



Delft University of Technology

Wake Up and Smell the Coffee 34 Alarm Clocks to Fulfill Fundamental Needs

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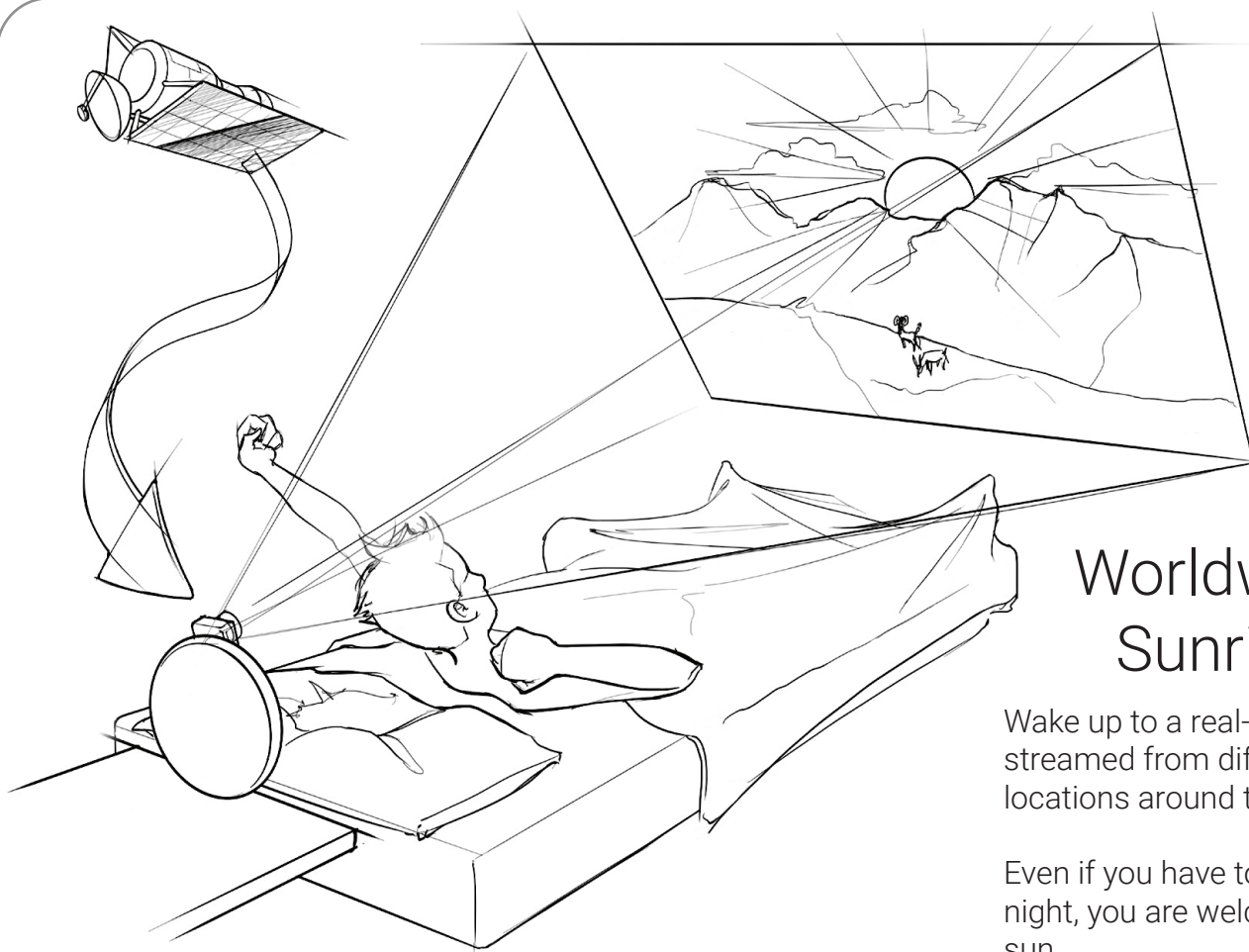
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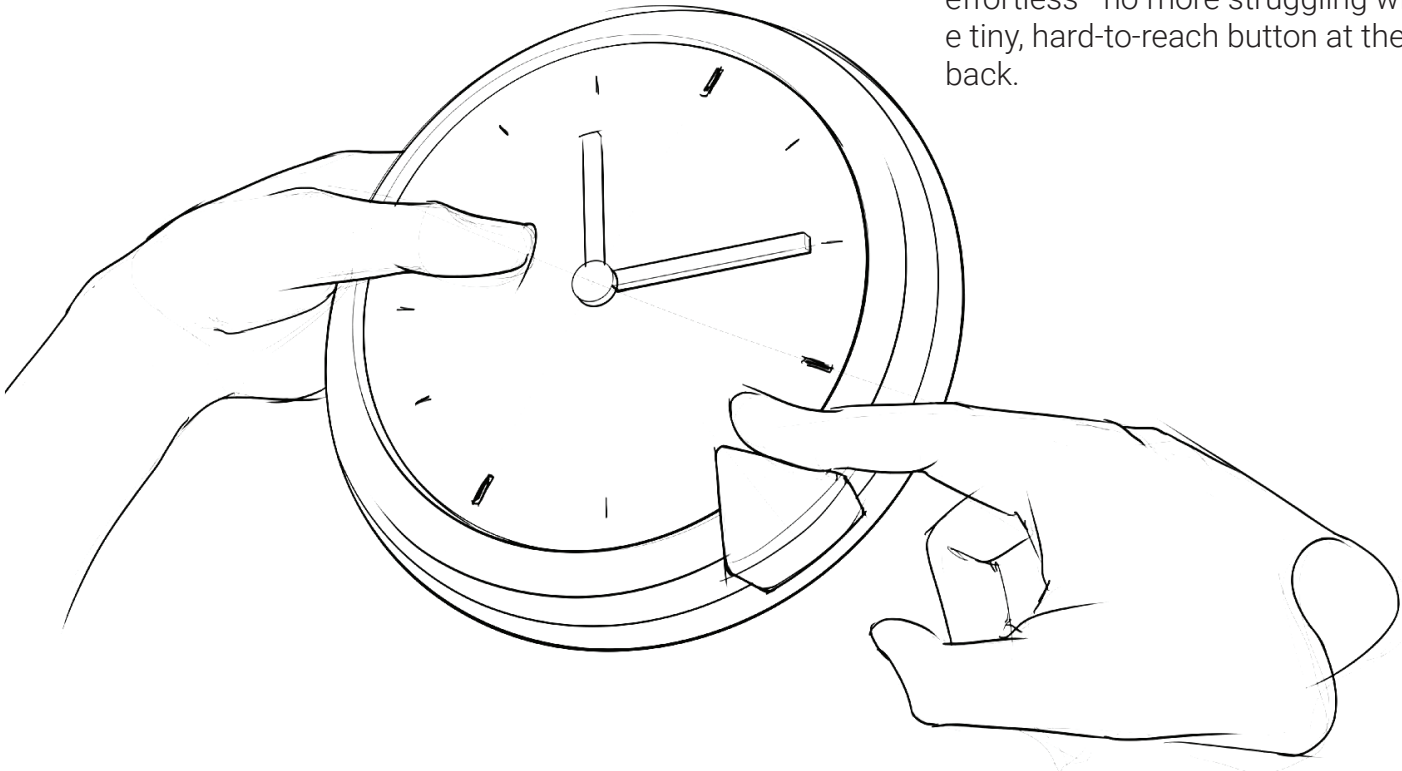
Worldwide Sunrise

Wake up to a real-time sunrise
streamed from different
locations around the world.

Even if you have to wake up at
night, you are welcomed by the
sun.

Easy Set

A large sliding button on the clock's side makes setting your alarm, effortless—no more struggling with the tiny, hard-to-reach button at the back.

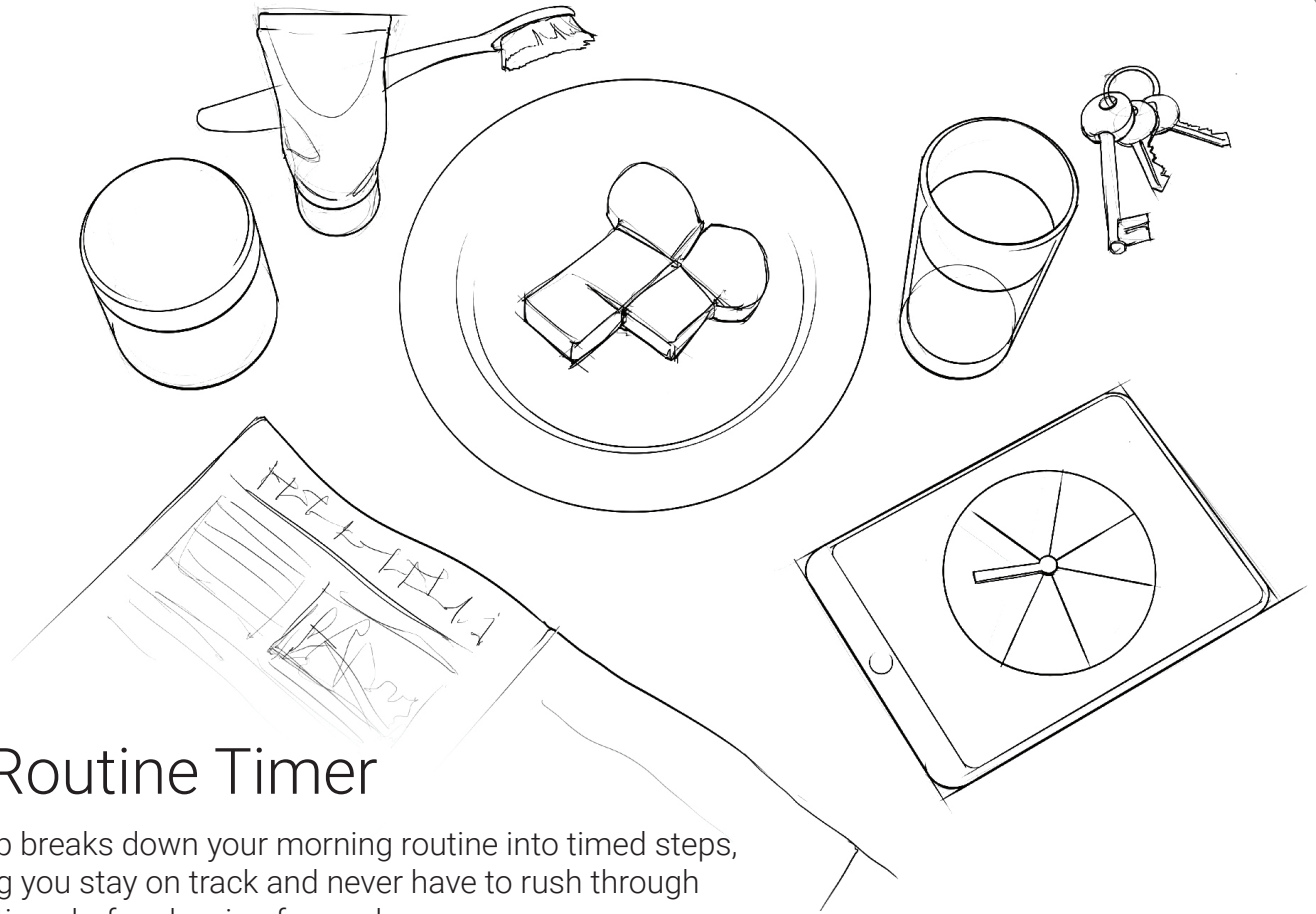


Outfit Planner

A display shows tomorrow's weather, helping you pick the perfect outfit for the next day.

Your outfit is organized for an smooth morning routine.



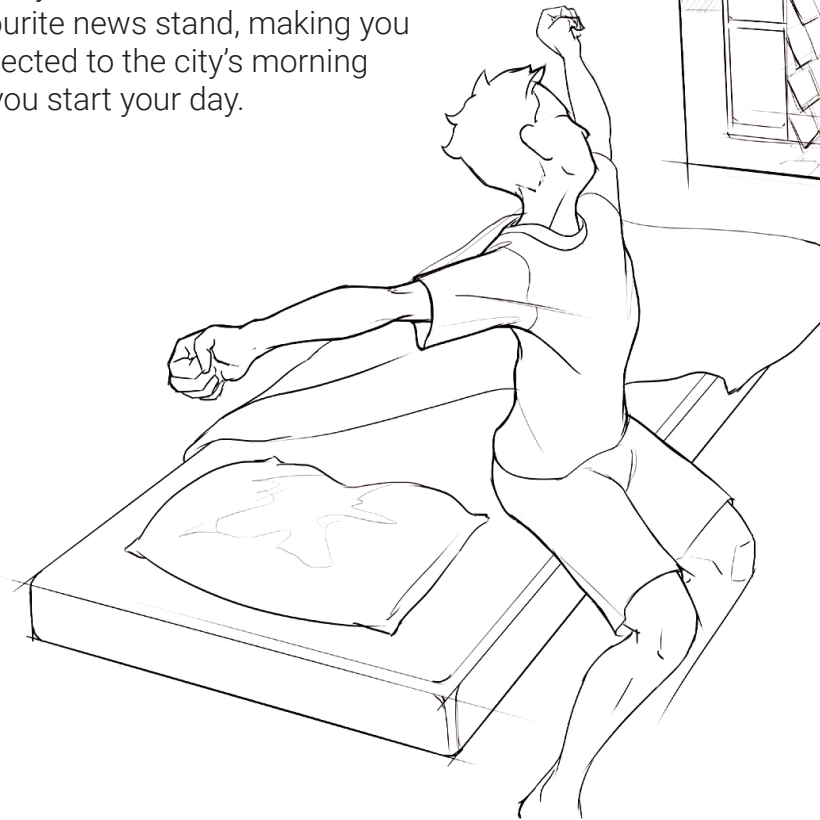


Routine Timer

This app breaks down your morning routine into timed steps, ensuring you stay on track and never have to rush through your actions before leaving for work.

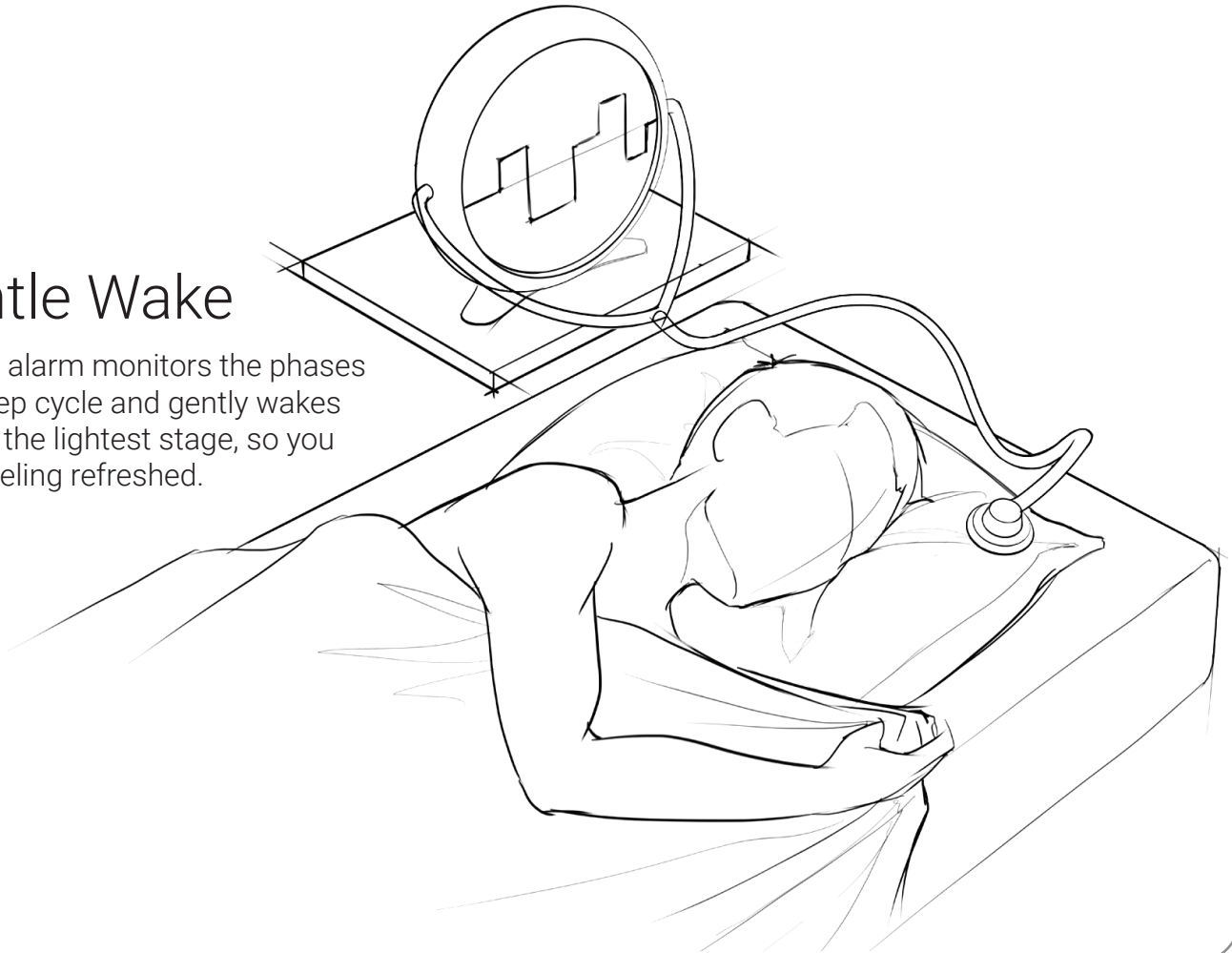
City Connection

A screen in your bedroom live-streams your favourite news stand, making you feel connected to the city's morning buzz as you start your day.



Gentle Wake

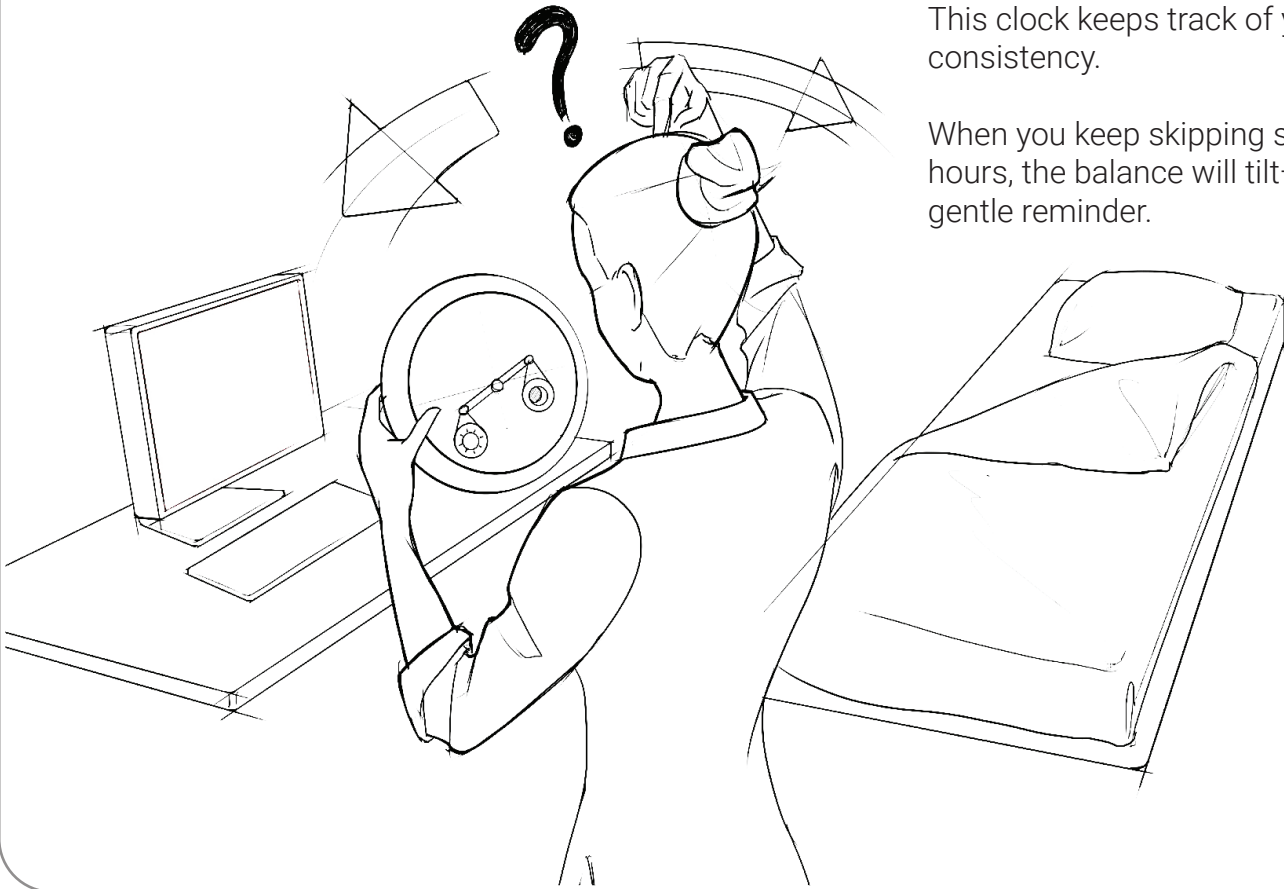
This smart alarm monitors the phases of your sleep cycle and gently wakes you during the lightest stage, so you wake up feeling refreshed.

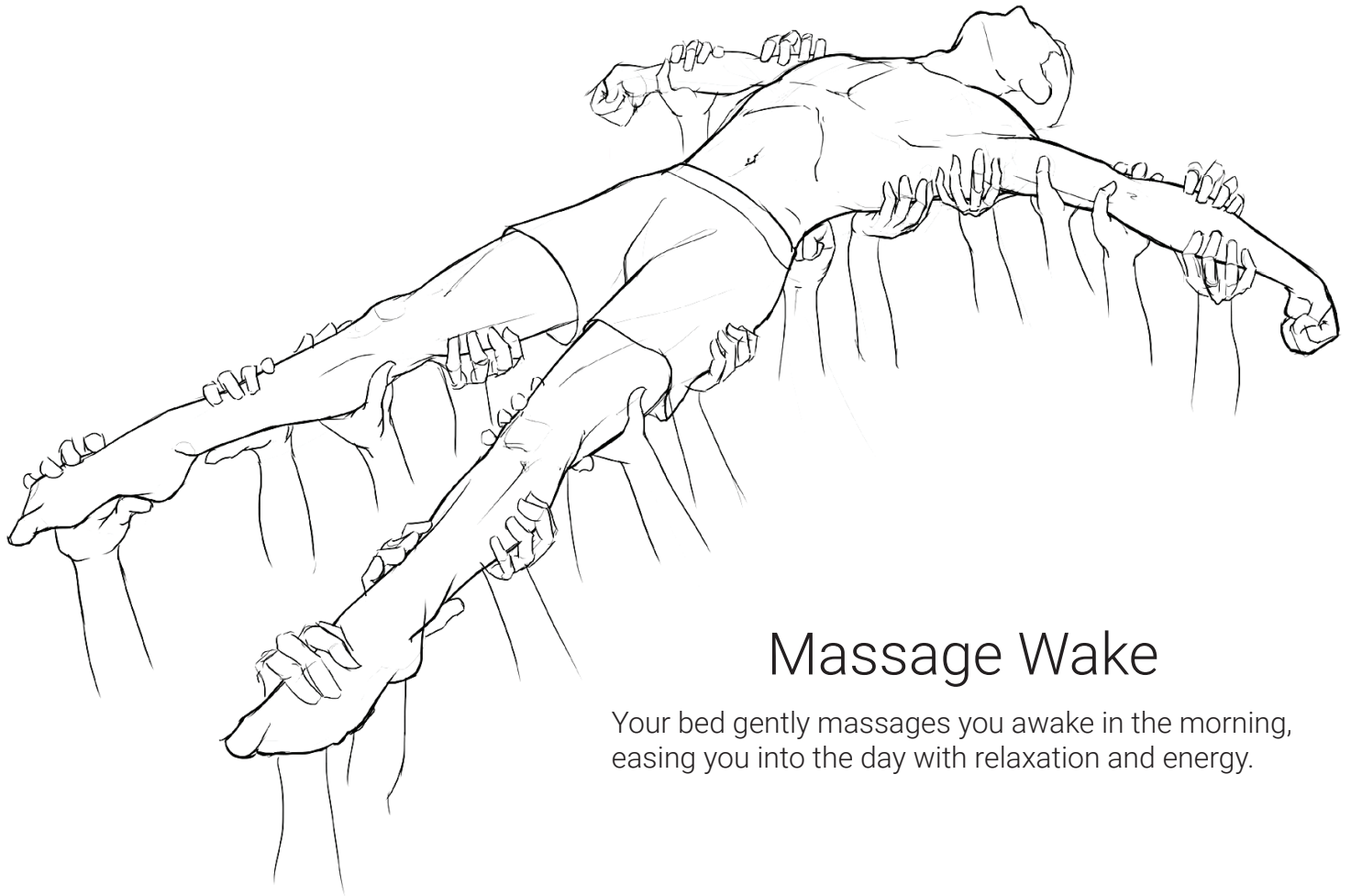


Sleep Balance

This clock keeps track of your sleep consistency.

When you keep skipping sleeping hours, the balance will tilt—as a gentle reminder.





Massage Wake

Your bed gently massages you awake in the morning, easing you into the day with relaxation and energy.

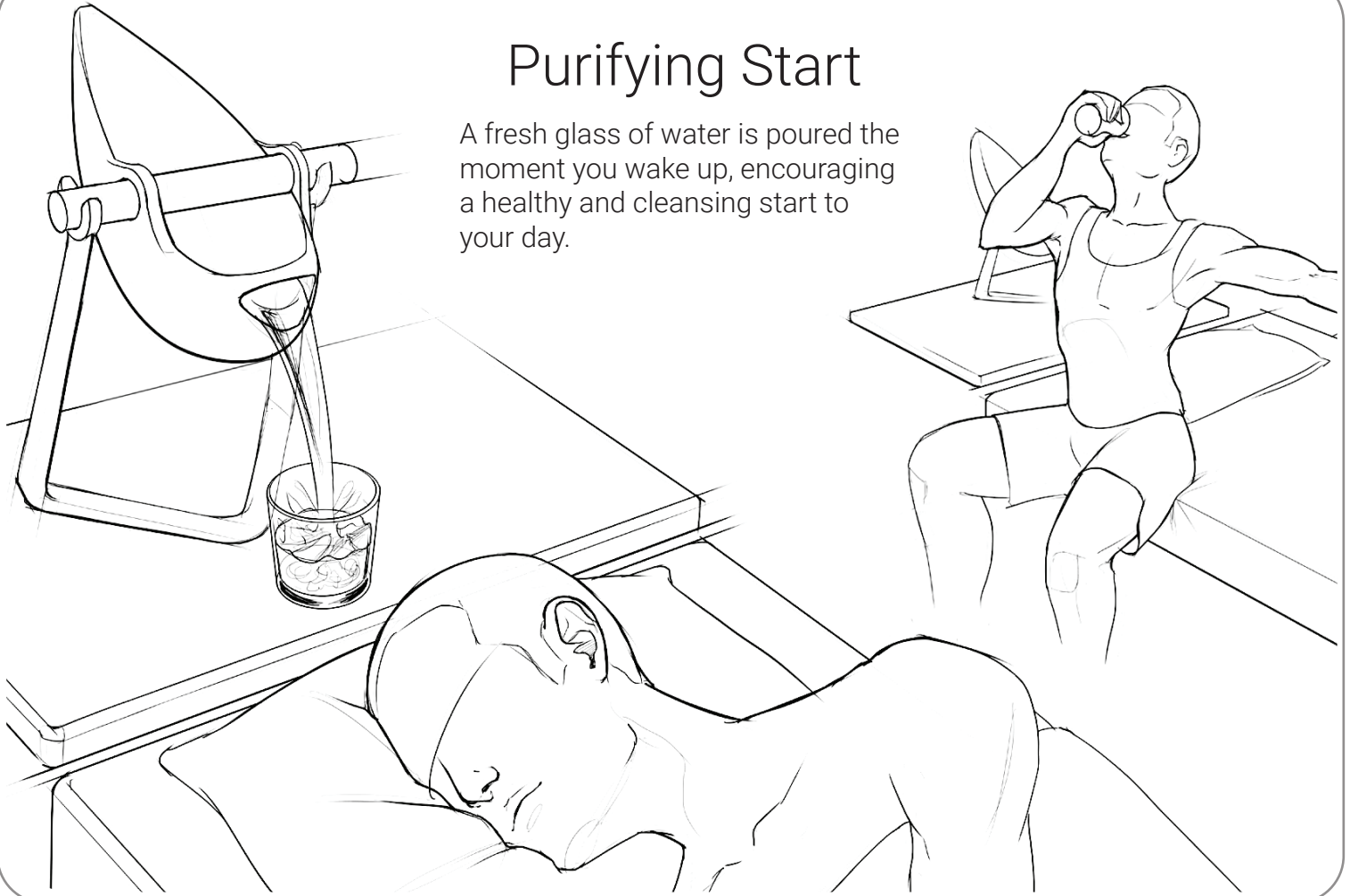


Sunrise Stretch

Open your curtains with a yoga stretch and you are rewarded with birdsong and a glowing sunshine animation, creating a healthy start.

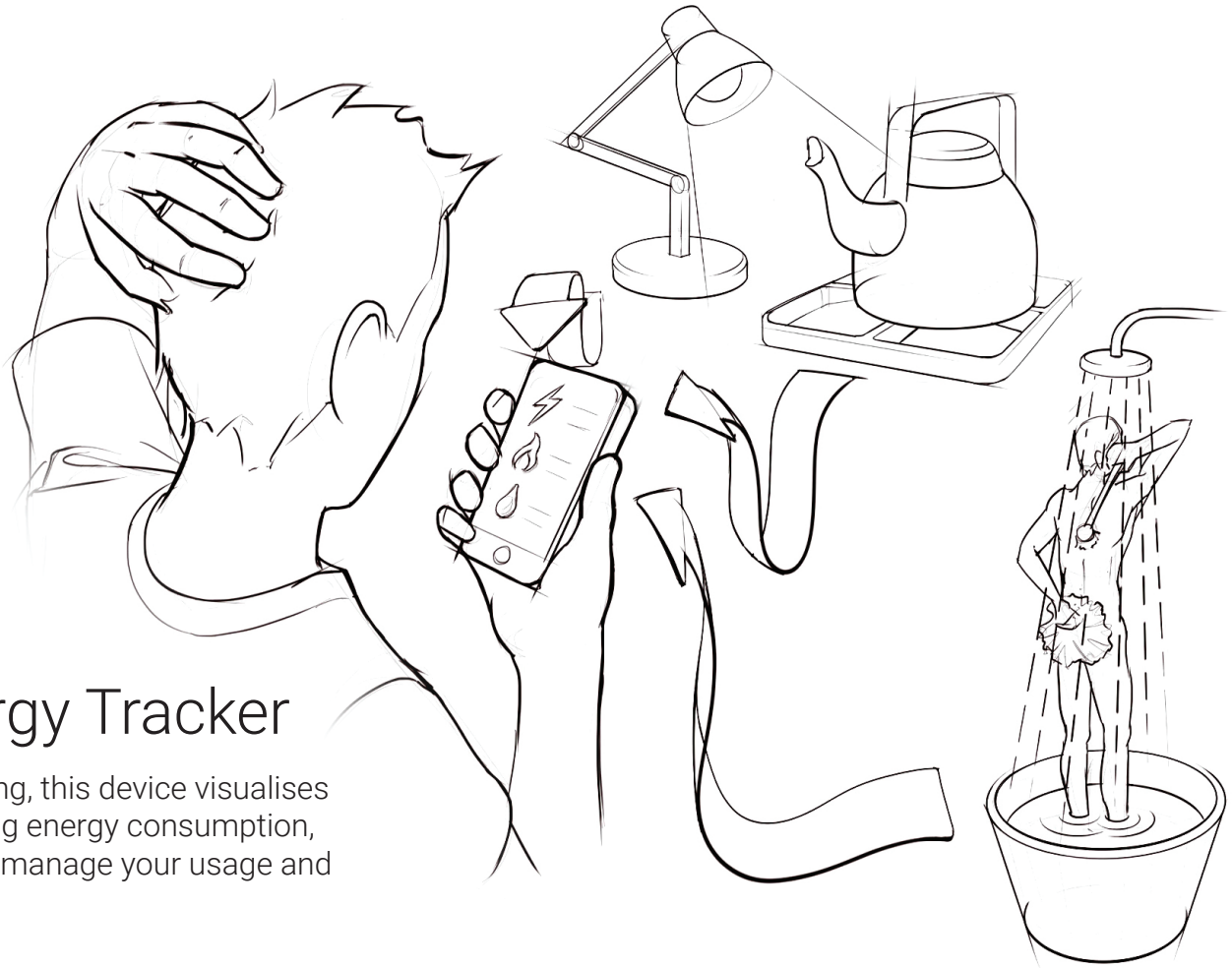
Purifying Start

A fresh glass of water is poured the moment you wake up, encouraging a healthy and cleansing start to your day.



Energy Tracker

Each morning, this device visualises your morning energy consumption, helping you manage your usage and budget.



Charity Snooze

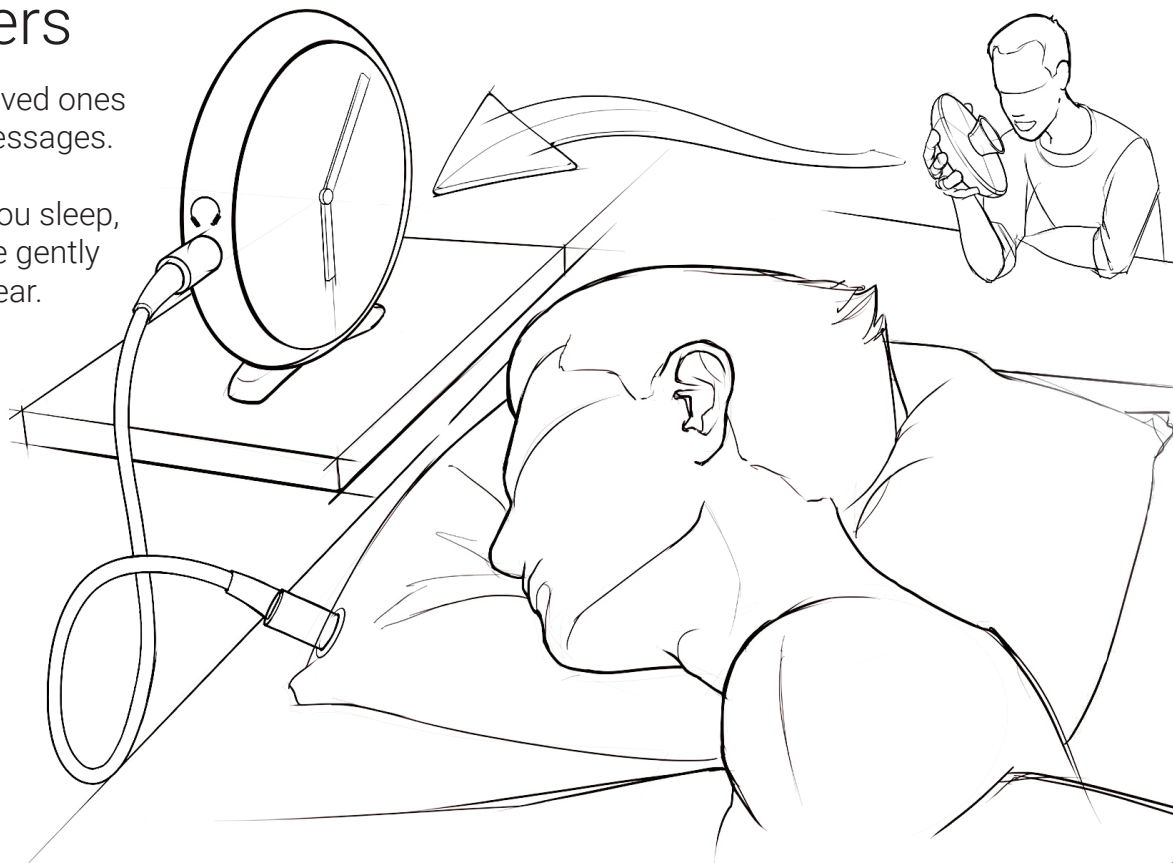
Every time you hit snooze, you make as small donation to your chosen charity—turning lazy moments into generosity.

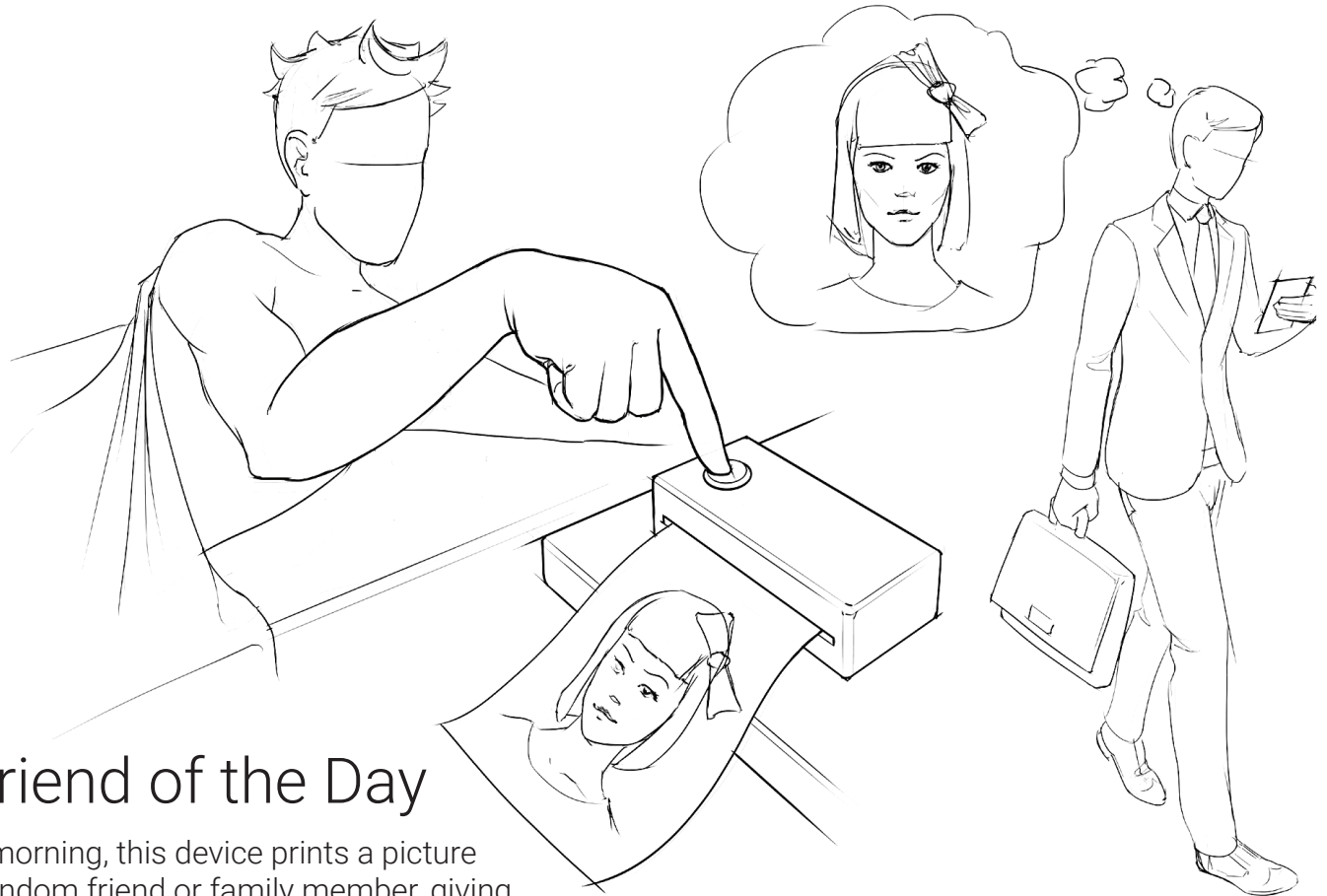


Friendly Whispers

Your friends and loved ones
can record kind messages.

Each night, while you sleep,
one of these will be gently
whispered in your ear.





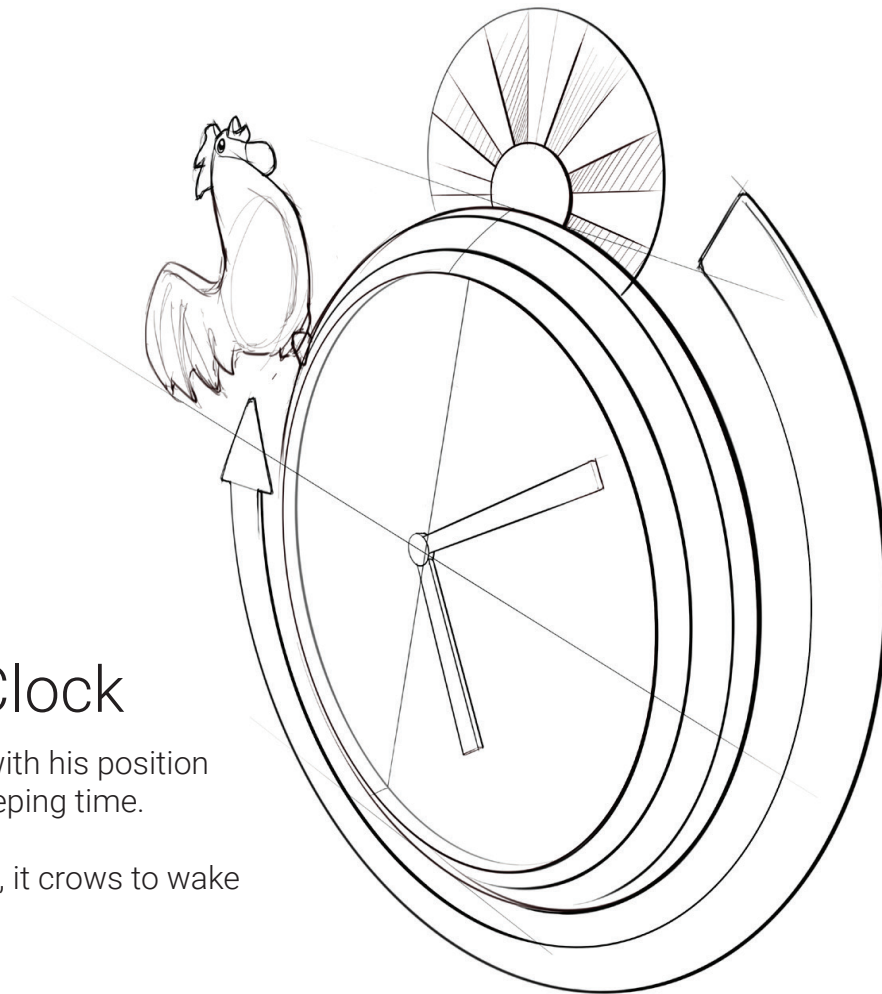
Friend of the Day

Each morning, this device prints a picture of a random friend or family member, giving you someone special to think about.

Rooster Clock

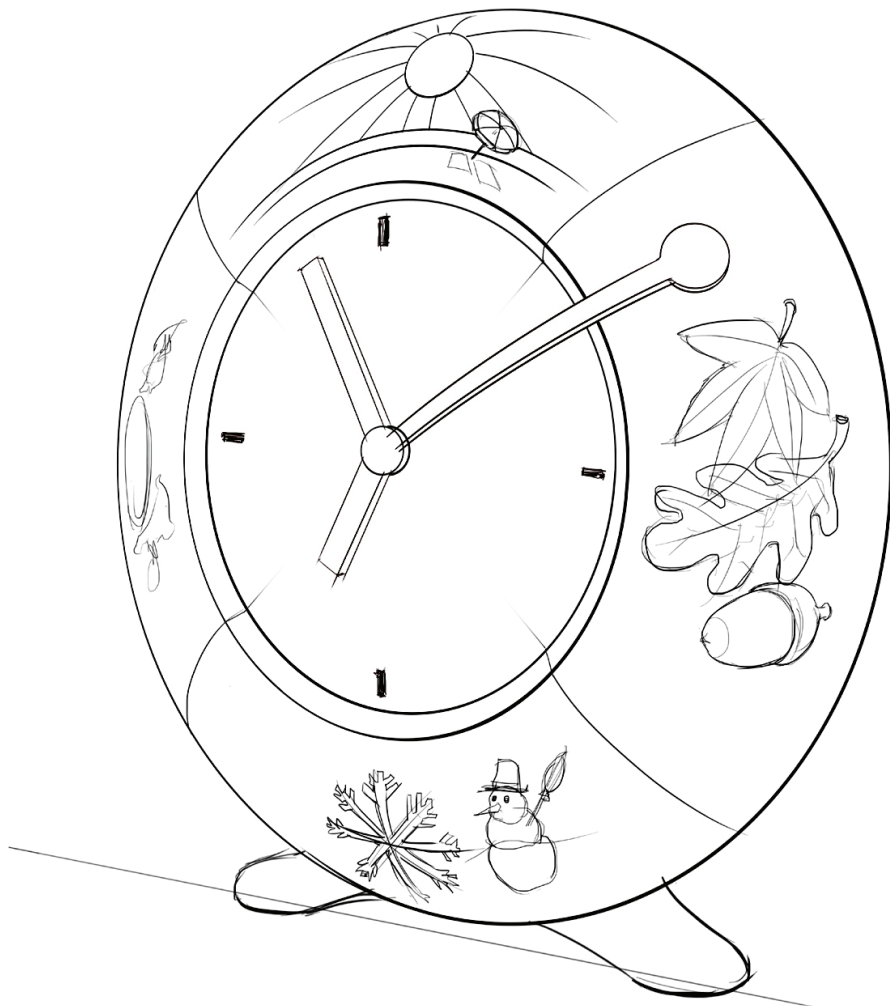
A rooster circles the clock, with his position showing your remaining sleeping time.

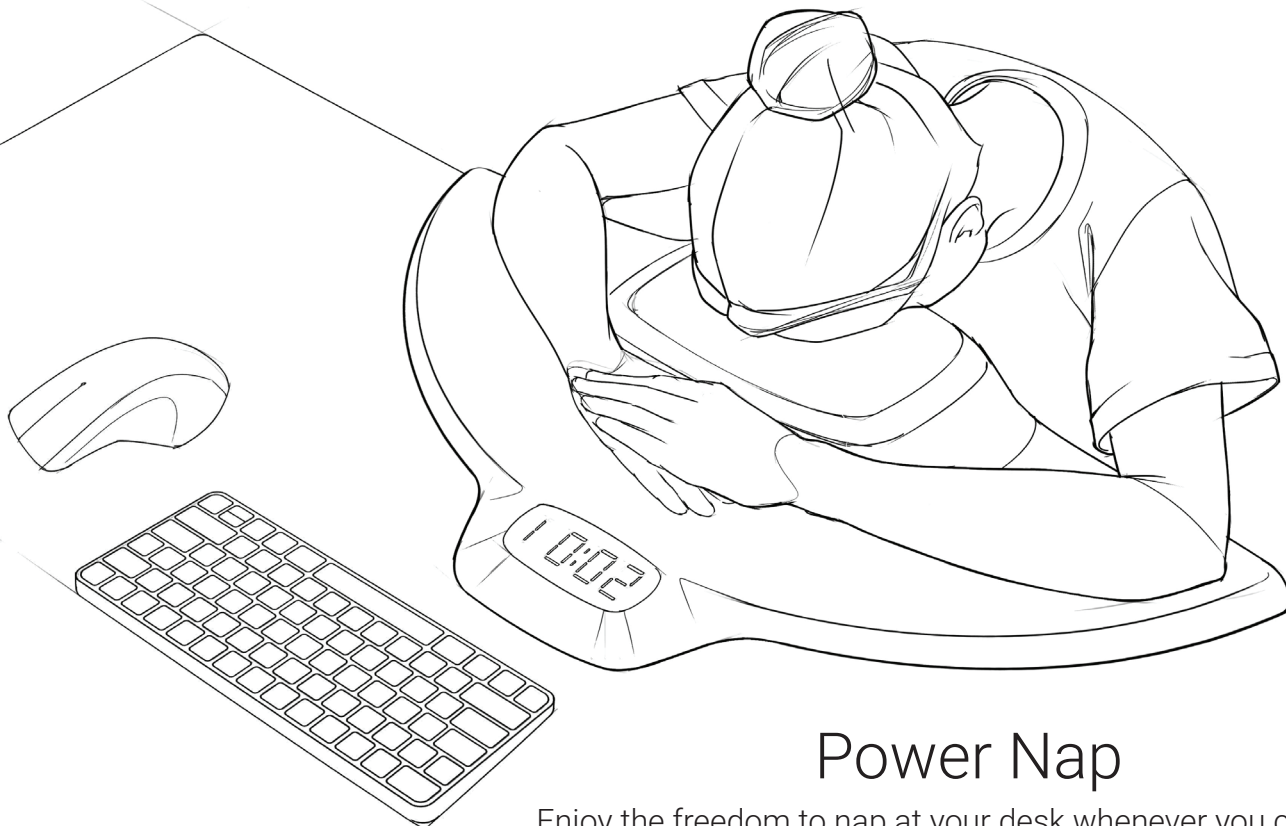
When it completes its round, it crows to wake you up: "cock-a-doodle-doo!"



Evolving Seasons

This clock keeps you in tune with the changing seasons, reminding you of nature's cycle every morning,





Power Nap

Enjoy the freedom to nap at your desk whenever you choose.

The desk pillow offers comfort, while a buzzer ensures you wake up for your next meeting.



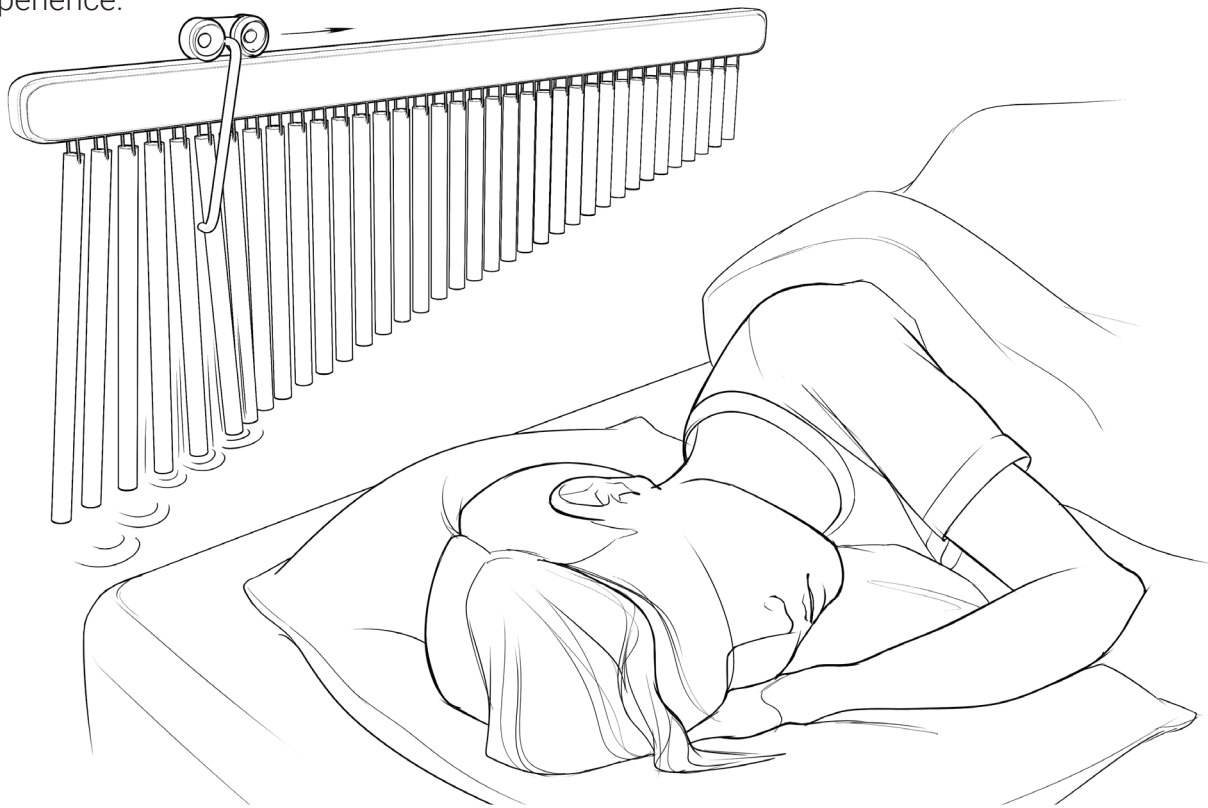
Stealth Snooze

Take micro naps anywhere—in the train, at a concert, or in a restaurant.

A discreet earpiece whispers you to sleep and wakes you at just the right moment.

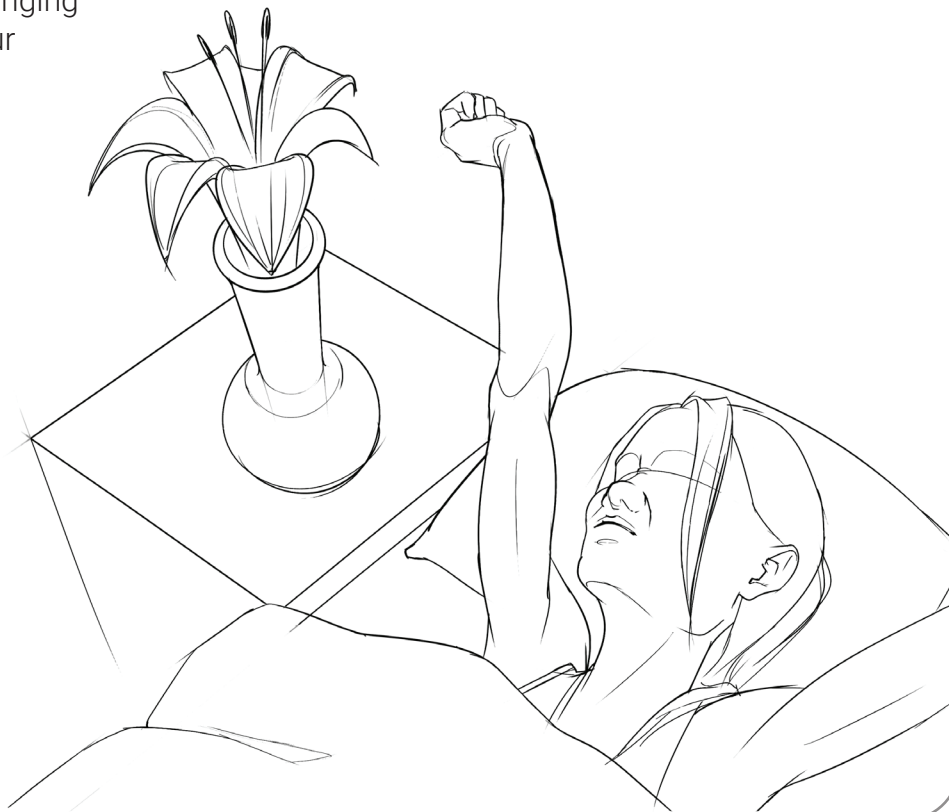
Bell Harmony

Wake up to the elegant harmony of chimes, turning your morning into a serene and peaceful experience.



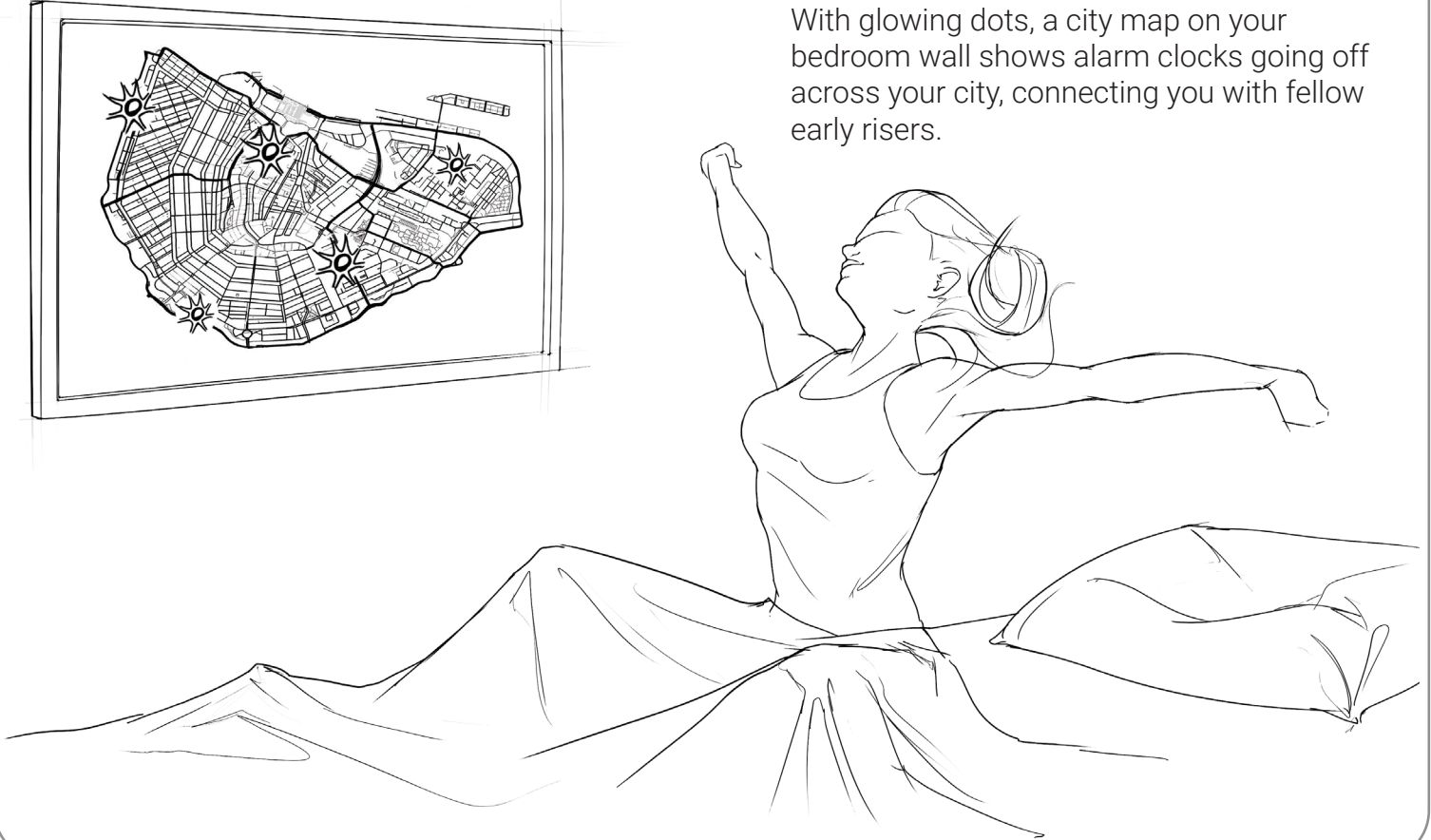
Wake-Up Lotus

Start your day with the graceful sight of a lotus flower gently unfolding, bringing a touch of natural elegance to your morning.



City Risers

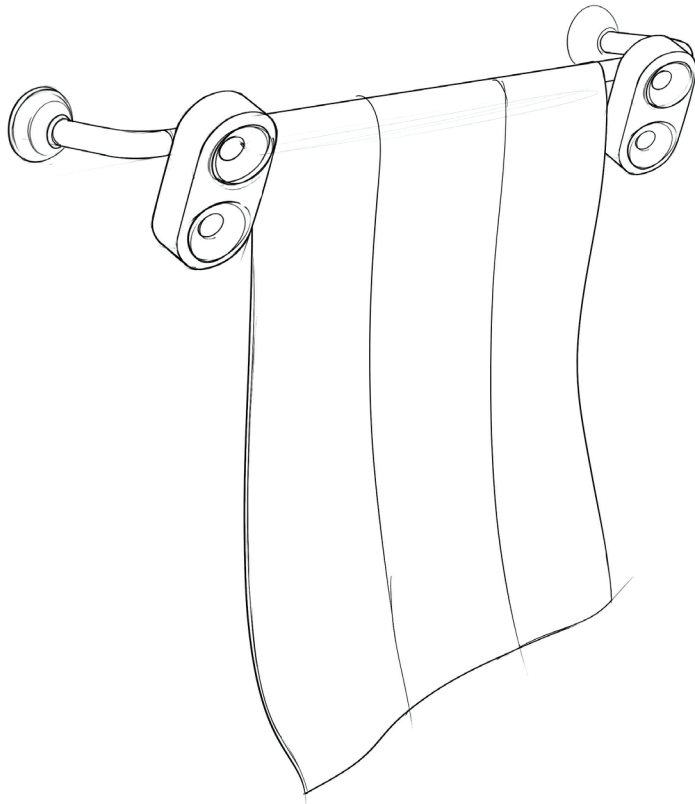
With glowing dots, a city map on your bedroom wall shows alarm clocks going off across your city, connecting you with fellow early risers.



Pledge Alliance

Start your day with a moment of national pride.

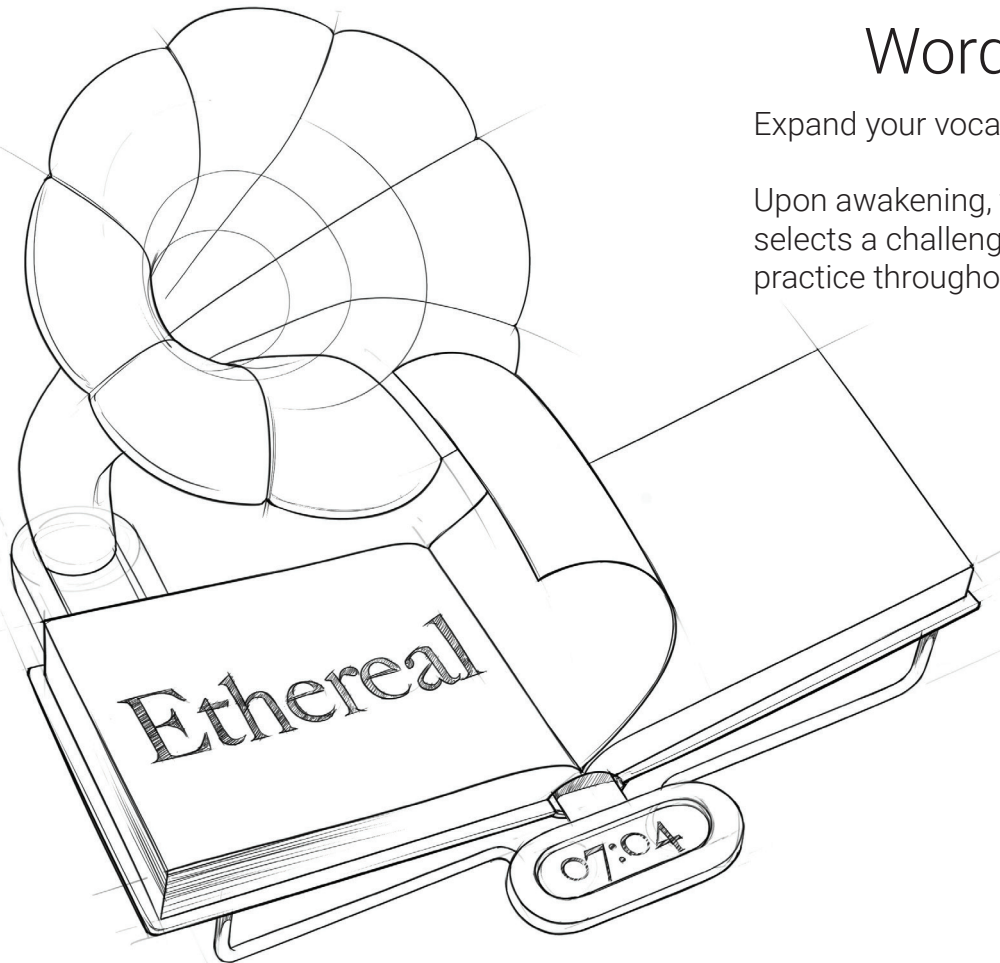
Your flag unfurls and your anthem plays, inviting you to sing along.



Word Wake

Expand your vocabulary very morning.

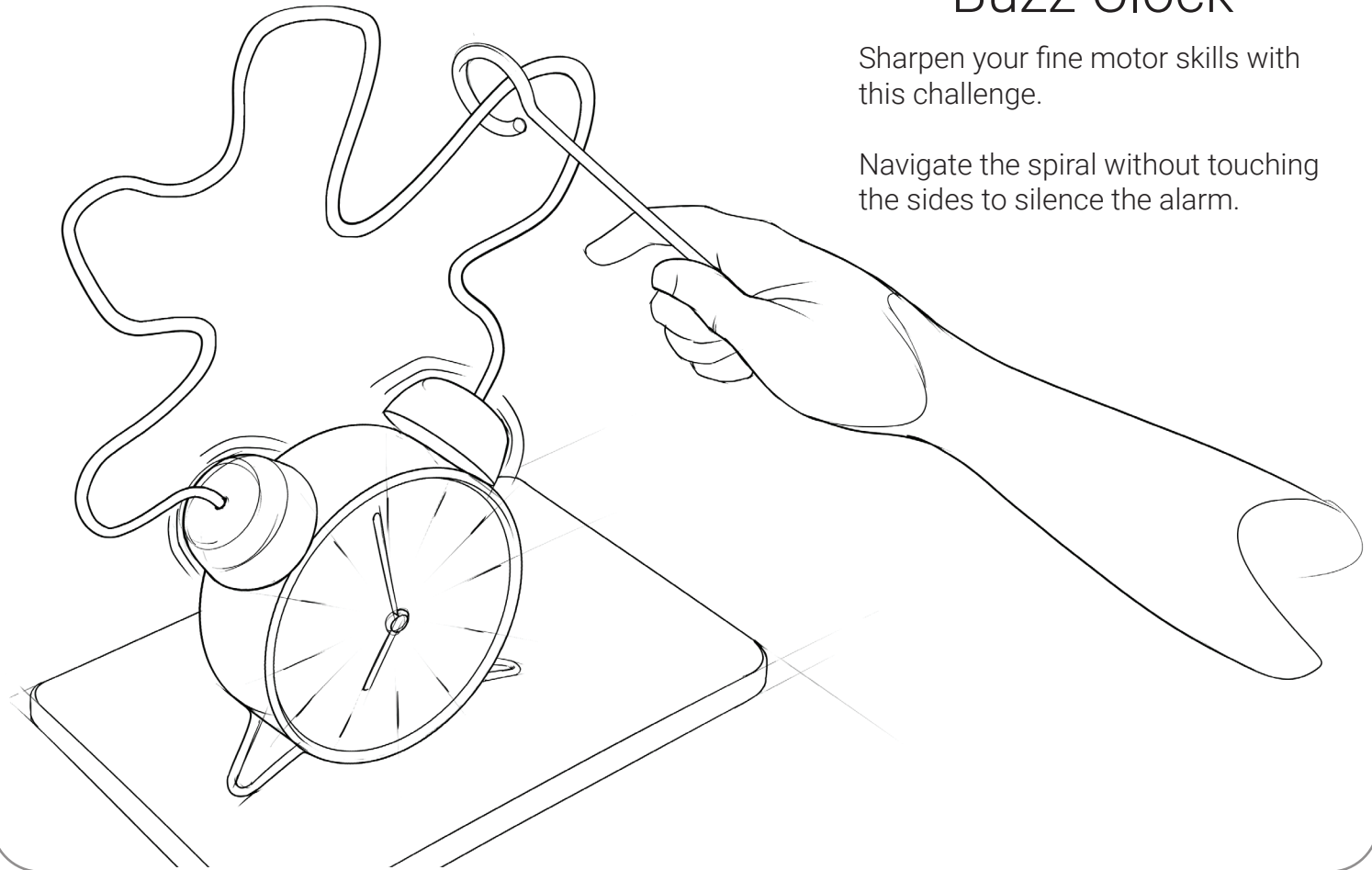
Upon awakening, the dictionary selects a challenging word for you to practice throughout the day.



Buzz Clock

Sharpen your fine motor skills with this challenge.

Navigate the spiral without touching the sides to silence the alarm.



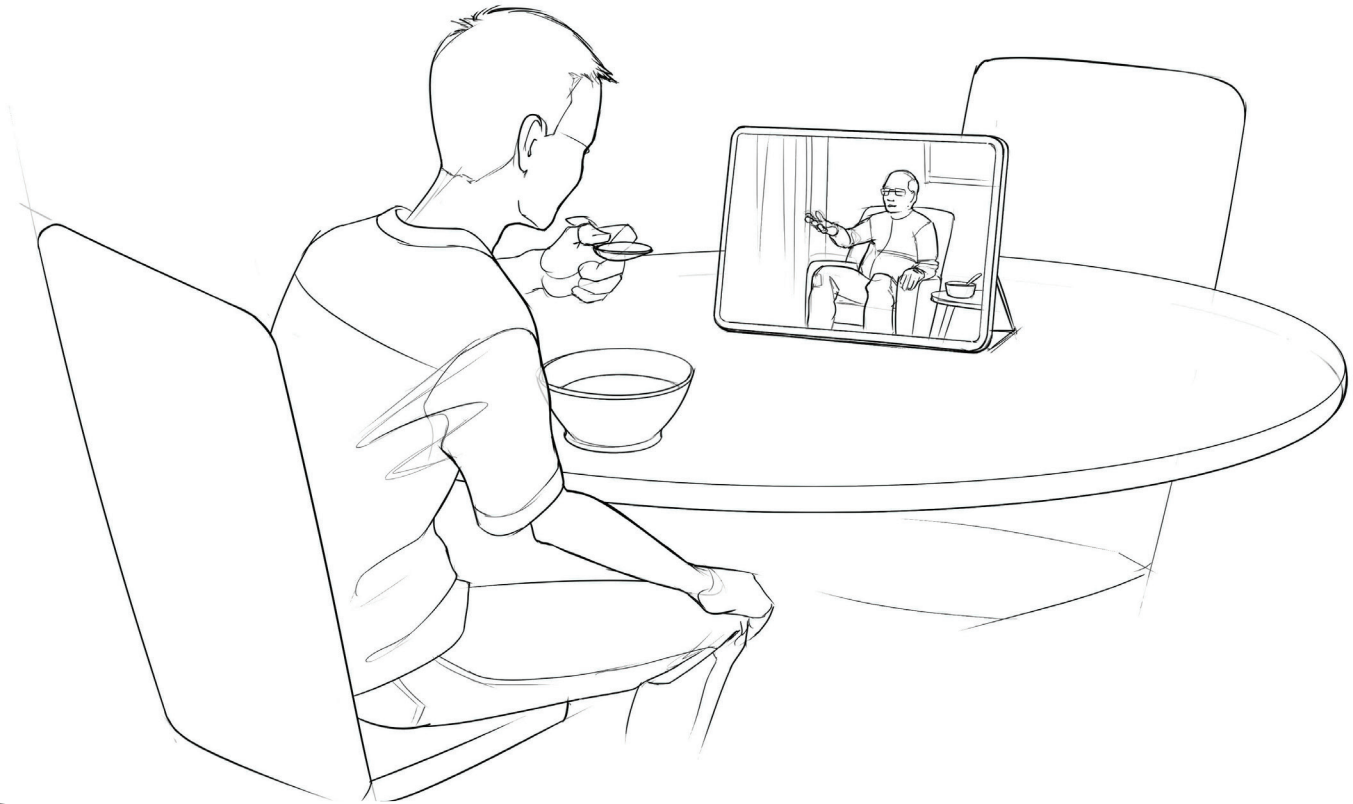
Virtue Rest

Choose your weekly virtue printed on pillow covers—Courage, Wisdom, Kindness, Generosity, or any of the other ten virtues.



Breakfast Friend

Share breakfast with a senior who lives alone, offering companionship and a friendly start to the day.



Gem Moment

Take a moment to reflect each morning.

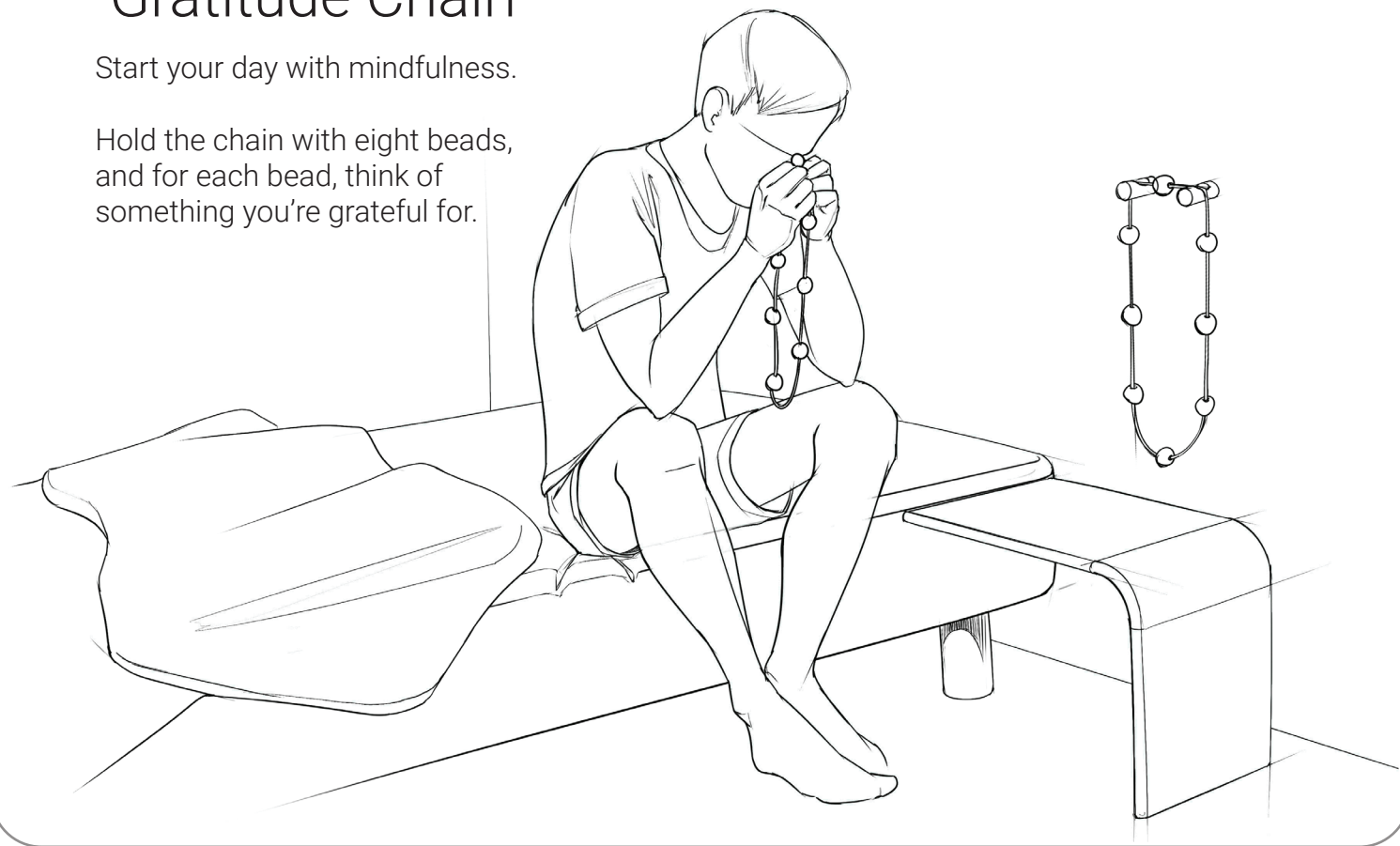
Place your hand on the gemstone, and it will glow for 20 seconds, helping you focus on what matters for the day ahead.



Gratitude Chain

Start your day with mindfulness.

Hold the chain with eight beads, and for each bead, think of something you're grateful for.





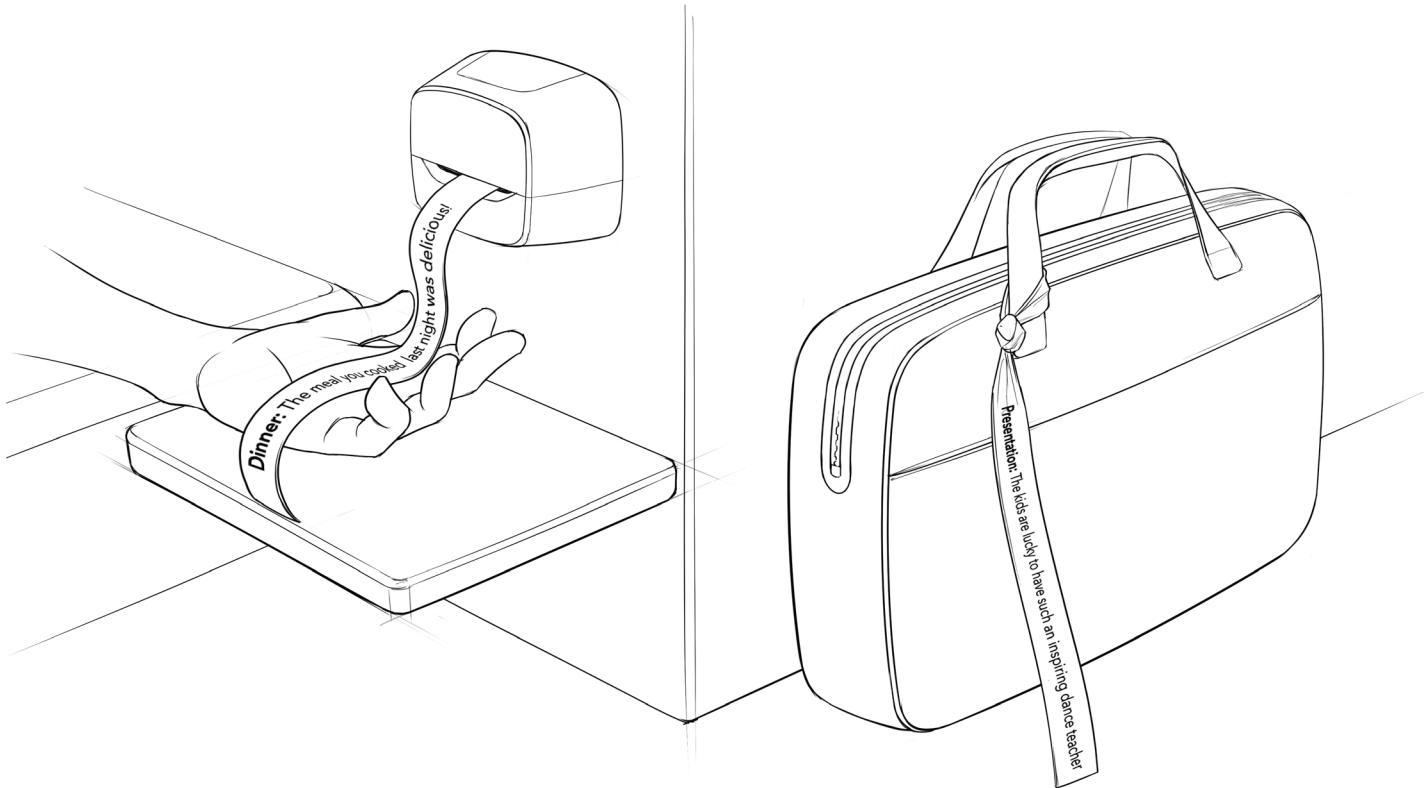
Mirror Mirror

Treat yourself to a moment of praise to start the day.

This mirror gives you a morning boost with a positive reminder of your worth.

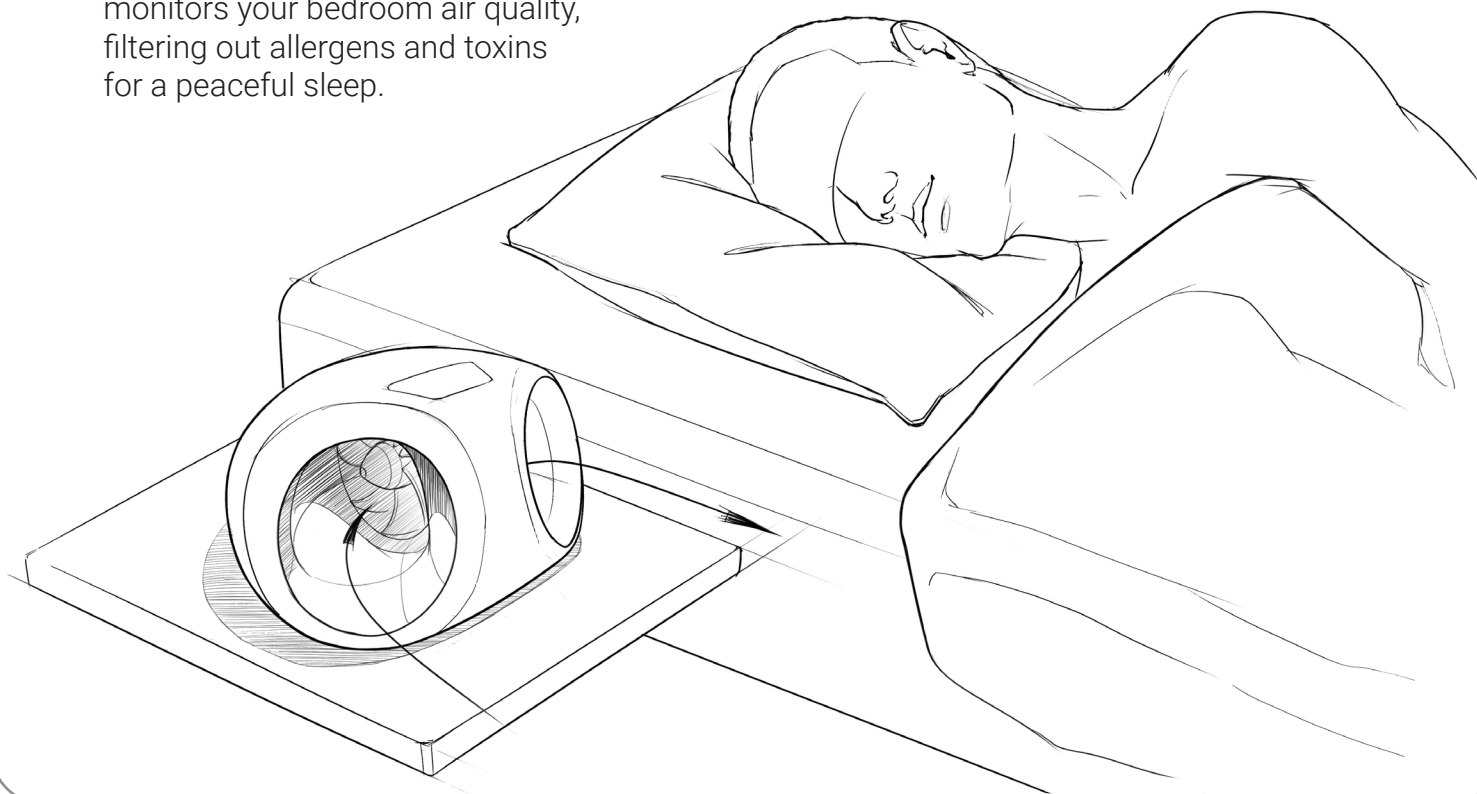
Praise Ribbon

Drawing from your social media feed, this ribbon prints a daily thoughtful compliment. Tie it somewhere special to keep the good vibes with you.



Clean Sleep

Rest easy knowing that this device monitors your bedroom air quality, filtering out allergens and toxins for a peaceful sleep.



Sleep Guardian

Sleep with confidence.

This device monitors for sleep disorders and alerts you if needed, ensuring safety through the night.



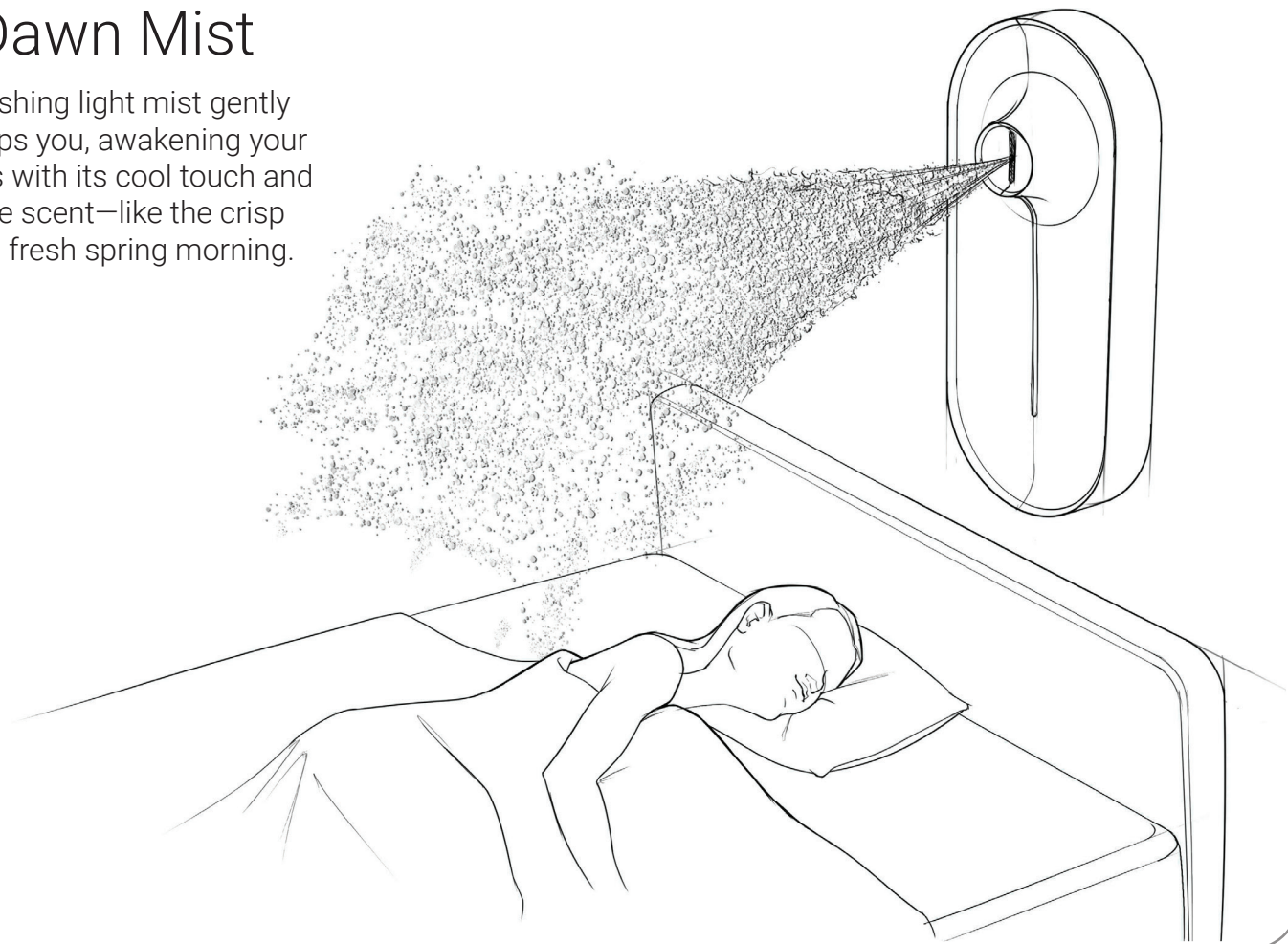
Wake-Up Jungle

Wake up to a lively surprise—will it be squawking parrots, croaking tree frogs, chattering monkeys, or the mighty roar of a lion?



Dawn Mist

A refreshing light mist gently envelops you, awakening your senses with its cool touch and delicate scent—like the crisp air of a fresh spring morning.



Colophon

Wake Up and Smell the Coffee:

34 Alarm Clocks to Fulfill Fundamental Needs

Background

The alarm clock designs are based on a typology of 13 fundamental needs developed by Desmet and Fokkinga (2020), as outlined in their work Beyond Maslow's pyramid: Introducing a typology of thirteen fundamental needs for human-centered design (Multimodal technologies and interaction, 4(3), 38).

You can download the Alarm Clock Cards at www.diopd.org.

Concept and Text: Pieter Desmet

Alarm Clock Designs: Pieter Desmet and Jort Nijhuis

Alarm Clock Drawings: Jort Nijhuis

Graphic Design: Willemijn van Hagen

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