napIT

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Motivation

- Sleep quality has been shown in many researches to be an important aspect of good health
- In United States, 70 million people suffer from sleep disorders
- Abnormalities in sleep cycles are linked with neurocognitive consequences
- Individual's sleeping habits are associated with long-term health consequences

Contribution

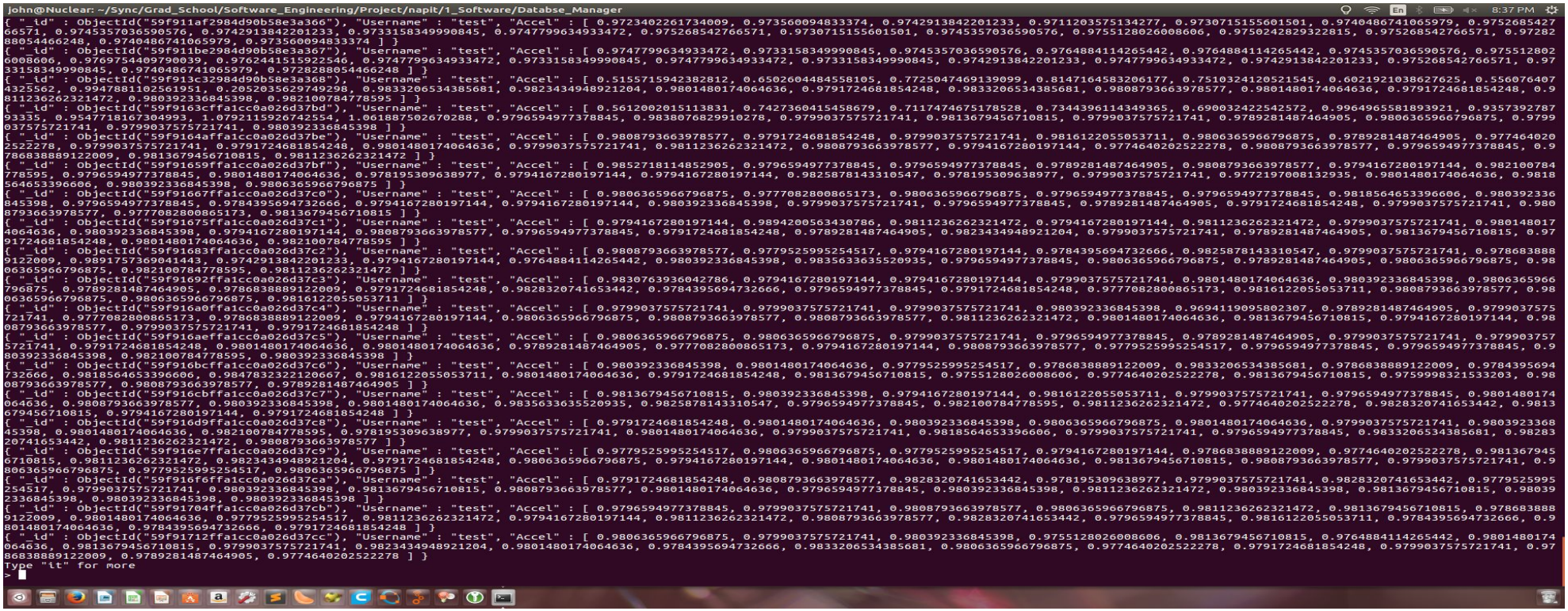
- Detect user’s Sleep Pattern
- Detect any Sleep anomaly if present
- Detect user’s daily Activities
- Provide an interface for user to enter the consumed food
- Provide suggestions
- View graphs to monitor food, exercise and sleep schedules
- Provide an alarm interface to wake up the user

Implementation

- Register / Log into the system.
- Gets access to the features of the application
- Sense user’s daily activities/ exercise using accelerometer
- The user can enter the consumed food
- Calculate the calorie consumption
- The User initiates sleep
- Sense user’s sleep pattern using accelerometer

Implementation (continued)

- Detects sleep anomalies if present
- The user is provided with suggestions to improve his sleep pattern
- A smart alarm interface helps to wake up the user
- Shows statistics of the user’s food consumption, exercise activities and sleep patterns



Sensor Readings stored in the Database

Thank you