

# SLEEP TRACKING APP

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## 1. Prerequisites

Ensure your system meets the requirements:

- Windows: 8 GB RAM, 4 GB free disk space, 64-bit Windows 10/11
- macOS: macOS 10.14+, 8 GB RAM, 4 GB free space
- Linux: Ubuntu 20.04+, 8 GB RAM, 4 GB free space

## 2. Download and Install

### Windows:

- Download .exe from [Android Studio](<https://developer.android.com/studio>).
- Run the installer and choose Standard setup.
- Launch Android Studio and let it download necessary components.

### macOS:

- Download .dmg from [Android Studio](<https://developer.android.com/studio>).
- Drag Android Studio to Applications.
- Launch and follow the setup wizard.

**Linux:**

- Download .zip from [Android Studio](https://developer.android.com/studio).
- Extract it, then run studio.sh from the bin folder.

**3. Set Up SDK**

- After installation, Android Studio will prompt you to download the Android SDK and other tools.
- Use the SDK Manager to install required packages and AVD Manager for emulators.

**4. Start Development**

- Create a new project in Android Studio and choose a template (e.g., Empty Activity).
- Run the app on an emulator or connected Android device.

**Steps to be followed:**

1. Download the Android Studio installer from the official website:  
[developer.android.com/studio](https://developer.android.com/studio).
2. Run the installer and follow the setup wizard to install Android Studio on your computer.
3. Launch Android Studio after installation is complete.
4. On the first run, select "Standard" setup for a quick installation of necessary components.
5. Download Android SDK and other required tools during the setup process.
6. Once everything is installed, start a new project to begin development

## Screenshots:



