

Ashton Sears

Portia Plante

CSCE 242 Section 001

26 January 2025

Project Setup

Website Name:

Sleep Symptom Tracker

Description:

Sleep is crucial to daily life, and poor sleep quality can have numerous consequences on physical and mental well-being. Sleep-wake disorders involve problems with the quality, timing, and amount of sleep, which can impair daily functioning. About 50 to 70 million Americans have sleep-wake disorders, and that number has been increasing. Many people with sleep-wake disorders like sleep apnea and narcolepsy are undiagnosed, with an estimated 90% of people with sleep apnea and 50% of people with narcolepsy undiagnosed. The Sleep Symptom Tracker would help people concerned about their sleep habits track abnormal sleep behaviors.

Page Names:

Home

Sleep-Wake Disorders

Sleep Symptom Tracker

About Us

References

Data Storage:

We will be storing a list of sleep behaviors (type of behavior, time of occurrence, length of symptom, number of occurrences, amount of sleep per day, perceived quality of sleep upon waking). Only the administrator will be able to add/edit/delete data, so we will need user accounts with login security.