

ChangeMyStyle.com is offering a free App of the Week for Waking Up Gently by a Sunlight Simulation

The App "Gentle Wakeup" turns an Android device into a sunrise simulator which wakes people up by light.

BERLIN, BERLIN, GERMANY, April 17, 2016 /EINPresswire.com/ -- Changing from an alarm clock to a wake up light can make a tremendous difference from feeling dizzy the whole day to waking up refreshed in the most natural way. There are many alarm Apps trying to find the right sleep phase but they may wake up people 20 minutes too early. The App "Gentle Wakeup" turns an Android device into a wake up light and shifts the light sleep phase exactly to the desired wake up time. With a wake up light the body will start a biological process to leave the deep sleep phase and prepare for the wake up. People feel fully awake when they open their eyes and are ready for the day.

There are two types of people in the world: Early birds and night owls. Early birds can get up immediately when the alarm clock rings and get ready with full power for the day. Night Owls have the same energy in the evening but when it comes to waking up they hit the snooze button over and over again. Since the working life is designed for early birds the owls have a huge problem. They get ripped out of the deep sleep phase by a loud noise which was an indication of danger from animals or from enemies back in the stone ages.

The success of the App in waking up refreshed at an exact time is based on the high controllability of the wake up process. All alarms start weak and rise gently during a specified time to a final intensity level. A typical configuration consists of a sunrise started 20 minutes before the desired wake-up time, slowly increasing sounds of birds, twittering on time and a slowly increasing device vibration as a backup 5 min after wake up time. Most people who tried out a wake up light never wanted to wake up by sounds again.

All premium functions can be unlocked freely until April 24th using the code 5z867260819w99.



Get Gently Wakeup now
The App is freely available for Android.
(1876 characters, free for reprint)

Homepage:

<http://www.ChangeMyStyle.com>

Product URL:

<http://www.changemystyle.com/gentle-wakeup/gentle-wakeup.html>

Direct Download Link Android:

<https://play.google.com/store/apps/details?id=com.changemystyle.gentlewakeups>

Press Kit:

<http://www.changemystyle.com/gentle-wakeup/gentle-wakeup-presskit.zip>



Information about the company

ChangeMyStyle.com is owned by the Indie Developer Dr. Rieger. Products started in 1999 with photo effects for Windows computers and have won several awards during the years (<http://www.graphics-tools.com>). Started App development in 2012 for iOS. Since then lifestyle utilities, quiz games and over 1000 photo effects have been released.

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In the stone ages waking up by noise was essential for survival and put the whole body into an alarm mode

Dr. Alexander Rieger

Information about the provider

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