A SLEEP TRACKING APP FOR A BETTER NIGHT'S REST

PROJECT PRESENED BY:

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SLEEP TRACKING

INTRODUCTION:

- Sleep tracking is the process of monitoring a person's sleep, most commonly through measuring inactivity and movement. A device that tracks a person's sleep is called a sleep tracker. Devices capable of tracking a person's sleep include dedicated sleep trackers, trackers that clip onto a person's pillow, smartphones, fitne ss trackers, smartwatches, and other wearable devices.
- Some sleep trackers are capable of tracking the stages of a person's sleep (light sleep, deep sleep, rem sleep), the length/duration of a person's sleep, the quality of a person's sleep, and the consistency of a person's sleep.
- some sleep trackers offer other features, such as "Sleep scores" That rank how well a person slept, "Smart

alarms" that wake a person up within a set period of time based on the circumstances of the person's sleep, and the ability to track the amount of light and/or the temperature in the person's bedroom.

- In a study published in the Journal of Clinical Sleep Medicine on February 15, 2017, researchers from Rush University Medical College and Northwestern University's Feinberg School of Medicine found that the three patients involved in the study using sleep tracking devices complained about the sleep data that was collected by applications and devices
from Nike, Apple, Fitbit and other companies.
- The researchers also found that the patients involved spent excessive time in bed in order to increase their

"sleep numbers", which may have actually made their insomnia worse.[9] The researchers involved in the study warned that sleep tracking devices could provide inaccurate data and worsen insomnia in the person using the device by making them unhealthily obsessed with achieving perfect sleep, a condition the researchers called orthosomnia, which they coined in the study.

❖ How do sleep trackers work

Most sleep trackers measure sleep quantity and quality by using accelerometers, small motion detectors. Accelerometers measure how much movement you're making while you sleep. This data is then analyzed using an algorithm to estimate sleep time and quality

EMPATHY:

Products & Services
Mobile app
Smart watch integration
Gain creators
Analytics by app based on data
Doctor who looks at data and gives advice
Pain relievers
Trend analytics
Receive useful and relevant notifications
General tips based on personalized onboarding
Gains
Feel well rested
Aware of behaviour and consequences
Receive advice
Pains
need to pay for complete analytics
reminders are frustrating
forgets to share data
Jobs
Monitor sleep habits
Understand collected data
Input basic info about health & identity

BRAIN STROMING MAP:

Competitive Analysis

ADVANTAGES OF SLEEP:

- ✓ Adequate sleep helps with hormonal balance. That keeps your heart healthy, reduces stress, and helps keep blood sugar consistent. It also reduces stress, prevents inflammation, and helps control weight

DISADVANTAGE OF SLEEP:

- ✓ Too much sleep — as well as not enough sleep — raises the risk of chronic diseases, such as coronary heart disease, diabetes, anxiety and obesity in adults age 45 and older. Sleeping too much puts you at greater risk of coronary heart disease, stroke and diabetes than sleeping too little

COMMON SIGNS OF SLEEP DISORDERS INCLUDE:

- ✓ Trouble falling or staying asleep
- ✓ Still feeling tired after a good night's sleep
- ✓ Sleepiness during the day that makes it difficult to do everyday activities, like driving or concentrating at work
- ✓ Frequent loud snoring
- ✓ Pauses in breathing or gasping while sleeping
- ✓ Tingling or crawling feelings in your legs or arms at night that feel better when you move or massage the area
- ✓ Feeling like it's hard to move when you first wake up

What Do Sleep Trackers Monitor?

A wide variety of sleep trackers have hit the market, with more being released all the time. Many are wearable trackers that you can strap to your wrist. Others clip on your pillow or sit on your bedside table.

Features of these devices vary, but some common capabilities include:

- **Sleep duration:** By tracking the time you're inactive, the devices can record when you fall asleep at night and when you stir in the morning.
- **Sleep quality:** Trackers can detect interrupted sleep, letting you know when you're tossing and turning or waking during the night.
- **Sleep phases:** Some tracking systems track the phases of your sleep and time your alarm to go off during a period when you're sleeping less deeply. In theory, that makes it easier for you to rouse.
- **Environmental factors:** Some devices record environmental factors like the amount of light or temperature in your bedroom.
- **Lifestyle factors:** Some trackers prompt you to enter information about activities that can affect sleep, such as how much caffeine you've had, when you've eaten or whether your stress level is high.

CONCLUSION

Lack of sleep will interfere with the natural healing process that takes place within the body, which is detrimental to health and wellness. Sleep is not only beneficial to physical health but to emotional health, safety and quality of life.

A Sleep Tracking App for a Better Night ‘s Rest

AndroidManifest.xml

```xml
<?xml version="1.0" encoding="utf-8"?>
<manifest xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:tools="http://schemas.android.com/tools">

    <application
        android:allowBackup="true"
        android:dataExtractionRules="@xml/data_extraction_rules"
        android:fullBackupContent="@xml/backup_rules"
        android:icon="@mipmap/ic_launcher"
        android:label="@string/app_name"
        android:supportsRtl="true"
        android:theme="@style/Theme.ProjectOne"
        tools:targetApi="31">
        <activity
            android:name=".TrackActivity"
            android:exported="false"
            android:label="@string/title_activity_track"
            android:theme="@style/Theme.ProjectOne" />
        <activity
            android:name=".MainActivity"
            android:exported="false"
            android:label="@string/app_name"
            android:theme="@style/Theme.ProjectOne" />
        <activity
            android:name=".MainActivity2"
            android:exported="false"
            android:label="RegisterActivity"
            android:theme="@style/Theme.ProjectOne" />
        <activity
            android:name=".LoginActivity"
            android:exported="true"
            android:label="@string/app_name"
            android:theme="@style/Theme.ProjectOne">
            <intent-filter>
                <action android:name="android.intent.action.MAIN" />

                <category android:name="android.intent.category.LAUNCHER"
/>
            </intent-filter>
        </activity>
    </application>

</manifest>
```

UI Theme

Type.kt

```python
package com.example.projectone.ui.theme
```

```
import androidx.compose.material.Typography
import androidx.compose.ui.text.TextStyle
import androidx.compose.ui.text.font.FontFamily
import androidx.compose.ui.text.font.FontWeight
import androidx.compose.ui.unit.sp

// Set of Material typography styles to start with
val Typography = Typography(
    body1 = TextStyle(
        fontFamily = FontFamily.Default,
        fontWeight = FontWeight.Normal,
        fontSize = 16.sp
    )
    /* Other default text styles to override
    button = TextStyle(
        fontFamily = FontFamily.Default,
        fontWeight = FontWeight.W500,
        fontSize = 14.sp
    ),
    caption = TextStyle(
        fontFamily = FontFamily.Default,
        fontWeight = FontWeight.Normal,
        fontSize = 12.sp
    )
    */
)
```

Color.kt

```
ackage com.example.projectone.ui.theme

import androidx.compose.ui.graphics.Color

val Purple200 = Color(0xFFBB86FC)
val Purple500 = Color(0xFF6200EE)
val Purple700 = Color(0xFF3700B3)
val Teal200 = Color(0xFF03DAC5)
```

Shape.kt

```
package com.example.projectone.ui.theme

import androidx.compose.foundation.shape.RoundedCornerShape
import androidx.compose.material.Shapes
import androidx.compose.ui.unit.dp

val Shapes = Shapes(
    small = RoundedCornerShape(4.dp),
    medium = RoundedCornerShape(4.dp),
    large = RoundedCornerShape(0.dp)
)
```

Theme.kt

```
package com.example.projectone.ui.theme

import androidx.compose.foundation.isSystemInDarkTheme
import androidx.compose.material.MaterialTheme
import androidx.compose.material.darkColors
import androidx.compose.material.lightColors
import androidx.compose.runtime.Composable

private val DarkColorPalette = darkColors(
    primary = Purple200,
    primaryVariant = Purple700,
    secondary = Teal200
)

private val LightColorPalette = lightColors(
    primary = Purple500,
    primaryVariant = Purple700,
    secondary = Teal200

    /* Other default colors to override
    background = Color.White,
    surface = Color.White,
    onPrimary = Color.White,
    onSecondary = Color.Black,
    onBackground = Color.Black,
    onSurface = Color.Black,
    */
)

@Composable
fun ProjectOneTheme(darkTheme: Boolean = isSystemInDarkTheme(), content:
@Composable () -> Unit) {
    val colors = if (darkTheme) {
        DarkColorPalette
    } else {
        LightColorPalette
    }

    MaterialTheme(
        colors = colors,
        typography = Typography,
        shapes = Shapes,
        content = content
    )
}
```

AppDatabase.kt

```
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
            }
        }
    }
}
```

LoginActivity.kt

```
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 LoginActivity : 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
                ) {
                    LoginScreen(this, databaseHelper)
                }
            }
        }
    }
}
@Composable
fun LoginScreen(context: Context, databaseHelper: UserDatabaseHelper) {
    var username by remember { mutableStateOf("") }
    var password 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 = "Login"
        )
        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 = 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()) {
                    val user = databaseHelper.getUserByUsername(username)
                    if (user != null && user.password == password) {
                        error = "Successfully log in"
                        context.startActivity(
                            Intent(
                                context,
                                MainActivity::class.java
                            )
                        )

                        //onLoginSuccess()
                    } else {
                        error = "Invalid username or password"
                    }
                } else {
                    error = "Please fill all fields"
                }
            },
            modifier = Modifier.padding(top = 16.dp)
        ) {
            Text(text = "Login")
        }
        Row {
            TextButton(onClick = {context.startActivity(
                Intent(
                    context,
                    MainActivity2::class.java
                )
            )}
            )
            { Text(color = Color.White,text = "Sign up") }
            TextButton(onClick = {
                /*startActivity(
                Intent(
                    applicationContext,
                    MainActivity2::class.java
                )
            )*/
            })

            {
                Spacer(modifier = Modifier.width(60.dp))
                Text(color = Color.White,text = "Forget password?")
            }
        }
    }
}
private fun startMainPage(context: Context) {
    val intent = Intent(context, MainActivity2::class.java)
```

```
    ContextCompat.startActivity(context, intent, null)
}
```

MainActivity.kt

```
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) }
    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)
}
```

RegisterActivity.kt

```
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)
```

```
}
```

TimeDatabaseHelper.kt

```
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"
        }
    }
}
```

TimeLog.kt

```
package com.example.projectone

import androidx.room.Entity
import androidx.room.PrimaryKey
import java.sql.Date

@Entity(tableName = "TimeLog")
data class TimeLog(
    @PrimaryKey(autoGenerate = true)
    val id: Int = 0,
    val startTime: Date,
    val stopTime: Date
)
```

TimeLogDao.kt

```
package com.example.projectone

import androidx.room.Dao
import androidx.room.Insert

@Dao
interface TimeLogDao {
```

```
    @Insert
    suspend fun insert(timeLog: TimeLog)

}
```

TrackActivity.kt

```
package com.example.projectone

import android.icu.text.SimpleDateFormat
import android.os.Bundle
import android.util.Log
import androidx.activity.ComponentActivity
import androidx.activity.compose.setContent
import androidx.compose.foundation.Image
import androidx.compose.foundation.layout.*
import androidx.compose.foundation.lazy.LazyColumn
import androidx.compose.foundation.lazy.LazyRow
import androidx.compose.foundation.lazy.items
import androidx.compose.material.MaterialTheme
import androidx.compose.material.Surface
import androidx.compose.material.Text
import androidx.compose.runtime.Composable
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.unit.dp
import androidx.compose.ui.unit.sp
import com.example.projectone.ui.theme.ProjectOneTheme
import java.util.*

class TrackActivity : ComponentActivity() {

    private lateinit var databaseHelper: TimeLogDatabaseHelper

    override fun onCreate(savedInstanceState: Bundle?) {
        super.onCreate(savedInstanceState)

        databaseHelper = TimeLogDatabaseHelper(this)
        setContent {
            ProjectOneTheme {
                // A surface container using the 'background' color from
the theme
                Surface(
                    modifier = Modifier.fillMaxSize(),
                    color = MaterialTheme.colors.background
                ) {
                    //ListListScopeSample(timeLogs)

                    val data=databaseHelper.getTimeLogs();
                    Log.d("Sandeep" ,data.toString())
                    val timeLogs = databaseHelper.getTimeLogs()
                    ListListScopeSample(timeLogs)
                }
            }
        }
    }
}
```

```
@Composable
fun ListListScopeSample(timeLogs: List<TimeLogDatabaseHelper.TimeLog>) {
    val imageModifier = Modifier
    Image(
        painterResource(id = R.drawable.sleeptracking),
        contentScale = ContentScale.FillHeight,
        contentDescription = "",
        modifier = imageModifier
            .alpha(0.3F),
    )

    Text(text = "Sleep Tracking", modifier = Modifier.padding(top = 16.dp,
start = 106.dp ), color = Color.White, fontSize = 24.sp)
    Spacer(modifier = Modifier.height(30.dp))
    LazyRow(
        modifier = Modifier
            .fillMaxSize()
            .padding(top = 56.dp),

        horizontalArrangement = Arrangement.SpaceBetween
    ){
        item {

            LazyColumn {
                items(timeLogs) { timeLog ->
                    Column(modifier = Modifier.padding(16.dp)) {
                        //Text("ID: ${timeLog.id}")
                        Text("Start time:
${formatDateTime(timeLog.startTime)}")
                        Text("End time: ${timeLog.endTime?.let {
formatDateTime(it) }}")
                    }
                }
            }
        }

        }
    }

private fun formatDateTime(timestamp: Long): String {
    val dateFormat = SimpleDateFormat("yyyy-MM-dd HH:mm:ss",
Locale.getDefault())
    return dateFormat.format(Date(timestamp))
}
```

User.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?,

    )
```

UserDao.kt

```
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)
}
```

UserDatabase.kt

```
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
                newInstance
            }
        }
```

```
    }
}
```

UserDatabaseHelper

```
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 $TABLE_NAME (" +
                "$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")
        onCreate(db)
    }

    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)),
                email =
cursor.getString(cursor.getColumnIndex(COLUMN_EMAIL)),
                password =
cursor.getString(cursor.getColumnIndex(COLUMN_PASSWORD)),
            )
        }
        cursor.close()
        db.close()
        return user
    }
    @SuppressLint("Range")
    fun getUserById(id: Int): User? {
        val db = readableDatabase
        val cursor: Cursor = db.rawQuery("SELECT * FROM $TABLE_NAME WHERE
$COLUMN_ID = ?", arrayOf(id.toString()))
        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)),
                email =
cursor.getString(cursor.getColumnIndex(COLUMN_EMAIL)),
                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
    }

}
```

ExampleInstrumentedTest.kt

```
package com.example.projectone

import androidx.test.platform.app.InstrumentationRegistry
import androidx.test.ext.junit.runners.AndroidJUnit4

import org.junit.Test
import org.junit.runner.RunWith

import org.junit.Assert.*

/**
 * Instrumented test, which will execute on an Android device.
 *
 * See [testing documentation](http://d.android.com/tools/testing).
 */
@RunWith(AndroidJUnit4::class)
class ExampleInstrumentedTest {
    @Test
    fun useAppContext() {
        // Context of the app under test.
        val appContext =
InstrumentationRegistry.getInstrumentation().targetContext
        assertEquals("com.example.projectone", appContext.packageName)
    }
}
```

ExampleUnitTest.kt

```
package com.example.projectone

import org.junit.Test

import org.junit.Assert.*

/**
 * Example local unit test, which will execute on the development machine
(host).
 *
 * See [testing documentation](http://d.android.com/tools/testing).
 */
class ExampleUnitTest {
```

```
    @Test
    fun addition_isCorrect() {
        assertEquals(4, 2 + 2)
    }
}
```

Output

Start
Elapsed Time: 00:00:00
Track Sleep

Sleep Tracking
Start time: 1970-01-01 05:30:00
End time: 2023-03-13 10:59:36
Start time: 2023-03-13 10:59:39
End time: 2023-03-13 10:59:40