

## **Ideation Pharse**

### **Empathize&**

### **Discover**

<b>Date</b>	<b>21 March 2023</b>
<b>Team ID</b>	<b>NM2023TMID13509</b>
<b>Project Name</b>	<b>A Sleep Tracking App For A Better Night's Rest</b>
<b>Maximum Marks</b>	<b>5 Marks</b>

**A PROJECT THAT DEMONSTRATES THE USE OF ANDROID JETPACK COMPOSE TO BUILD A UL FOR A SLEEP TRACKING APP. THE APP ALLOW USERS TO TRACK THEIR SLEEP.WITH THE “SLEEP TRACKER” APP,YOU CAN ASSESS THE QUALITY OF SLEEP THEY HAVE HAD IN A DAY. IT HAS BEEN TIME AND AGAIN PROVEN THAT A GOOD QUALITY SLEEP IS PREETY ESSENTIAL FOR EFFECTIVE FUNCTIONING OF BOTH MIND AND BODY.**

**“SLEEP TRACKER” APPLICATION ENABLES YOU TO START THE TIMER WHEN THEY ARE IN THE BED AND ABOUT TO FALL ASLEEP. THE TIMER WII KEEP RUNNING IN THE BACKGROUND UNTIL IT IS STOPPED, WHENEVER THE USER WAKES UP. BASED ON THE SLEEP EXPERIENCE, YOU CAN RATE YOUR SLEEP QUALITY. FINALLY, THE APP WILL DISPLAY AN ANALYSIS OF THE KIND OF SLEEP, YOU HAD THE PREVIOUS NIGHT.**

- YOU’LL BE ABLE TO WORK ON ANDROID STUDIO AND BUILD AN APP.**
- YOU’LL BE ABLE TO INTEGRATE THE DATABASE ACCORDINGLY.**