⭐ Somnific

Android Application

Bailey Hunsaker, Computer Science 412, Spring 2018
Jianna Zhang, Western Washington University

⭐ The problem:

- People with frequent nightmares do not have an electronic way to track why these nightmares may be happening.
- Interesting/meaningful dreams can be forgotten quickly.
- There is a lack of data relating to dreams.
- People want their personal dreams/thoughts to be private.

⭐ The Solution:

- Password protected dream journal.
- The user records their emotional response to the dream, along with what they did that day and the location. Perhaps over time the user will be able to draw a conclusion about what causes such dreams, and change their lifestyle accordingly.
- Provides the ability to look back on interesting or funny dreams one wants to remember because they were enjoyable.

⭐ Methods:

-User account creation: Once the user enters a username and password the password is encrypted and saved to an SQLite database.

-Journal entry creation: Once the user logs in they will connect to the dream SQLite database which contains all their entries thus far. The program will query for all entries associated with that username, and display them on the home screen. The user may then add as many entries as they wish to their journal.

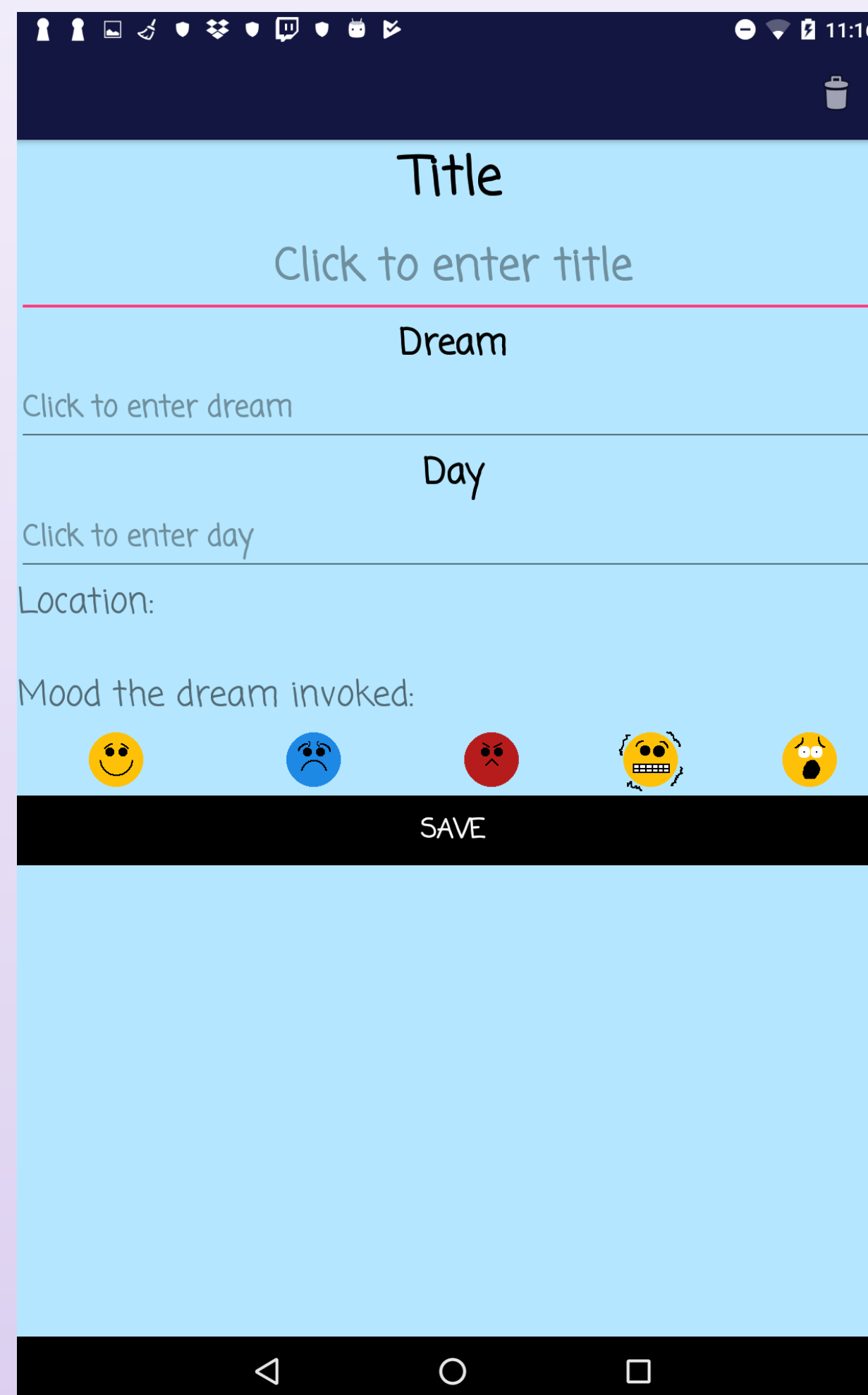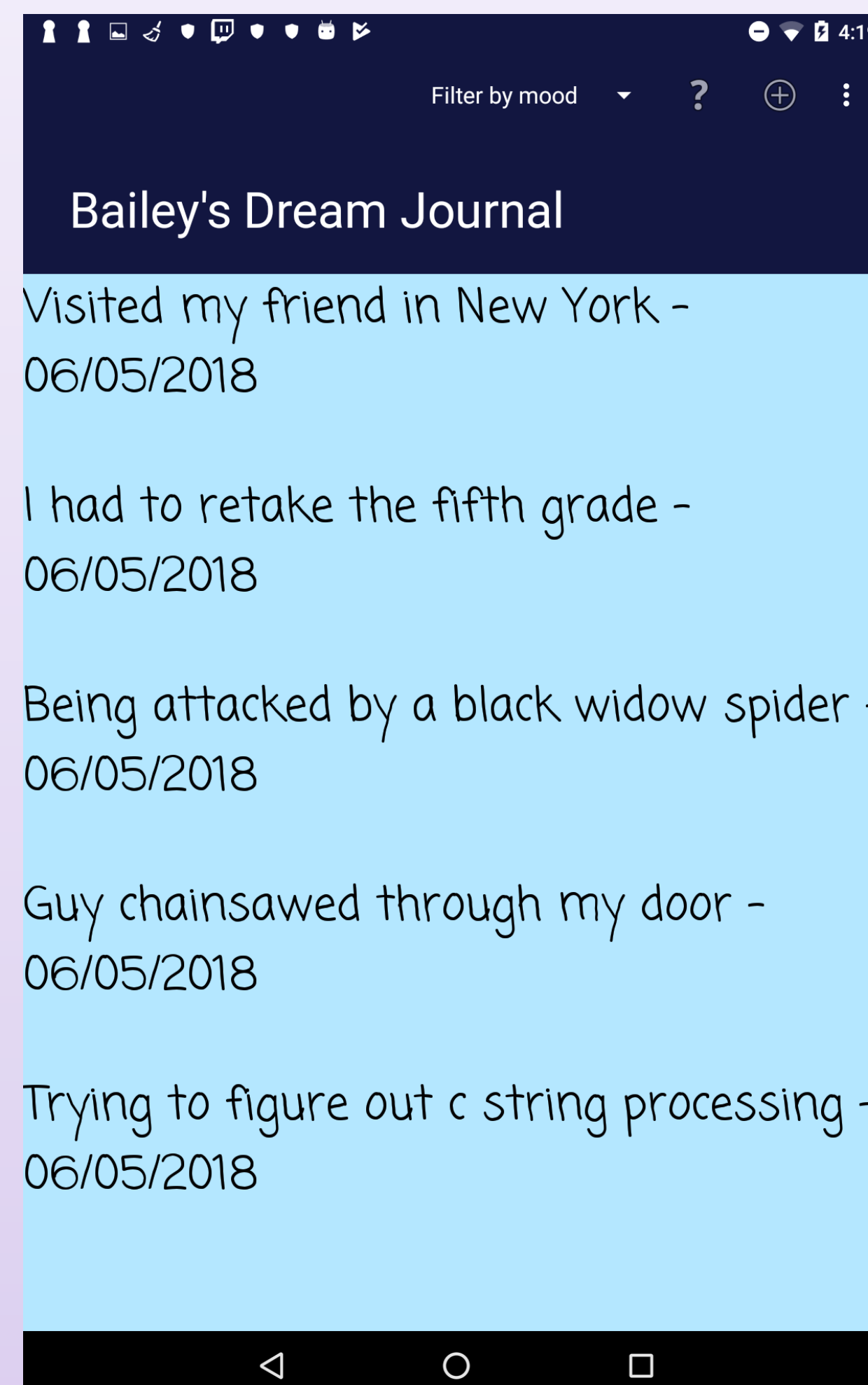**-Google maps:** The app uses the Google maps framework to find locations the user wants to save.

⭐ The User Interface:

This page allows the user to add a new dream entry. They can select any of the five moods (happy, sad, angry, anxious, or scared) that applies to that dream. They may also select a location if they wish.

This is the home page that displays all entries the user has created. It can be filtered by mood.
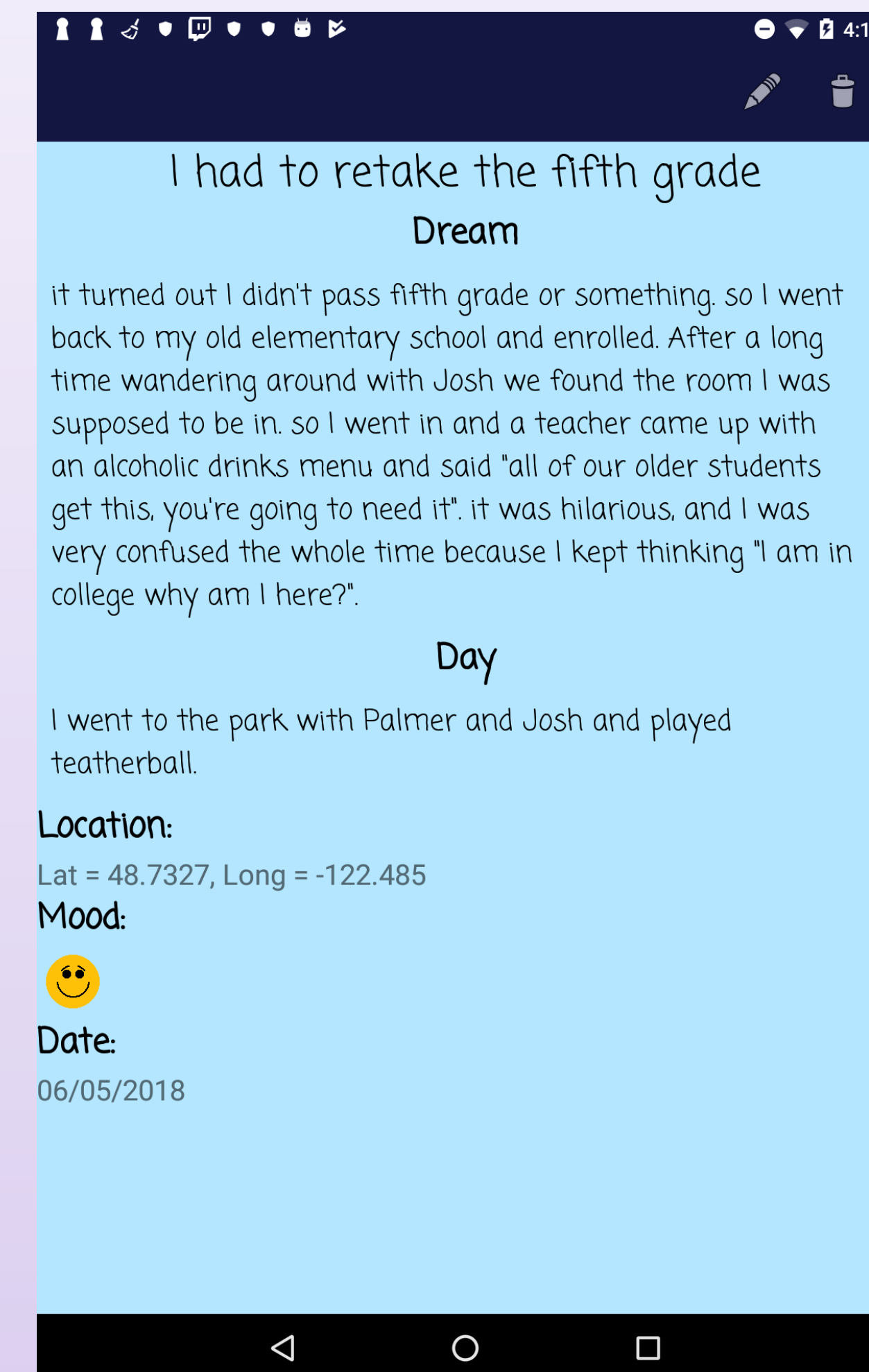
This is what an entry looks like when displayed to the user.

⭐ Abstract:

Many people often forget what they dream about. Perhaps there is significance to how our dreams make us feel, and keeping track of that could help us better understand our current emotional state. "Somnific" (meaning causing sleep) is a notebook-like application where the user logs their dreams, the day they experienced before they went to sleep, where they are, and what emotion the dream evoked. Over time as the user enters more dreams they may be able to analyze why they have so many scary and/or anxiety inducing dreams. The data collected in this application can help people draw conclusions about their lifestyle, and make a change if necessary. In the future collecting more data, such as how many hours of sleep one gets, could deepen the users understanding of themselves and how they handle certain life events. And, having all this data could help researchers understand dreams a bit better as more users input their dreams (with permission from the user of course).

⭐ Future Plans:

"Somnific" gathers a lot of data about ones dreams and life. In the future, analysis of this data could make the app more useful to its users. By looking at the relationship between what they did that day and how their dream made them feel the app could give suggestions to the user.

Another thing I would love to do is add more optional fields to fill out, such as how much exercise the user got that day, and how many hours of sleep they got. More information will make drawing parallels between things deeper, and more helpful to the user. Perhaps they have not been moving much lately, and their dreams have been anxious ones. The app could then notify the user of the pattern it is seeing.