



# DynAlarm

## User Manual

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May 2016

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## Contents

Installation Guide .....	2
System Requirements .....	2
Install Steps.....	2
Application Usage .....	2
User Guide.....	3
Set Basic Alarm .....	3
Set Alarm with Routine and/or Journey Data .....	3
Cancelling and Snoozing Alarms .....	5
Adding, Editing, or Deleting Routines .....	5
Adding, Editing, or Deleting Locations .....	6
View Sleep Analysis .....	6
View and Change User Settings .....	7

# Installation Guide

## System Requirements

- To run this application, you need to be running Android 5.0 (Lollipop) and higher.
- Your mobile phone must also have an accelerometer on board. If it is not present, the application will not work.

## Install Steps

- Since this application is not on the Play store, you will need to download the .apk file and install this on your device.
- First, you need to go to your phones settings.
- In here you will need to go to the security section.
- Once you're in the security, scroll until you find a setting saying "Unknown Sources", and switch this to "On".
- Next, you must download the .apk file from [here](#)<sup>1</sup>. This must be downloaded from your android web browser.
- Follow the instructions on the screen and start the application.

## Application Usage

- To use the application properly, it is required to be left charging overnight beside the user on their bed. Please do not cover the phone with a pillow or your body in case it overheats.

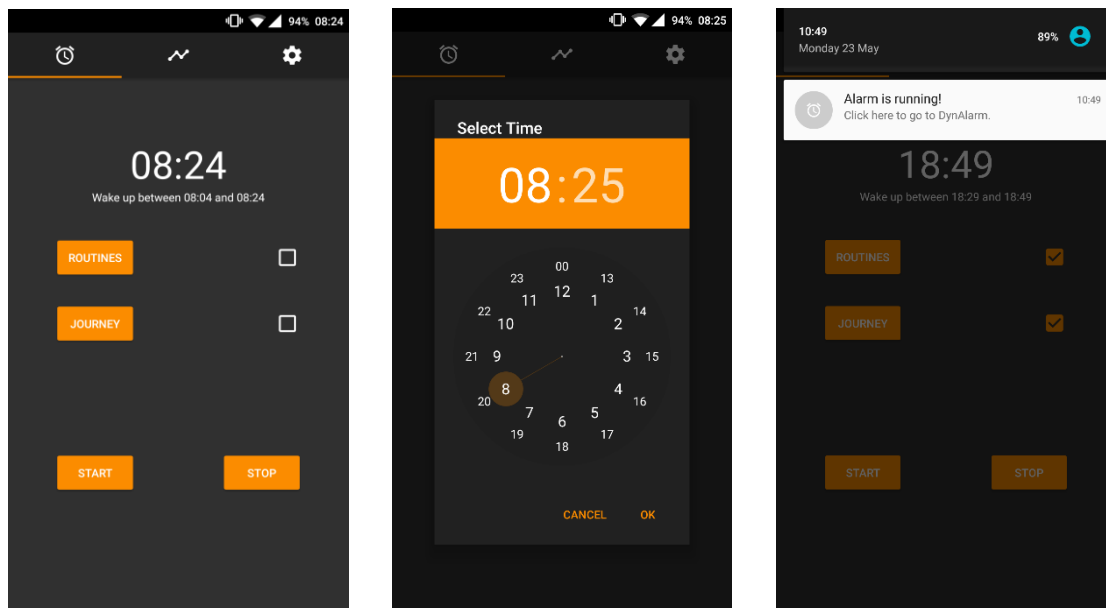
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<sup>1</sup> <https://drive.google.com/file/d/0B2wXIFBlikv6bjdYMy1PUy03TzA/view?usp=sharing>

## User Guide

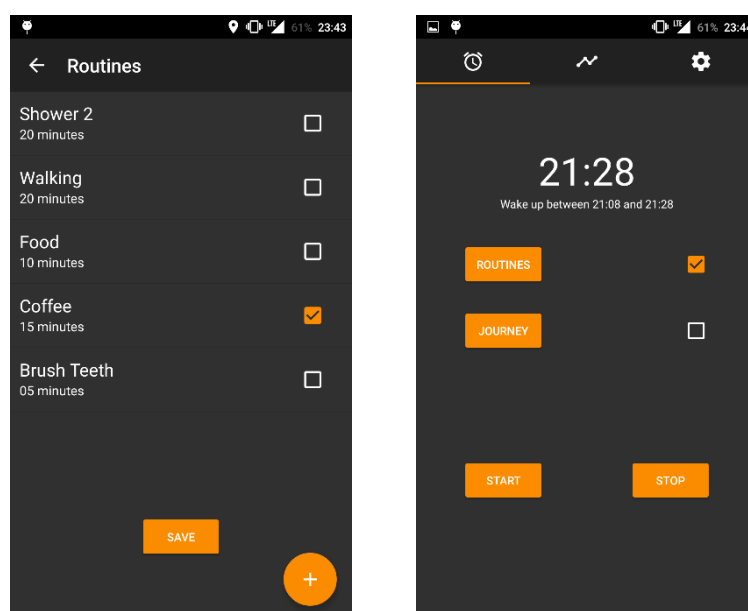
### Set Basic Alarm

The main functionality of the application is set the alarm. To set the alarm, the user needs to click on the time on the alarm fragment. When the user clicks this time, it will bring up the time picker dialog. The user should now pick their desired time to wake up. To start the alarm they should click the start button. This will then show a notification indicating the alarm and accelerometer are running.

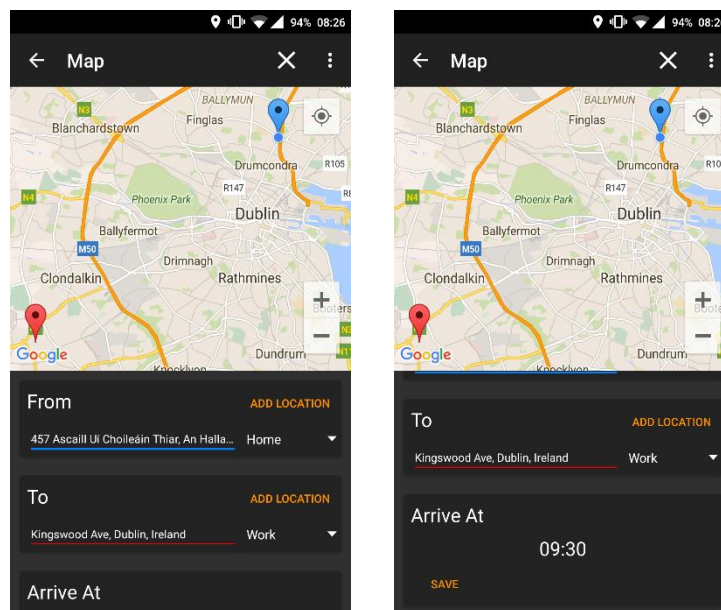


### Set Alarm with Routine and/or Journey Data

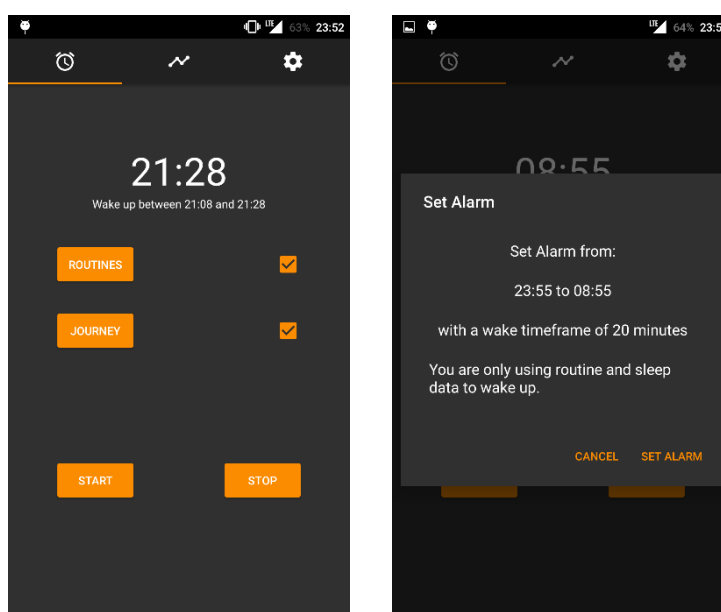
If the user wants routines, they should click the routine button. This will bring you into the routine activity where they will see a list of their saved routines. To add routines to their alarm, they need to click the checkboxes for the required routines and hit save. This will then save the required routines and automatically tick the routine box.



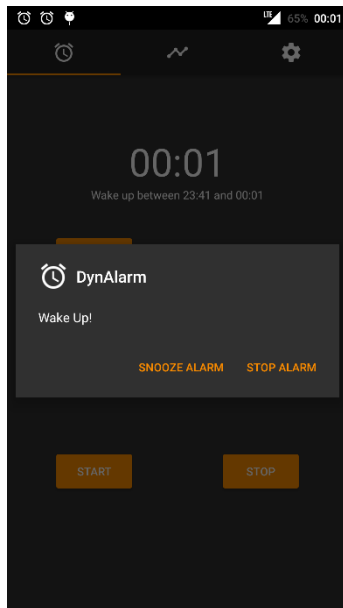
Next, if the user wants to use journey data they can click into the journey activity. Here, they will see 3 different boxes; from, to, and arrive at. To select a from location, the user can long click, drag, or select a previously saved location from the drop down. The same method can be done for the to location. To remove locations from the map, they user can click the individual markers or use the clear all button at the top of the activity. The user then needs to choose an arrive at time for the morning. This is when they want to arrive at their To destination. Once they click save, they will be shown a dialog with information about the journey. To proceed they should click ok. The user will be sent back to the alarm screen where the journey box is automatically clicked.



Users are able to select and unselect the checkboxes depending on what they want the alarm to use. Once they have decided, they should click start. This will show a dialog confirming the user selections. To start the alarm they should press the corresponding action button. As with the previous alarm, this will create a persistent notification to tell the user the alarm is running.



## Cancelling and Snoozing Alarms



The user can cancel an alarm at any time by navigating to the alarm screen. Here, they must click the stop button. This will show a confirmation dialog about cancelling. Once this is confirmed, all alarms are cancelled.

When the alarm is going off, a user can cancel the alarm by clicking the notification in the notification area. This will bring the user to the app and show them a screen to either snooze or cancel the ringing alarm. The user can then snooze or cancel the alarm as they wish.

## Adding, Editing, or Deleting Routines

The user is able to save, edit, and remove frequently used routines to the database. To do this, they should navigate to the routine page.

- To add a new routine, the user should click the action button in the bottom right hand corner of the screen. The user should enter the required fields and click save.
- To edit an existing routine, the user should long click on the desired routine. They will be shown an edit or delete dialog. They should click edit, and edit as required. Once they are finished they should save the routine.
- To delete a routine, the user should long click on the desired routine. They will be shown an edit or delete dialog. They should click delete, and this will delete the routine from the list and the database.

## Adding, Editing, or Deleting Locations

The user is able to save, edit, and remove frequently used locations to the database. To do this, they should navigate to the journey page.

- To add a location, the user should hold down on the map, the location of where they want to save. Once this has updated the text view which the address, the user should click add location. This will bring up a dialog for the user to add the required name to the address. The user should click save.

To edit and delete locations, the user must click the menu button on bar. This will bring up a menu with Manage Your Locations. Click into this. The user will be shown a list of their saved locations.

- To edit an existing location, the user should long click on the desired location they wish to edit. They will be shown an edit or delete dialog. They should click edit, and edit as required. Once they are finished they should save the location.
- To delete a location, the user should long click on the desired location. They will be shown an edit or delete dialog. They should click delete, and this will delete the routine from the list and the database.

## View Sleep Analysis



To view the user's sleep analysis, they need to swipe or click to the middle pane of the navigation bar. Here, they will be shown a graph describing their body movements over time during the dated night. The user can cycle through their different night's sleep by pressing the previous and next buttons as required.

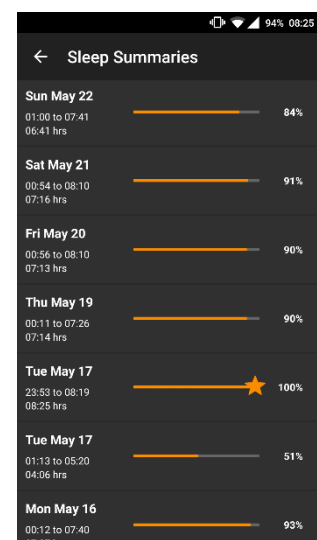
To gain more information about the graph, the user can click the information button on top of the graph.

To delete the night in question, the user may click the delete button. They will be prompted to confirm their choice. (Not fully implemented)

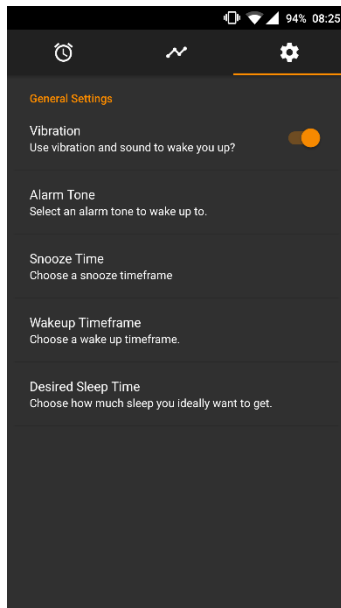
The user can view each night's individual sleep data like length and the sleep and wake times.

To get the overall summaries statistics for all of the night's put together, the user can look at the right hand card. This shows data about the number of nights recorded and their average sleep time.

If they click this, they will be brought into a list view of their sleep data. In here, they will see usual data along with a percentage. This percentage is the percentage of your desired sleep time reached. If they get a longer night's sleep than their desired time, they will get a star to recognise how good they slept.



## View and Change User Settings



To view and edit their settings, users can navigate to the final tab. This will show them the default, or user specified values for the settings. Here they can click the desired preference and change the value as prompted.

To enable/disable vibration for when the alarm is waking the user, they can set this switch to off and on.

To play a ringtone in the ringtone preference, the user must click once to hear it. If they want to save it, they should click ok.

The other three preferences are in a list format and require the user to click the preferred value for the respective option.