A Sleep Tracking App For A Better Night's Rest

Project presented by :

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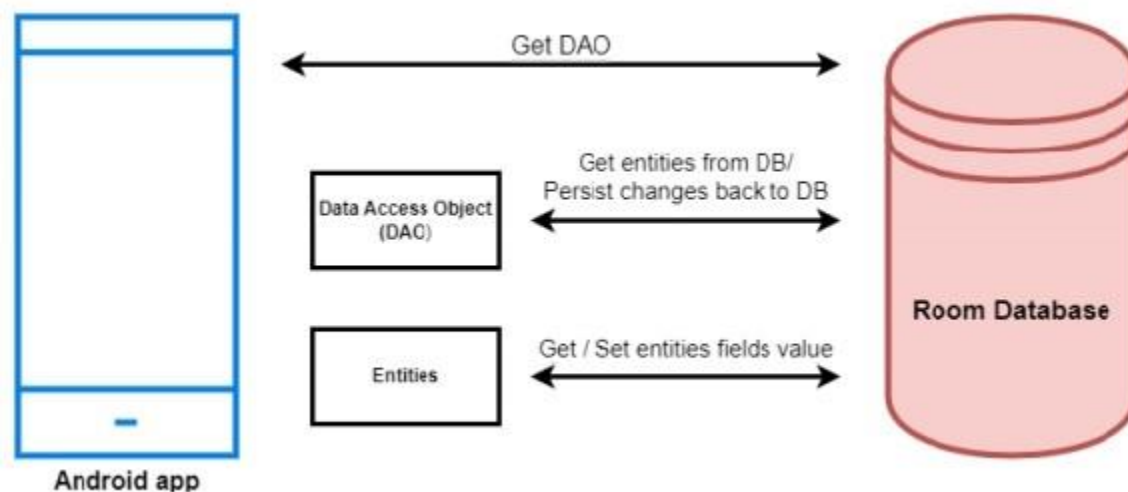
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A Sleep Tracking App For A Better Nights Rest

A project that is demonstrate uses of Android Jetpack Compose to build a UI for a sleep tracking app . T he app allows 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 and again proven that a good quality sleep is pretty essential 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 a sleep . The timer will keep running in the back round until it 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.

ARCHITECTURE:

LEARNING OUTCOMES:

By the end of this project:

➢ You'll be able to work on android studio and build an app.
➢ You'll be able to integrate the database accordingly.

PROJECT WORKFLOW:

➢ User register into the application.
➢ After registration, user begins into the application.
➢ User enters into the main page.
➢ User can view the subject theme on selecting theme he can read about it.

TASKS:

- Required initial steps.

- Creating a new project.

- Adding required dependencies.

- Creating the database classes.

- Building Application UI and connecting to database.

- Using Androidmanifest.xml.

- Running the application

TASKS 1:

EMPATHY AND BRAINSTORMING MAP:

Build a mind map.

SLEEP & PERFORMANCE
THE BENEFITS OF GETTING 7-9 HOURS OF SLEEP PER NIGHT

PHYSICAL FITNESS
Physical recovery
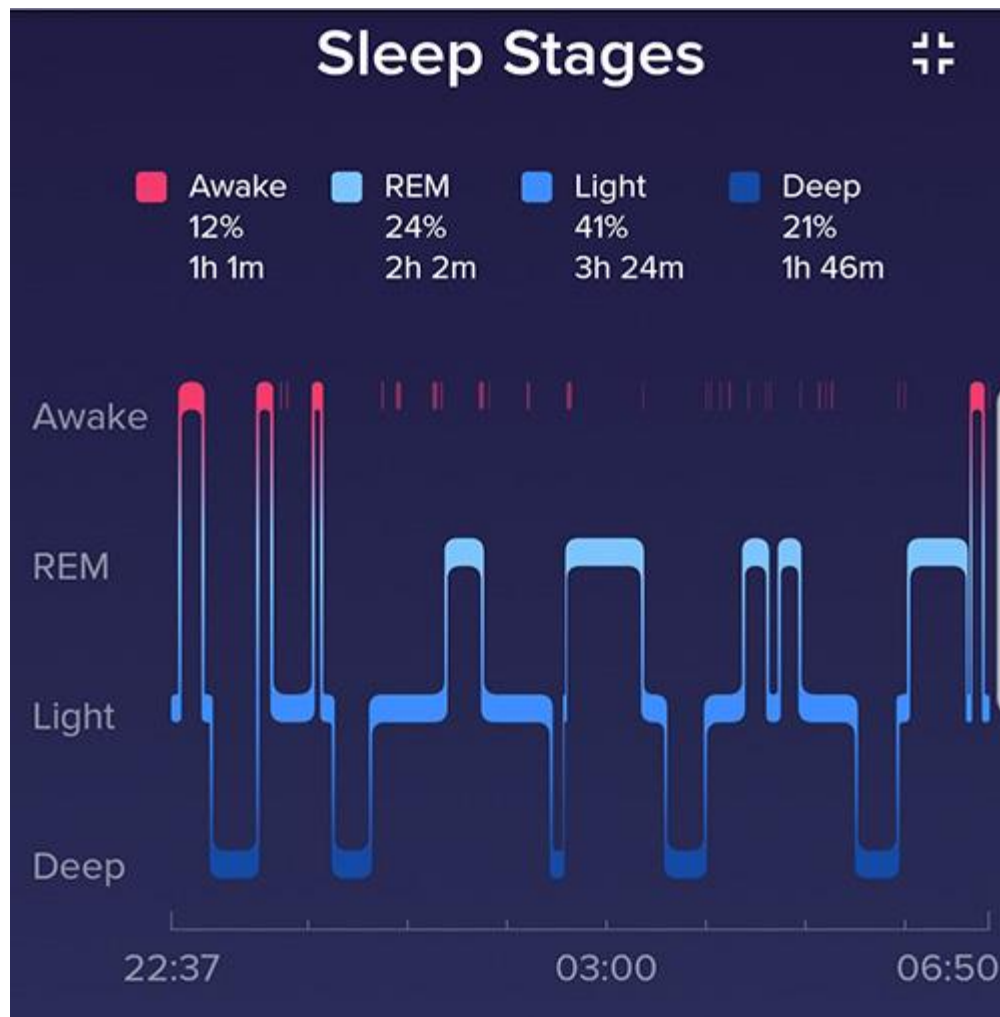Muscle memory
Injury prevention
Balance, coordination, and speed
Muscle gains

MENTAL FITNESS
Mood and emotion regulation
Stress hormone regulation
Alertness and ability to sustain attention
Decision-making and problem-solving
Learning and memory

FINANCIAL FITNESS
Decision-making
Reduces need for immediate gratification

MEDICAL FITNESS
Ability to fight infection
Response to immunizations
Chronic disease prevention (heart disease, diabetes, obesity, etc.)

SOCIAL FITNESS
Relationships
Empathy
Willingness to solve conflict
Openness to others

SPIRITUAL FITNESS
Mood and emotion regulation
Ability to live out your values

NUTRITIONAL FITNESS
Hunger regulation
Blood sugar balance
Gut health
Healthy body weight

TO CREATE A PROJECT MINDMAP THAT HELPS TO STAY ON SECHEDULE.

Required initial steps:

- ✓ http://developer.andriod.com/studio/install

- ✓ Visit the Andriod Developers website and click on download
  Andriod studio app.

- ✓ Now open the downloaded file to install android studio.

- ✓ Click Nexts to continue installing Andriod studio.

- ✓ Futher , Click install and wait while Andriod studio is being installed on your PC.