A sleep tracking app
for a better night's rest

Description

1.Smart Alarm: Wake up refreshed by rising during your lightest sleep phase.

2.Daily Sleep Scores: Understand your sleep quality at a glance.

3.Insights & Trends: Dive into detailed reports and long-term analysis.

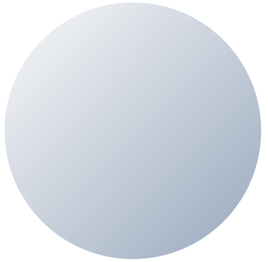
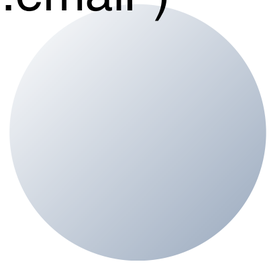
4.Relaxation Tools: Fall asleep faster with calming sounds, guided meditations, and breathing exercises.

5.Wearable Integration: Sync seamlessly with your favorite fitness trackers and smartwatches.

MainActivity.kt

```
package com.example.projectone
import androidx.room.ColumnInfo
import androidx.room.Entity
import androidx.room.PrimaryKey
@Entity(tableName = "user_table")
data class User(
    @PrimaryKey(autoGenerate = true) val id: Int?,
    @ColumnInfo(name = "first_name") val firstName: String?,
    @ColumnInfo(name = "last_name") val lastName: String?,
    @ColumnInfo(name = "email") val email: String?,
    @ColumnInfo(name = "password") val password: String?,
    )
```

```
package com.example.projectone

import androidx.room.*

@Dao
interface UserDao {

    @Query("SELECT * FROM user_table WHERE email = :email")
    suspend fun getUserByEmail(email: String): User?

    @Insert(onConflict = OnConflictStrategy.REPLACE)
    suspend fun insertUser(user: User)

    @Update
    suspend fun updateUser(user: User)

    @Delete
    suspend fun deleteUser(user: User)
}
```


```
package com.example.projectone

import android.content.Context
import androidx.room.Database
import androidx.room.Room
import androidx.room.RoomDatabase

@Database(entities = [User::class], version = 1)
abstract class UserDatabase : RoomDatabase() {

    abstract fun userDao(): UserDao

    companion object {

        @Volatile
        private var instance: UserDatabase? = null

        fun getDatabase(context: Context): UserDatabase {
            return instance ?: synchronized(this) {
                val newInstance = Room.databaseBuilder(
                    context.applicationContext,
                    UserDatabase::class.java,
                    "user_database"
                ).build()
                instance = newInstance
```

```
package com.example.projectone
import android.annotation.SuppressLint
import android.content.ContentValues
import android.content.Context
import android.database.Cursor
import android.database.sqlite.SQLiteDatabase
import android.database.sqlite.SQLiteOpenHelper
class UserDatabaseHelper(context: Context) :
    SQLiteOpenHelper(context, DATABASE_NAME, null, DATABASE_VERSION) {
    companion object {
        PRIVATE CONST VAL DATABASE_VERSION = 1
        private const val DATABASE_NAME = "UserDatabase.db"
        private const val TABLE_NAME = "user_table"
        private const val COLUMN_ID = "id"
        private const val COLUMN_FIRST_NAME = "first_name"
        private const val COLUMN_LAST_NAME = "last_name"
        private const val COLUMN_EMAIL = "email"
        private const val COLUMN_PASSWORD = "password"
    }
    override fun onCreate(db: SQLiteDatabase?) {
        val createTable = "CREATE TABLE $TABLE_NAME (" +
```

```
    private const val TABLE_NAME = "user_table"
    private const val COLUMN_ID = "id"
    private const val COLUMN_FIRST_NAME = "first_name"
    private const val COLUMN_LAST_NAME = "last_name"
    private const val COLUMN_EMAIL = "email"
    private const val COLUMN_PASSWORD = "password"
}

override fun onCreate(db: SQLiteDatabase?) {
    val createTable = "CREATE TABLE $TABLE_NAME (" +
            "$COLUMN_ID INTEGER PRIMARY KEY AUTOINCREMENT, " +
            "$COLUMN_FIRST_NAME TEXT, " +
            "$COLUMN_LAST_NAME TEXT, " +
            "$COLUMN_EMAIL TEXT, " +
            "$COLUMN_PASSWORD TEXT" +
            ")"

    db?.execSQL(createTable)
}

override fun onUpgrade(db: SQLiteDatabase?, oldVersion: Int, newVersion: Int) {
    db?.execSQL("DROP TABLE IF EXISTS $TABLE_NAME")
```

```
    fun insertUser(user: User) {
        val db = writableDatabase
        val values = ContentValues()
        values.put(COLUMN_FIRST_NAME, user.firstName)
        values.put(COLUMN_LAST_NAME, user.lastName)
        values.put(COLUMN_EMAIL, user.email)
        values.put(COLUMN_PASSWORD, user.password)
        db.insert(TABLE_NAME, null, values)
        db.close()
    }

    @SuppressLint("Range")
    fun getUserByUsername(username: String): User? {
        val db = readableDatabase
        val cursor: Cursor = db.rawQuery("SELECT * FROM $TABLE_NAME WHERE $COLUMN_FIRST_NAME = ?",
arrayOf(username))
        var user: User? = null
        if (cursor.moveToFirst()) {
            user = User(
                id = cursor.getInt(cursor.getColumnIndex(COLUMN_ID)),
                firstName = cursor.getString(cursor.getColumnIndex(COLUMN_FIRST_NAME)),
                lastName = cursor.getString(cursor.getColumnIndex(COLUMN_LAST_NAME)),
```

```
            password = cursor.getString(cursor.getColumnIndex(COLUMN_PASSWORD)),
        )
    }
    cursor.close()
    db.close()
    return user
}

@SuppressLint("Range")
fun getAllUsers(): List<User> {
    val users = mutableListOf<User>()
    val db = readableDatabase
    val cursor: Cursor = db.rawQuery("SELECT * FROM $TABLE_NAME", null)
    if (cursor.moveToFirst()) {
        do {
            val user = User(
                id = cursor.getInt(cursor.getColumnIndex(COLUMN_ID)),
                firstName = cursor.getString(cursor.getColumnIndex(COLUMN_FIRST_NAME)),
                lastName = cursor.getString(cursor.getColumnIndex(COLUMN_LAST_NAME)),
                email = cursor.getString(cursor.getColumnIndex(COLUMN_EMAIL)),
                password = cursor.getString(cursor.getColumnIndex(COLUMN_PASSWORD)),
            )
            users.add(user)
        } while (cursor.moveToNext())
    }
    cursor.close()
    db.close()
    return users
}
```

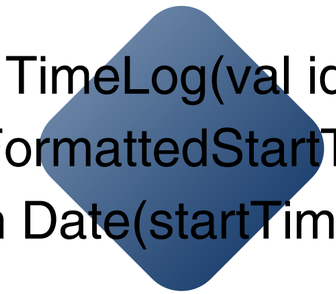
```
package com.example.projectone
import androidx.room.Dao
import androidx.room.Insert
@Dao
interface TimeLogDao {
    @Insert
    suspend fun insert(timeLog: TimeLog)
}
```

```
package com.example.projectone
import android.content.Context
import androidx.room.Database
import androidx.room.Room
import androidx.room.RoomDatabase
@Database(entities = [TimeLog::class], version = 1, exportSchema = false)
abstract class AppDatabase : RoomDatabase() {
    abstract fun timeLogDao(): TimeLogDao
    companion object {
        private var INSTANCE: AppDatabase? = null
        fun getDatabase(context: Context): AppDatabase {
            val tempInstance = INSTANCE
            if (tempInstance != null) {
                return tempInstance
            }
            synchronized(this) {
                val instance = Room.databaseBuilder(
                    context.applicationContext,
                    AppDatabase::class.java,
                    "app_database"
                ).build()
                INSTANCE = instance
                return instance
            }
        }
    }
```

```
package com.example.projectone
import android.annotation.SuppressLint
import android.content.ContentValues
import android.content.Context
import android.database.Cursor
import android.database.sqlite.SQLiteDatabase
import android.database.sqlite.SQLiteOpenHelper
import java.util.*
class TimeLogDatabaseHelper(context: Context) : SQLiteOpenHelper(context, DATABASE_NAME, null, DATABASE_VERSION) {
    companion object {
        private const val DATABASE_NAME = "timelog.db"
        private const val DATABASE_VERSION = 1
        const val TABLE_NAME = "time_logs"
        private const val COLUMN_ID = "id"
        const val COLUMN_START_TIME = "start_time"
        const val COLUMN_END_TIME = "end_time"
        // Database creation SQL statement
        private const val DATABASE_CREATE =
            "create table $TABLE_NAME ($COLUMN_ID integer primary key autoincrement, " +
                    "$COLUMN_START_TIME integer not null, $COLUMN_END_TIME integer);"
    }
    override fun onCreate(db: SQLiteDatabase?) {
        db?.execSQL(DATABASE_CREATE)
    }
    override fun onUpgrade(db: SQLiteDatabase?, oldVersion: Int, newVersion: Int) {
        db?.execSQL("DROP TABLE IF EXISTS $TABLE_NAME")
        onCreate(db)
    }
```

```
// function to add a new time log to the database
fun addTimeLog(startTime: Long, endTime: Long) {
    val values = ContentValues()
    values.put(COLUMN_START_TIME, startTime)
    values.put(COLUMN_END_TIME, endTime)
    writableDatabase.insert(TABLE_NAME, null, values)
}

// function to get all time logs from the database
@SuppressLint("Range")
fun getTimeLogs(): List<TimeLog> {
    val timeLogs = mutableListOf<TimeLog>()
    val cursor = readableDatabase.rawQuery("select * from $TABLE_NAME", null)
    cursor.moveToFirst()
    while (!cursor.isAfterLast) {
        val id = cursor.getInt(cursor.getColumnIndex(COLUMN_ID))
        val startTime = cursor.getLong(cursor.getColumnIndex(COLUMN_START_TIME))
        val endTime = cursor.getLong(cursor.getColumnIndex(COLUMN_END_TIME))
        timeLogs.add(TimeLog(id, startTime, endTime))
        cursor.moveToNext()
    }
    cursor.close()
    return timeLogs
}
```

```
    fun deleteAllData() {
        writableDatabase.execSQL("DELETE FROM $TABLE_NAME")
    }

    fun getAllData(): Cursor? {
        val db = this.writableDatabase
        return db.rawQuery("select * from $TABLE_NAME", null)
    }

    data class TimeLog(val id: Int, val startTime: Long, val endTime: Long?) {
        fun getFormattedStartTime(): String {
            return Date(startTime).toString()
        }

        fun getFormattedEndTime(): String {
            return endTime?.let { Date(it).toString() } ?: "not ended"
        }
    }
}
```



```
package com.example.projectone

import android.content.Context
import android.content.Intent
import android.os.Bundle
import androidx.activity.ComponentActivity
import androidx.activity.compose.setContent
import androidx.compose.foundation.Image
import androidx.compose.foundation.layout.*
import androidx.compose.material.*
import androidx.compose.runtime.*
import androidx.compose.ui.Alignment
import androidx.compose.ui.Modifier
import androidx.compose.ui.draw.alpha
import androidx.compose.ui.graphics.Color
import androidx.compose.ui.layout.ContentScale
import androidx.compose.ui.res.painterResource
import androidx.compose.ui.text.font.FontFamily
import androidx.compose.ui.text.font.FontWeight
```

```
import androidx.compose.ui.unit.dp
import androidx.compose.ui.unit.sp
import androidx.core.content.ContextCompat
import com.example.projectone.ui.theme.ProjectOneTheme


class MainActivity2 : ComponentActivity() {
    private lateinit var databaseHelper: UserDatabaseHelper
    override fun onCreate(savedInstanceState: Bundle?) {
        super.onCreate(savedInstanceState)
        databaseHelper = UserDatabaseHelper(this)
        setContent {
            ProjectOneTheme {
                // A surface container using the 'background' color from the theme
                Surface(
                    modifier = Modifier.fillMaxSize(),
                    color = MaterialTheme.colors.background
                ) {

                    RegistrationScreen(this,databaseHelper)
                }
            }
```

```
@Composable
fun RegistrationScreen(context: Context, databaseHelper: UserDatabaseHelper) {
    var username by remember { mutableStateOf("") }
    var password by remember { mutableStateOf("") }
    var email by remember { mutableStateOf("") }
    var error by remember { mutableStateOf("") }

    val imageModifier = Modifier
    Image(
        painterResource(id = R.drawable.sleeptracking),
        contentScale = ContentScale.FillHeight,
        contentDescription = "",
        modifier = imageModifier
            .alpha(0.3F),
    )
    Column(
        modifier = Modifier.fillMaxSize(),
        horizontalAlignment = Alignment.CenterHorizontally,
        verticalArrangement = Arrangement.Center
    ) {

        Image(
            painter = painterResource(id = R.drawable.sleep),
            contentDescription = "",
```

```
    modifier = imageModifier
        .width(260.dp)
        .height(200.dp)
)
Text(
    fontSize = 36.sp,
    fontWeight = FontWeight.ExtraBold,
    fontFamily = FontFamily.Cursive,
    color = Color.White,
    text = "Register"
)

Spacer(modifier = Modifier.height(10.dp))
TextField(
    value = username,
    onValueChange = { username = it },
    label = { Text("Username") },
    modifier = Modifier
        .padding(10.dp)
        .width(280.dp)


)
```

```
TextField(
    value = email,
    onValueChange = { email = it },
    label = { Text("Email") },
    modifier = Modifier
        .padding(10.dp)
        .width(280.dp)
)

TextField(
    value = password,
    onValueChange = { password = it },
    label = { Text("Password") },
    modifier = Modifier
        .padding(10.dp)
        .width(280.dp)
)



if (error.isNotEmpty()) {
    Text(
        text = error,
        color = MaterialTheme.colors.error,
        modifier = Modifier.padding(vertical = 16.dp)
    )
```

```
Button(
    onClick = {
        if (username.isNotEmpty() && password.isNotEmpty() && email.isNotEmpty()) {
            val user = User(
                id = null,
                firstName = username,
                lastName = null,
                email = email,
                password = password
            )
            databaseHelper.insertUser(user)
            error = "User registered successfully"
            // Start LoginActivity using the current context
            context.startActivity(
                Intent(
                    context,
                    LoginActivity::class.java
                )
            )

        } else {
            error = "Please fill all fields"
        }
    },
    modifier = Modifier.padding(top = 16.dp)
) {
```

```
            Text(text = "Register")
        }
        Spacer(modifier = Modifier.width(10.dp))
        Spacer(modifier = Modifier.height(10.dp))

        Row() {
            Text(
                modifier = Modifier.padding(top = 14.dp), text = "Have an account?"
            )
            TextButton(onClick = {

            })

            {
                Spacer(modifier = Modifier.width(10.dp))
                Text(text = "Log in")
            }
        }
    }
}
private fun startLoginActivity(context: Context) {
    val intent = Intent(context, LoginActivity::class.java)
    ContextCompat.startActivity(context, intent, null)
}
```

```
package com.example.projectone

import android.content.Context
import android.content.Intent
import android.icu.text.SimpleDateFormat
import android.os.Bundle
import androidx.activity.ComponentActivity
import androidx.activity.compose.setContent
import androidx.compose.foundation.Image
import androidx.compose.foundation.layout.*
import androidx.compose.material.Button
import androidx.compose.material.MaterialTheme
import androidx.compose.material.Surface
import androidx.compose.material.Text
import androidx.compose.runtime.*
import androidx.compose.ui.Alignment
import androidx.compose.ui.Modifier
import androidx.compose.ui.draw.alpha
import androidx.compose.ui.layout.ContentScale
import androidx.compose.ui.res.painterResource
import androidx.compose.ui.unit.dp
import androidx.core.content.ContextCompat
import com.example.projectone.ui.theme.ProjectOneTheme
import java.util.*

class MainActivity : ComponentActivity() {
```

```
    private lateinit var databaseHelper: TimeLogDatabaseHelper

    override fun onCreate(savedInstanceState: Bundle?) {
        super.onCreate(savedInstanceState)
        databaseHelper = TimeLogDatabaseHelper(this)
        databaseHelper.deleteAllData()
        setContent {
            ProjectOneTheme {
                // A surface container using the 'background' color from the theme
                Surface(
                    modifier = Modifier.fillMaxSize(),
                    color = MaterialTheme.colors.background
                ) {
                    MyScreen(this,databaseHelper)
                }
            }
        }
    }
}
@Composable
fun MyScreen(context: Context, databaseHelper: TimeLogDatabaseHelper) {
    var startTime by remember { mutableStateOf(0L) }
    var elapsedTime by remember { mutableStateOf(0L) }
    var isRunning by remember { mutableStateOf(false) }
```

```
var elapsedTime by remember { mutableStateOf(0L) }
var isRunning by remember { mutableStateOf(false) }
val imageModifier = Modifier
Image(
    painterResource(id = R.drawable.sleeptracking),
    contentScale = ContentScale.FillHeight,
    contentDescription = "",
    modifier = imageModifier
        .alpha(0.3F),
)

Column(
    modifier = Modifier.fillMaxSize(),
    horizontalAlignment = Alignment.CenterHorizontally,
    verticalArrangement = Arrangement.Center
) {
    if (!isRunning) {
        Button(onClick = {
            startTime = System.currentTimeMillis()
            isRunning = true
        }) {
            Text("Start")
```

```
            //databaseHelper.addTimeLog(startTime)
        }
    } else {
        Button(onClick = {
            elapsedTime = System.currentTimeMillis()
            isRunning = false
        }) {
            Text("Stop")
            databaseHelper.addTimeLog(elapsedTime,startTime)
        }
    }
    Spacer(modifier = Modifier.height(16.dp))
    Text(text = "Elapsed Time: ${formatTime(elapsedTime - startTime)}")


    Spacer(modifier = Modifier.height(16.dp))
    Button(onClick = { context.startActivity(
        Intent(
            context,
            TrackActivity::class.java
        )
    ) }) {
        Text(text = "Track Sleep")
    }

}
```

```
}

private fun startTrackActivity(context: Context) {
    val intent = Intent(context, TrackActivity::class.java)
    ContextCompat.startActivity(context, intent, null)
}
fun getCurrentDateTime(): String {
    val dateFormat = SimpleDateFormat("yyyy-MM-dd HH:mm:ss", Locale.getDefault())
    val currentTime = System.currentTimeMillis()
    return dateFormat.format(Date(currentTime))
}

fun formatTime(timeInMillis: Long): String {
    val hours = (timeInMillis / (1000 * 60 * 60)) % 24
    val minutes = (timeInMillis / (1000 * 60)) % 60
    val seconds = (timeInMillis / 1000) % 60
    return String.format("%02d:%02d:%02d", hours, minutes, seconds)
}
```

Login

Username

Password

Login

Sign up

Forget password?

Register

Username

Email

Password

Register

Login

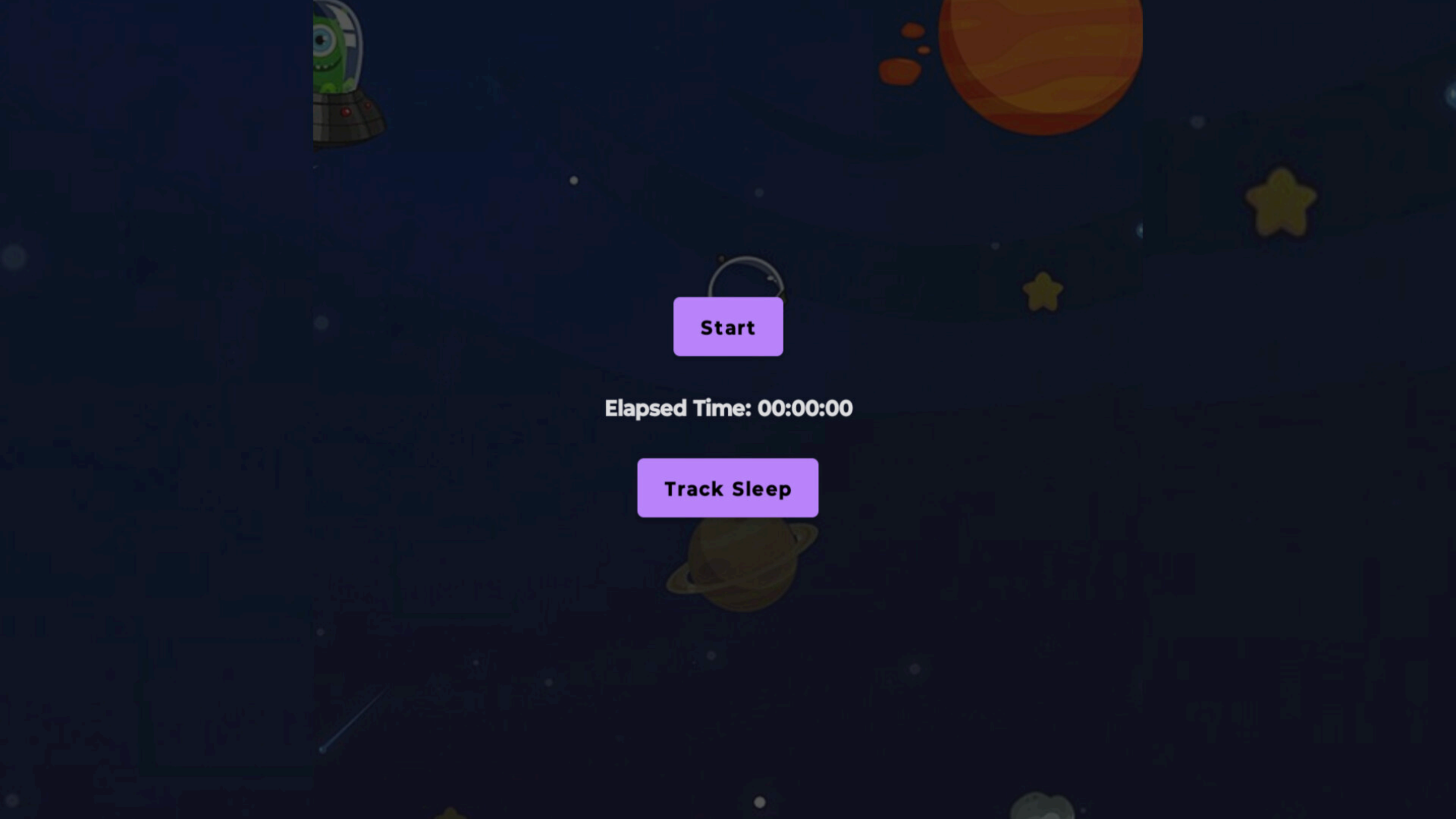
Username

Password

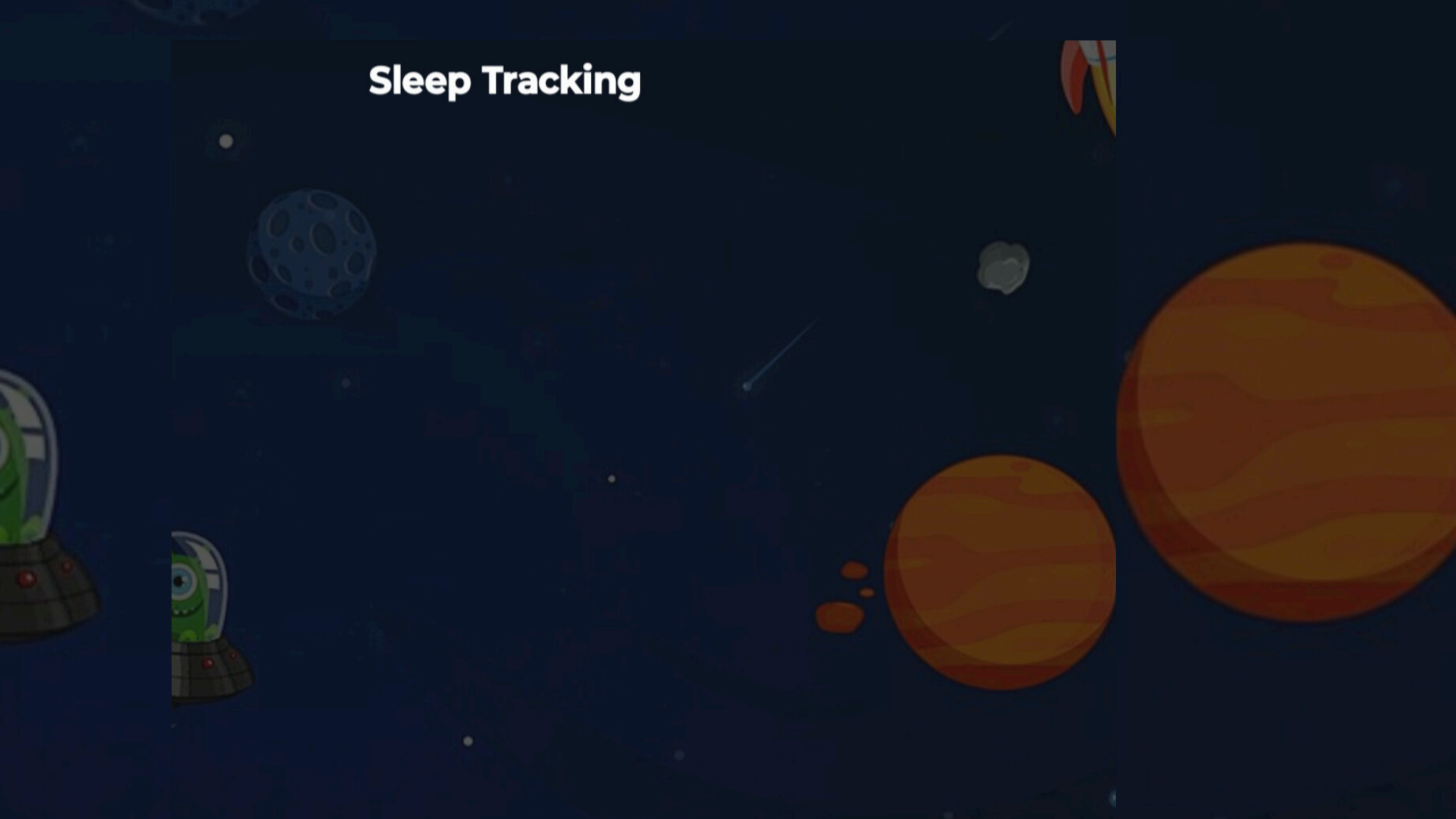
Login

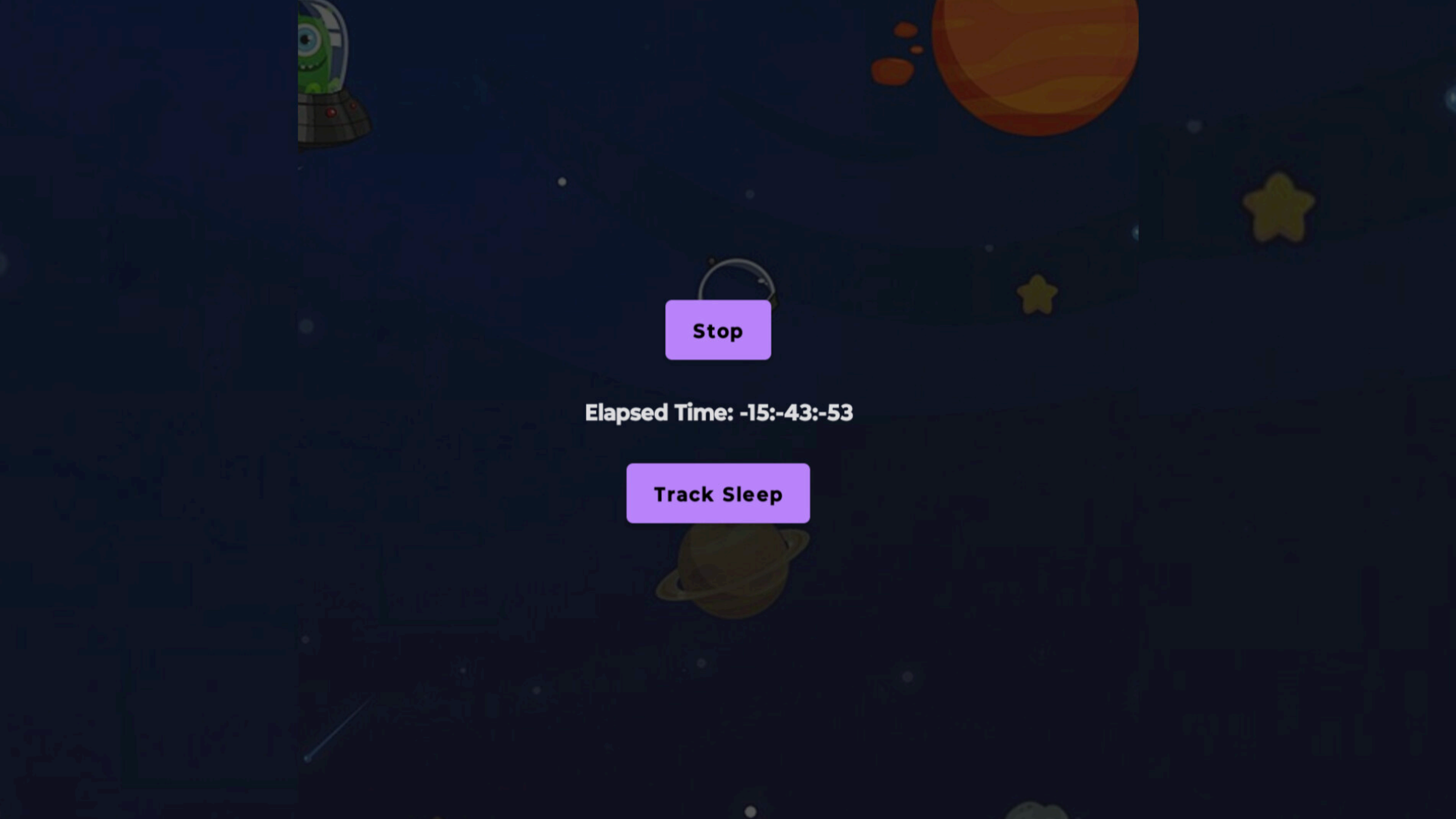
Sign up

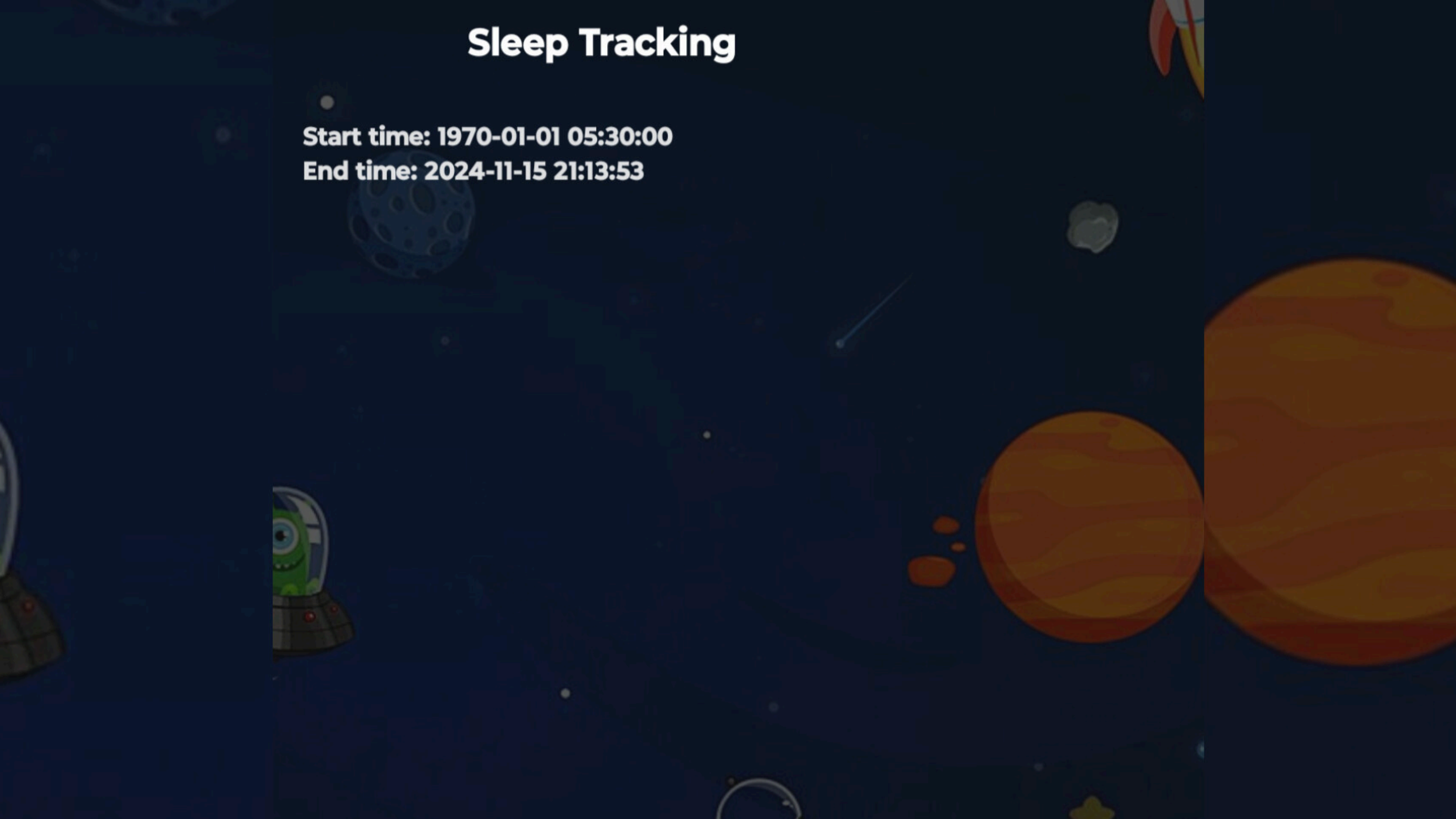
Forget password?


Start
Elapsed Time: 00:00:00
Track Sleep

Sleep Tracking




Stop
Elapsed Time: -15:-43:-53
Track Sleep


Sleep Tracking
Start time: 1970-01-01 05:30:00
End time: 2024-11-15 21:13:53