

Snapshot Summary

In India, only 27% of respondents reported having a good night's sleep in terms of both quality & quantity each week. This statistic is particularly concerning, highlighting the widespread issue of sleep deprivation in the country.

I would like to make an application which is designed to help individuals who struggle with sleep deprivation by providing tools and resources to improve sleep quality & overall well-being.

Key Features:

1. Personalized Sleep plans: Tailored recommendations based on user sleep patterns, lifestyle, & preferences.
2. Sleep Tracking: Monitors sleep duration & quality using smartphone sensors or wearables.
3. Sleep Education: Articles & tips on sleep hygiene, effective routines, and common sleep disorders.