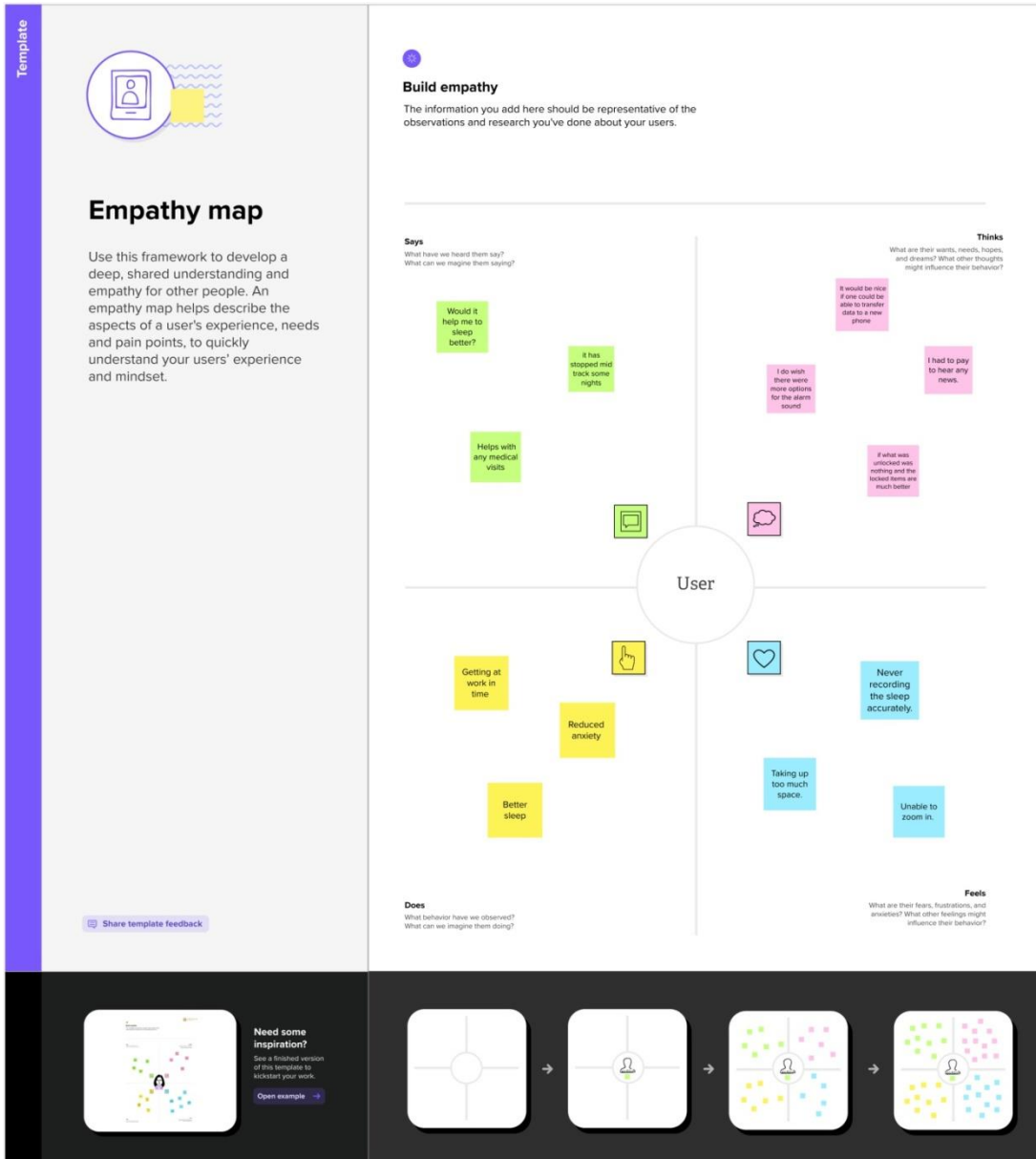**INTRODUCTION**

1.1 Overview

SLEEP TRACKER is a personal sleep cycles monitor, snore recorder, and sleep sounds provider. With it, you can find whatever you with to know about your sleep patterns, check out your snoring and dream talks, and customize the smart alarm to relieve sleep issues and aid your sleep.

1.2 Purpose

Sleep Trackers can detect interrupted sleep, letting you know when you are tossing and turning or waking during the night. Sleep trackers can tell you exactly when you fall asleep and when you wake up. This is a valuable tool that helps you visualize and track your cycles and correct them if you feel it's necessary.
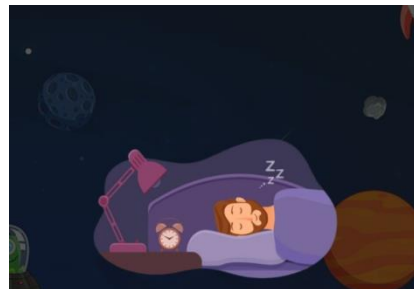
PROBLEM DEFINITION & DESIGN THINKING

2.1. Empathy Map

Empathy map

Use this framework to develop a deep, shared understanding and empathy for other people. An empathy map helps describe the aspects of a user's experience, needs and pain points, to quickly understand your users' experience and mindset.

Share template feedback

Build empathy

The information you add here should be representative of the observations and research you've done about your users.

Says
What have we heard them say? What can we imagine them saying?

Would it help me to sleep better?

it has stopped mid track some nights

Helps with any medical visits

Thinks
What are their wants, needs, hopes, and dreams? What other thoughts might influence their behavior?

It would be nice if one could be able to transfer data to a new phone

I do wish there were more options for the alarm sound

I had to pay to hear any news.

if what was unlocked was nothing and the locked items are much better

User

Does
What behavior have we observed? What can we imagine them doing?

Getting at work in time

Reduced anxiety

Better sleep

Feels
What are their fears, frustrations, and anxieties? What other feelings might influence their behavior?

Never recording the sleep accurately.

Taking up too much space.

Unable to zoom in.

Need some inspiration?
See a finished version of this template to kickstart your work.

Open example

2.2.Ideation & Brainstorming Map

RESULT

Register

Username

Email

Password

Register

Have an account?   Log in

StoP

ElaPsed Time: -7:-7:-2

Track SleeP

SleeP Tracking

Start time: 1970-01-01 05:30:00
End time: 2023-04-12 12:37:02
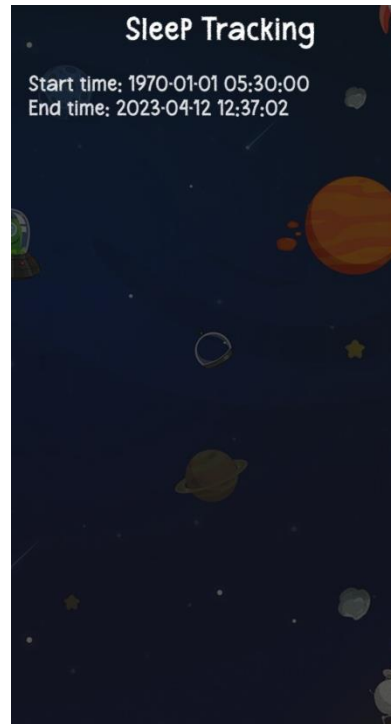
ADVANTAGES

- Sleep trackers may help with bedtime routines.
- Sleep trackers may help detect sleep disorders.
- Tracking your sleep is part of a healthy lifestyle.

DISADVANTAGES

- Sleep trackers introduce poor sleep hygiene.
- Sleep trackers may be inaccurate.
- Sleep trackers can worsen insomnia.

APPLICATIONS : Wearable devices remain on the sleeper throughout the night to measure data. Other trackers may rest on the mattress, under the mattress, or next to the bed to collect information unobtrusively.

CONCLUSION

Not to compromise your well-being or put yourself at disadvantages by allowing the bad sleeping habits, cultivating the healthy sleep hygiene must become your top priority, especially at times demanding grit and resilience.

FUTURE SCOPE

Research shows that **lack of sleep increases the risk for obesity, heart disease and infections**. Throughout the night, your heart rate, breathing rate and blood pressure rise and fall, a process that may be important for cardiovascular health.

APPENDIX

SOURCE CODE

```xml
<?xml version="1.0" encoding="utf-8"?>
<manifest xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools">

    <application
        android:allowBackup="true"
        android:dataExtractionRules="@xml/data_extraction_rules"
        android:fullBackupContent="@xml/backup_rules"
        android:icon="@mipmap/ic_launcher"
        android:label="SleepTracking"
        android:supportsRtl="true"
        android:theme="@style/Theme.SleepTracking"
        tools:targetApi="31">
        <activity
            android:name=".TrackActivity"
            android:exported="false"
            android:label="TrackActivity"
            android:theme="@style/Theme.SleepTracking" />
```

```xml
        <activity
            android:name=".MainActivity"
            android:exported="false"
            android:label="SleepTracking"
            android:theme="@style/Theme.SleepTracking" />
        <activity
            android:name=".MainActivity2"
            android:exported="false"
            android:label="RegisterActivity"
            android:theme="@style/Theme.SleepTracking" />
        <activity
            android:name=".LoginActivity"
            android:exported="true"
            android:label="SleepTracking"
            android:theme="@style/Theme.SleepTracking">
            <intent-filter>
                <action android:name="android.intent.action.MAIN" />

                <category android:name="android.intent.category.LAUNCHER" />
            </intent-filter>
        </activity>
    </application>

</manifest>
```