
⚡ "I haven't missed a class since"

1 message

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PAVLOK

Habits, Technology, and Behavior Change

LOSE AN HOUR IN THE
MORNING, AND YOU
WILL BE ALL DAY
HUNTING FOR IT.

Richard Whately

Hey Shockers,

Happy #MotivationMonday! We hope you are as excited for the week as we are!

According to the latest research, over 59% of people consider themselves 'busy.' Work, school, and other responsibilities, often make each day a whirlwind of nonstop activity.

Worse yet, nearly 1/4 people report feeling burned out.

Obviously not a good sign for our mental and physical health.

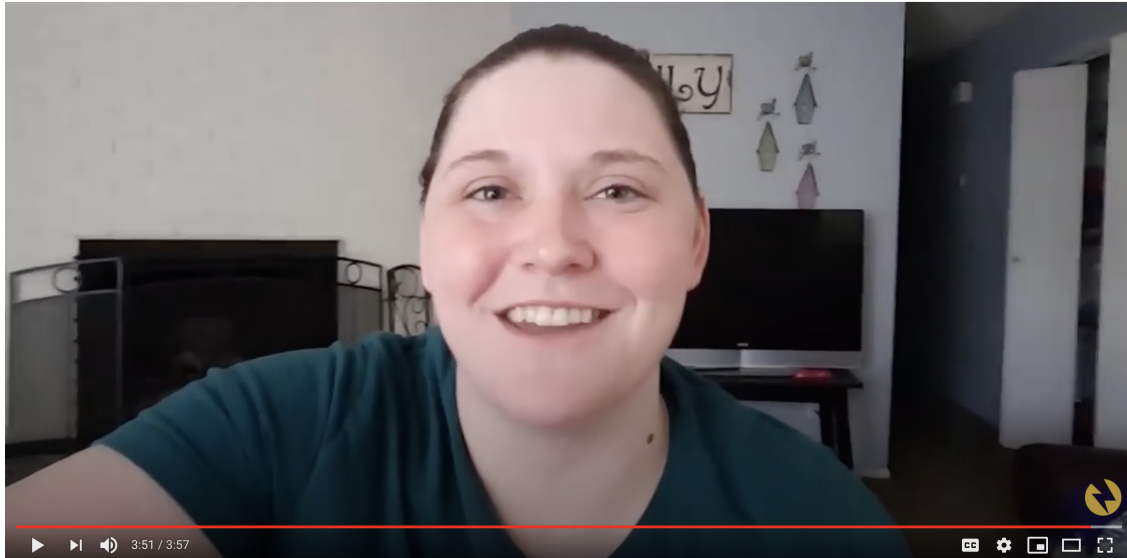
And yet...

In response to being busy, most of us try to 'push harder.' We take on MORE work and responsibility. We skimp on sleep.

But that just makes things worse.

Emily, a [Pavlok](#) user, was a full-time student while also holding a full-time job. Now that's busy.

Because she was so overworked, she struggled with waking up on time. Often setting 15-20 alarms and missing all of them.



Emily Evans On Pavlok's Shock Clock

All smiles, Emily no longer misses classes thanks to the Pavlok. [Click here to listen to her story.](#)

She tried having family and friends call to wake her, setting alarms across the room, and nothing worked.

She was missing all of her 8 and 9 am classes and was actually close to failing out of school.

When she saw Pavlok on Indiegogo, she was desperate and decided to give it a try.

The 1st night she tried it, she customized her Pavlok to vibrate then zap and... well it didn't exactly work out.

After vibrating, she would take the Pavlok off and go back to sleep.

Not giving up, she decided to switch the alarm to zap first, and she hit the jackpot.

In just a few days, she started waking up BEFORE her alarm and was wide awake. "Now I wake up before my alarm and literally can't go back to sleep anymore.

Since using Pavlok, I haven't missed a single morning class."

Pretty amazing.

Instead of trying to work harder or pushing yourself too far, often the simplest of changes can transform your life forever.

In the case of Emily, she went from literally almost failing her classes to juggling her busy schedule successfully.

And we couldn't be more proud to have Emily part of the Pavlok community.

If you're tired of oversleeping, or feeling run down, changing how you start your morning can often be the activity that changes it all.

If you're looking to change and you're tired of not seeing results, Pavlok can help.

You owe it to yourself to give it a try.

-Team Pavlok

P.S. Most Pavlok users stop oversleeping in just a few days after using [Pavlok](#).

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