulness. These natural arousals are the optimal moments for your brain and body to wake up! HappyWakeUp is developed to detect those moments. HappyWakeUp is based on patent pending technology and it is first health and wellness promoting mobile phone application!

HappyWakeUp is developed extremely easy to be used.

IN THE EVENING:

- 1) Set the normal mobile phone alarm time. This is your normal or last possible time to wake up to be used routinely:

->(Office) -> Clock -> Alarm.

- 2) Start **HappyWakeUp** ArousalClock application. HappyWakeUp detects your next alarm time and suggest activation. If HappyWakeUp is already running it detects the your next alarm automatically.

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HappyWakeUp and ArousalClock are registered trade marks.

Current TIME, HAPPYWAKEUP ALARM TIME and ACTIVATION TIME are displayed. The default activation time is 20 minutes before the ultimate wake up time. The activation time may be adjusted between 10 and 120 minutes! If the chosen alarm time is too close or too late you have to change the alarm time or the activation time window.

3) Locate the mobile phone during the night time:

- beneath the pillow or beneath the sheet near to the pillow - (1) in the picture
- on the bed table, microphone upwards, less than 50 cm (20") from the pillow - (2) in the picture
- beneath the pillow or beneath bed linen microphone downwards, especially if there are external heavy voices present (like snoring) - (3) in the picture.

DURING THE NIGHT TIME:

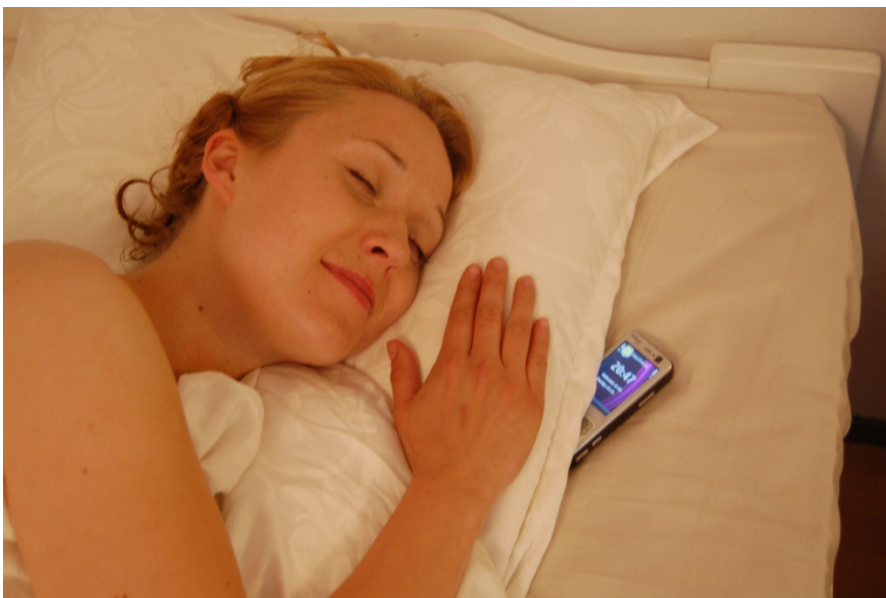
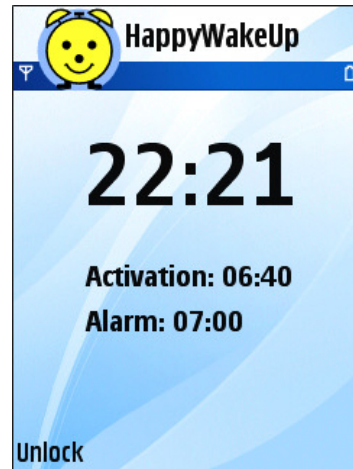
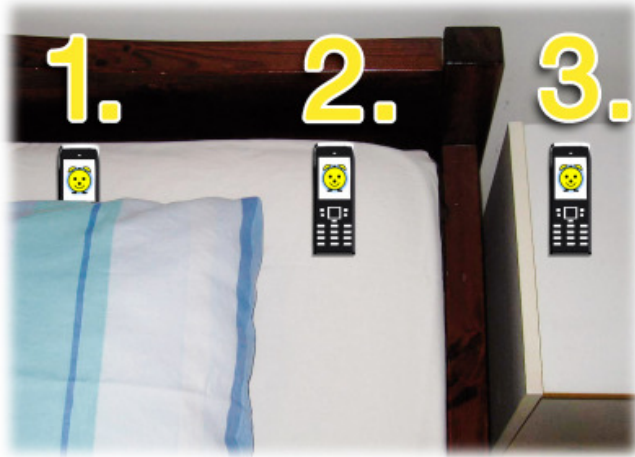
HappyWakeUp is monitoring your sleep with the microphone. Therefore it has to be near to you! The last 20 minutes is called ALARM WINDOW. If you are awake or almost awake during the ALARM WINDOW period in the morning **HappyWakeUp** gives you the alarm signal. You experience an easy wake up and active morning hours. If you are in deep and calm sleep **HappyWakeUp** lets you sleep the maximum time until the mobile phone alarm time. The length of the alarm window is adjustable between 10 and 120 minutes.

IN THE MORNING:

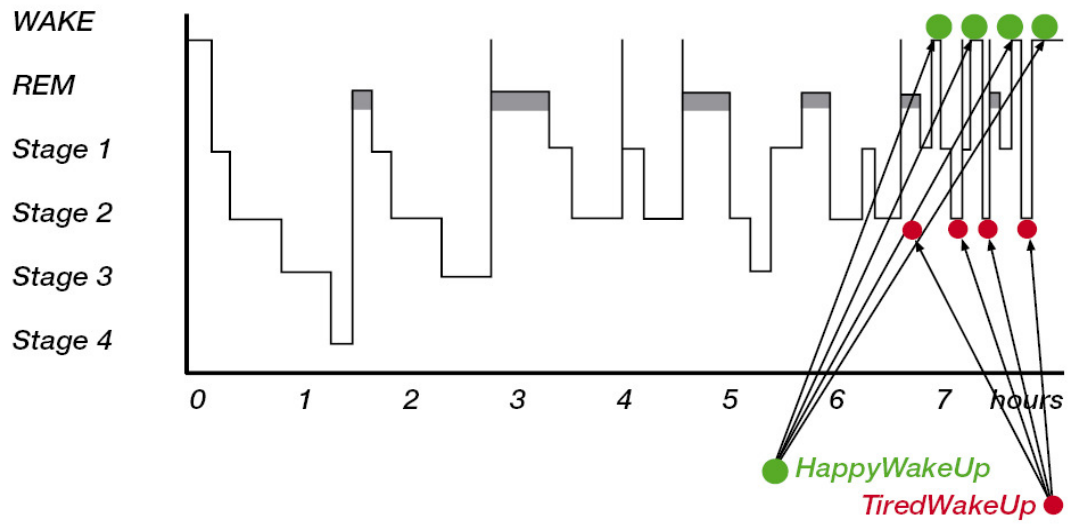
- 4) Stop **HappyWakeUp**. You may also stop the mobile phone alarm at the same time.
- 5) If needed, set the mobile phone alarm OFF.

EXAMPLE:

Set the ultimate wake up time (your normal time in the alarm clock) normally, e.g. at 07:00 am. Start **HappyWakeUp** application. The current time is displayed on the screen. In addition you see the wake up time (07:00) and the activation time (06:40). The activation time is 20 minutes before the ultimate wake up time. **HappyWakeUp** gives you an alarm signal between 6:40 and 6:59 am if you are awake or almost awake. If you are in deep calm sleep from 6:40 to 6:59 am there will be no **HappyWakeUp** alarm signal and the standard mobile phone alarm clock is activated at 7:00 am.



HappyWakeUp wakes you when you are awake or almost awake



Tips and Hints

- **HappyWakeUp** is designed to use the battery of your mobile phone a little as possible, there is no background light during night time and only the microphone is used for the monitoring. However, you have to remember to charge the battery to keep your mobile phone and applications alive as normally!
- **HappyWakeUp** uses the same alarm sound as the phone alarm clock. To change the alarm sound, choose Clock -> Options -> Settings -> Clock Alarm tone and choose the desired sound from the list. There might be differences in the setting of the alarm sound, depending on the phone model. Please refer to the phone user manual for setting the alarm sound.
- If you want to have a really individual alarm signal you should put the phone under or beside your pillow. **HappyWakeUp** reacts only to your personal arousal and your movements during the arousals in the morning. The alarm signal under the pillow is weak and does not disturb your spouse.
- The medically recommended duration for a day-time nap is 20-30 minutes to avoid too deep sleep. This is achieved by setting the alarm delay in **HappyWakeUp** clock to 20-30 minutes and activation window to 10-15 minutes. Now you should have a 20-25 minutes nap.
- The mobile phone is not sending any calls or messages and it is not sending any extra radiation during the night time.
- more frequently asked questions on <http://www.happywakeup.com>

For more information and details, see
<http://www.happywakeup.com>