

Legit Calc Introduces Free Sleep Calculator to Expand Online Tool Suite

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Legit Calc, a Minneapolis-based provider of free online financial calculators, has expanded its platform to include a comprehensive sleep calculator designed to help users optimize their rest patterns based on natural 90-minute sleep cycles. The new tool represents the company's first venture beyond financial planning resources into broader wellness applications.

The sleep calculator determines optimal bedtimes and wake-up times by analyzing the body's natural sleep cycles, which typically last 90 minutes each. Users can input their desired wake time to receive recommendations for when to fall asleep, or enter their planned bedtime to discover the most refreshing times to set their alarm. The calculator accounts for the average 15-minute period most people need to fall asleep and provides multiple timing options to accommodate different schedule requirements.

"Adding a sleep calculator to our platform reflects our understanding that financial wellness and physical wellness are interconnected," said Devin Gladen, founder of Legit Calc. "Many of our users who rely on our mortgage and debt calculators are working professionals trying to balance multiple responsibilities. Quality sleep directly impacts decision-making abilities, including the financial choices people make every day."

The science behind the calculator draws from established research on sleep architecture and circadian rhythms. During a typical night, individuals progress through multiple complete sleep cycles, each containing stages of light sleep, deep sleep, and REM sleep. Waking up mid-cycle, particularly during deep sleep phases, often results in grogginess and reduced cognitive performance throughout the day. The calculator helps users time their sleep to wake during lighter sleep phases, promoting a more refreshed and alert start to their day.

Legit Calc - Free Sleep Calculator joins the company's existing suite of tools that includes mortgage calculators, reverse mortgage calculators, home equity loan calculators, refinance calculators, and

debt-to-income ratio calculators. The platform has established itself as a resource for individuals seeking to make informed financial decisions without cost barriers.

The sleep calculator also provides educational content about sleep hygiene, the impact of sleep deprivation on health and productivity, and practical tips for improving sleep quality. This information complements the calculator's functionality by helping users understand the broader context of their sleep patterns and make adjustments beyond simply timing their sleep cycles.

Access to the tool requires no registration or personal information, maintaining the company's commitment to providing free, accessible resources. The calculator works across desktop and mobile devices, allowing users to access it whenever they need to plan their sleep schedule.

Legit Calc - Free Online Calculators continues to develop tools that address practical needs in daily life. The company's blog provides additional insights on financial planning topics, from estimating mortgage payments to understanding reverse mortgage benefits and calculating potential refinancing savings. With the addition of the sleep calculator, Legit Calc demonstrates its evolution from a purely financial resource to a broader wellness and planning platform.

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For more information about Legit Calc, contact the company here: Legit Calc Devin Glavin (763) 288-6197 info@legitcalc.com 225 South 6th St #2900 Minneapolis, MN 55402

Legit Calc

Legit Calc is a platform offering easy-to-use, free online calculators to help people make informed decisions about money, health, and business.

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