

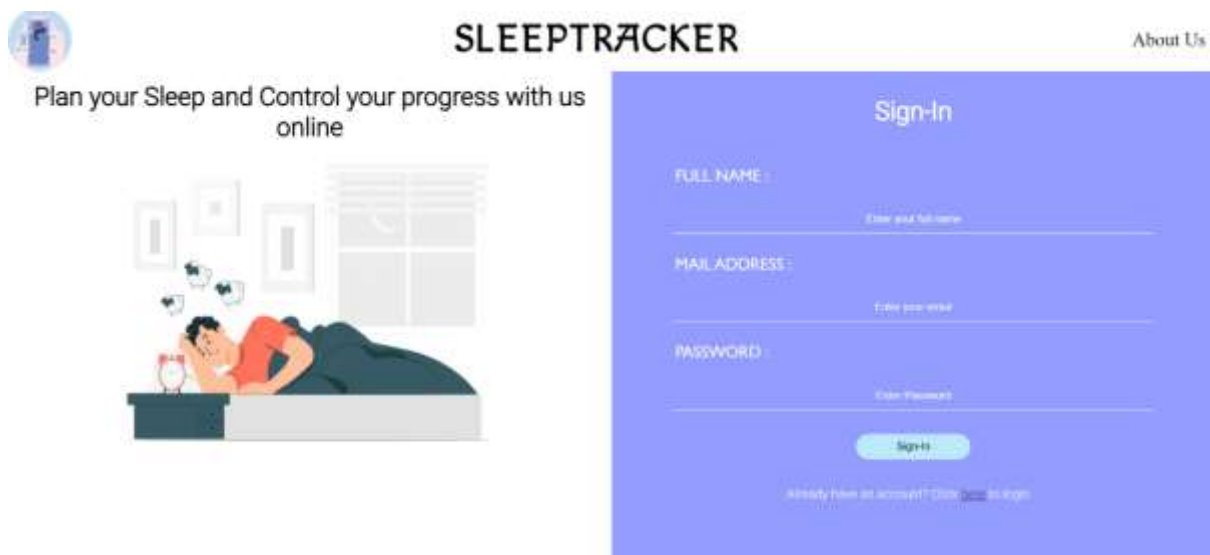


Sleep Tracker

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The way usage of phones and laptops is increasing, the sleep schedule of all age groups has experienced a hit. Students spending 10-12 hours of a day staring at the screen seemingly sacrifice a good amount of their deep sleep and therefore, invite mental illnesses and if not catered to, these sleeping irregularities can cause physical illnesses as well. They often try to manage their sleep schedule in order to keep a track of our sleeping hours but owing to our busy schedules, we fail to do that. Here, we come to your rescue. We have developed a web app that allows a user to keep a track of his sleeping hours with our platform, get a pictorial representation of his day-by-day sleep hours, and an intelligent suggestion about changing the sleep schedule.

FEATURES AND INTERFACE :



For a new user, this is the first page of the web app. Here, the user has to enter the full name, email, and password for his new account and then has to press on sign-in simply.


We have used the XAMPP server to maintain the user database. As you enter your details and press on login, at our end, a new entry is added to our database.



SLEEPTRACKER

[About Us](#)

Plan your Sleep and Control your progress with us online



Sign-In

FULL NAME :

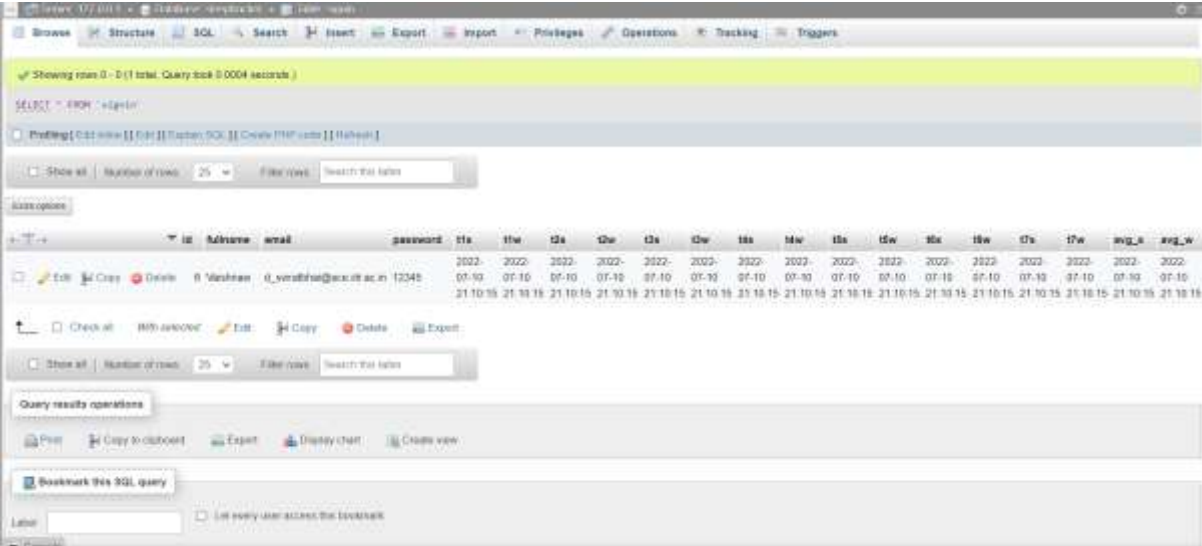
MAIL ADDRESS :

PASSWORD :

[Sign-In](#)


[Already have an account? Click \[here\]\(#\) to login](#)

Our database on XAMPP server :



	id	username	email	password	1st	1stw	2nd	2ndw	3rd	3rdw	4th	4thw	5th	5thw	6th	6thw	7th	7thw	avg_4	avg_7
	1	Vishwan	it_vishwan@secut.ac.in	12345	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16	2022-07-10 21:10:16


Once the entry is successfully entered into our database, you will be directed to our login page as shown below :



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Login

FULL NAME :

MAIL ADDRESS :

PASSWORD :

[Login](#)

If any of the fields are left empty, you will get an error message as below :

localhost says

Please enter your name !

OK

If the credentials are correctly entered, you will be directed to the main page of our web app.

SLEEPTRACKER

Track Your Daily Sleeping Time

How Many Hours Did You Sleep Today ?

When do you sleep : When do you Wake Up: 10/7/2022, Sunday

--:-- -- --:-- -- Submit

Last 10 Day's Sleeping Time :

Date :	Slept At :	Woke At :	Sleeping Time :
29/4/2022, Sunday	9:00 pm	5:00 am	8 Hours
29/4/2022, Sunday	9:00 pm	5:00 am	8 Hours

Here, you can enter the current day's sleep details.

SLEEPTRACKER

Track Your Daily Sleeping Time

How Many Hours Did You Sleep Today ?

When do you sleep : When do you Wake Up: 10/7/2022, Sunday

11:42 07:10 Submit

Last 10 Day's Sleeping Time :

Date :	Slept At :	Woke At :	Sleeping Time :
29/4/2022, Sunday	9:00 pm	5:00 am	8 Hours
29/4/2022, Sunday	9:00 pm	5:00 am	8 Hours

We have a home page that allows the user to see his entries in tabular form and also, add his current day entry. The stats page is a pictorial representation of the data entered by the user.



We also have an about us page that sums up about the features of our app.



On clicking on logout, you will be redirected to the login page.

We have taken care of the creation of duplicate sessions on a browser using PHP.

Tech-stack Used :

HTML

Vannila CSS

Javascript (CHART.JS library for graphs)

ASP.net

Shell

PHP

Django for experimenting

IDEs used :

Atom

VS-code