

SLEEP TRACKING APP

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Creating a New Project in Android Studio

1. Open Android Studio

- Launch Android Studio. If you're opening it for the first time, it may take a few moments to initialize.

2. Start a New Project

- On the Welcome Screen, click "Start a new Android Studio project".
- If you have an existing project open, go to File > New > New Project.

3. Choose a Template

- Android Studio will prompt you to choose a project template. You can choose from various options, like:
 - Empty Activity (for a blank app).
 - Basic Activity (with a toolbar and floating action button).
 - Navigation Drawer Activity (with a side navigation menu).

- Fullscreen Activity (for apps that use the whole screen).

Choose "Empty Activity" for a simple start.

4. Configure Your Project

- Name: Enter your app's name (e.g., "MyFirstApp").
- Package Name: A unique identifier (usually in reverse domain format, like `com.example.myfirstapp`).
- Save Location: Choose a location on your computer to store the project.
- Language: Choose between Java or Kotlin. (Kotlin is now the preferred language for Android development.)
- Minimum API Level: Select the lowest version of Android your app will support. Android Studio recommends an API level based on your target audience.

5. Finish

- Click Finish to create your project. Android Studio will generate the necessary files and open your new project.

6. Start Coding

- After the project is created, you'll see:
 - MainActivity.java/Kotlin: The main entry point for your app.
 - activity_main.xml: The layout file for the main activity (UI design).

You can now edit the code and design for your new Android app.

7. Run Your App

- To test your app, you can either:
 - Use an Android Emulator by creating a virtual device (AVD).

- Connect an Android device via USB and enable developer mode.

Click the green Run button (a play icon) in the top toolbar to build and run your app.

Screenshots:



