


SleepTracker[Home](#)[My Data](#)[Chat BOT](#)[Connect Specialist](#)[Sleep Aid](#)[Dream Analysis](#)[About Us](#)


Welcome to SleepTracker

Monitor your sleep patterns and improve your overall well-being.




View Your Data

Check your sleep statistics and patterns.




Get Recommendations

Receive personalized sleep advice.




Connect with a Specialist

Schedule a video call with a sleep expert.



Relaxation Tunes

Listen to soothing sounds to relax.



Dream Analysis

Interpret and analyze your dreams.

SleepTracker

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Your Sensor Data

Enter Duration (in hours):

Duration in hours

Latest Sensor Data

Temperature	Humidity	Sound	Light	Heart Rate	Timestamp
32.1°C	43.2%	65 dB	100 lux	100 bpm	2024-10-19T09:36:12
32°C	42.9%	72 dB	100 lux	102 bpm	2024-10-19T09:36:01
32°C	42.9%	72 dB	100 lux	105 bpm	2024-10-19T09:35:51
32°C	42.9%	74 dB	100 lux	111 bpm	2024-10-19T09:35:40
32°C	42.8%	75 dB	100 lux	109 bpm	2024-10-19T09:35:29
32.1°C	42.9%	74 dB	100 lux	115 bpm	2024-10-19T09:35:19

Get Recommendation

Personalized Recommendation:

Based on your data, there are some key areas we can work on to improve your sleep quality. First, your heart rate remains elevated throughout the night, suggesting potential restlessness or difficulty falling asleep. Consider a relaxing bedtime routine involving a warm bath, reading, or meditation to calm your mind and body before sleep. Second, while your environment is relatively consistent, there are occasional spikes in noise. Ensure a quiet sleep environment, perhaps using a white noise machine or earplugs to block out distracting sounds. Additionally, the shift in temperature from around 32°C to 35°C between 09:29:53 and 09:21:08 may contribute to wakefulness. Optimize your room temperature for sleep (around 18-22°C) and ensure adequate ventilation. Finally, the drop in light levels around 09:30:50 is encouraging, as darkness promotes melatonin production. You may want to implement a consistent bedtime routine that includes dimming the lights in your bedroom an hour before bed to signal your body to wind down.

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Mental Health Bot

Chat with the Bot

You:How to dim Lights in my room

Bot:There are a few ways to dim the lights in your room, depending on your existing setup:

1. Using Existing Dimmers: *

Check for a dimmer switch: Many modern light fixtures are compatible with dimmer switches. Look at the switch on your wall. If it has a knob or slider, it might be a dimmer switch. *

Test the dimmer: If you have a dimmer switch, turn it to different settings to see if it works. *

Replace the switch: If you don't have a dimmer switch, you can replace your existing switch with a dimmer switch. Make sure you check the compatibility with your light fixture.

2. Using Smart Bulbs: *

Smart Bulbs: Many smart bulbs, like Philips Hue or LIFX, offer dimming functionality. You can control the

Type your message...

Send

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Connect with a Sleep Specialist

Start a Video Call

Our team of sleep specialists is here to help you improve your sleep quality. Start a video call with one of our experts for personalized advice.

Join as User

Join as Doctor

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Video Call

Local Video



Remote Video

 Connect

 End Call

Relaxation Audios

Listen to these soothing sounds to help you relax before sleep:

Warm Autumn

Click to play/pause



Calm Quest

Click to play/pause



Relaxing Piano

Click to play/pause



Bassy Piano

Click to play/pause



Midnight Forest

LoFi

Dream Analysis

Describe Your Dream

I saw a dream in which RCB won IPL and Virat made 100 run and was man of the match, I was happy and had tears in my eyes

Analyze Dream

Dream Analysis

Main Symbols and Their Potential Meanings: The dream revolves around the victory of Royal Challengers Bangalore (RCB) in the Indian Premier League (IPL), a significant cricket tournament. RCB is often considered an underdog team, and their victory in the dream could symbolize the dreamer's desire for triumph and recognition. The number 100 associated with Virat Kohli's score represents perfection and the attainment of a long-sought goal. The tears of joy suggest a profound emotional response to this achievement.

Emotions Present in the Dream and What They Might Represent: The dream evokes feelings of elation, happiness, and fulfillment. These emotions may reflect the dreamer's longing for success and their belief in their potential. The tears symbolize the emotional depth and intensity of this feeling, possibly indicating an underlying desire for validation and appreciation.

Possible Connections to the Dreamer's Waking Life: The dream could be a metaphor for the dreamer's aspiration to overcome obstacles and achieve their goals. It may also represent a longing for recognition and the desire to make a mark in their field. The tears of joy suggest that the dreamer is emotionally invested in their pursuits and finds purpose and meaning in achieving them.

Advice or Reflection Based on the Dream Analysis: The dream analysis highlights the dreamer's desire for success and their determination to overcome challenges. It encourages the dreamer to embrace their ambitions and work towards their goals with unwavering belief. The tears of joy serve as a reminder to cherish and appreciate the moments of triumph, as they are the culmination of hard work and dedication. Moreover, the dream reminds the dreamer of the importance of acknowledging and celebrating their achievements, as they are a source of motivation and inspiration for future endeavors.

About SleepTracker

Welcome to SleepTracker, your dedicated partner in achieving restful and rejuvenating sleep. We understand that quality sleep is a cornerstone of good health and well-being, and our mission is to empower you with the tools and insights necessary to transform your sleep patterns.

At SleepTracker, we harness the latest advancements in technology and artificial intelligence to provide personalized sleep insights tailored to your unique needs. Whether you're struggling with sleep quality, looking to optimize your sleep schedule, or seeking guidance from experts, we're here to support you every step of the way.

Why Choose SleepTracker?

- 🔍 **Comprehensive Sleep Analysis:** Gain deep insights into your sleep patterns with detailed reports that track your progress over time.
- 🤖 **AI-Driven Recommendations:** Receive tailored suggestions designed to enhance your sleep quality and overall well-being.
- 🧑‍⚕️ **Access to Sleep Specialists:** Connect directly with experienced sleep experts via Google Meet for personalized advice and support.
- 🧩 **User-Friendly Experience:** Navigate our intuitive platform effortlessly, making tracking your sleep a seamless part of your daily routine.
- 🎧 **Relaxation Tunes:** Enjoy a curated selection of calming music and sounds designed to promote relaxation and improve your sleep environment.
- 💭 **Dream Analysis:** Explore the meanings behind your dreams with our professional dream analysis feature, helping you understand the emotions and symbols that may impact your waking life.

MPY: soft reboot

Response from Next.js server: {"message":"Data received and stored successfully"}