

안드로이드 앱 개발

# Sleepit

2050.03.25

컴퓨터소프트웨어학과 김종현

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<https://github.com/asklxn/mobileApp>

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## 01 배경

### 주제 소개

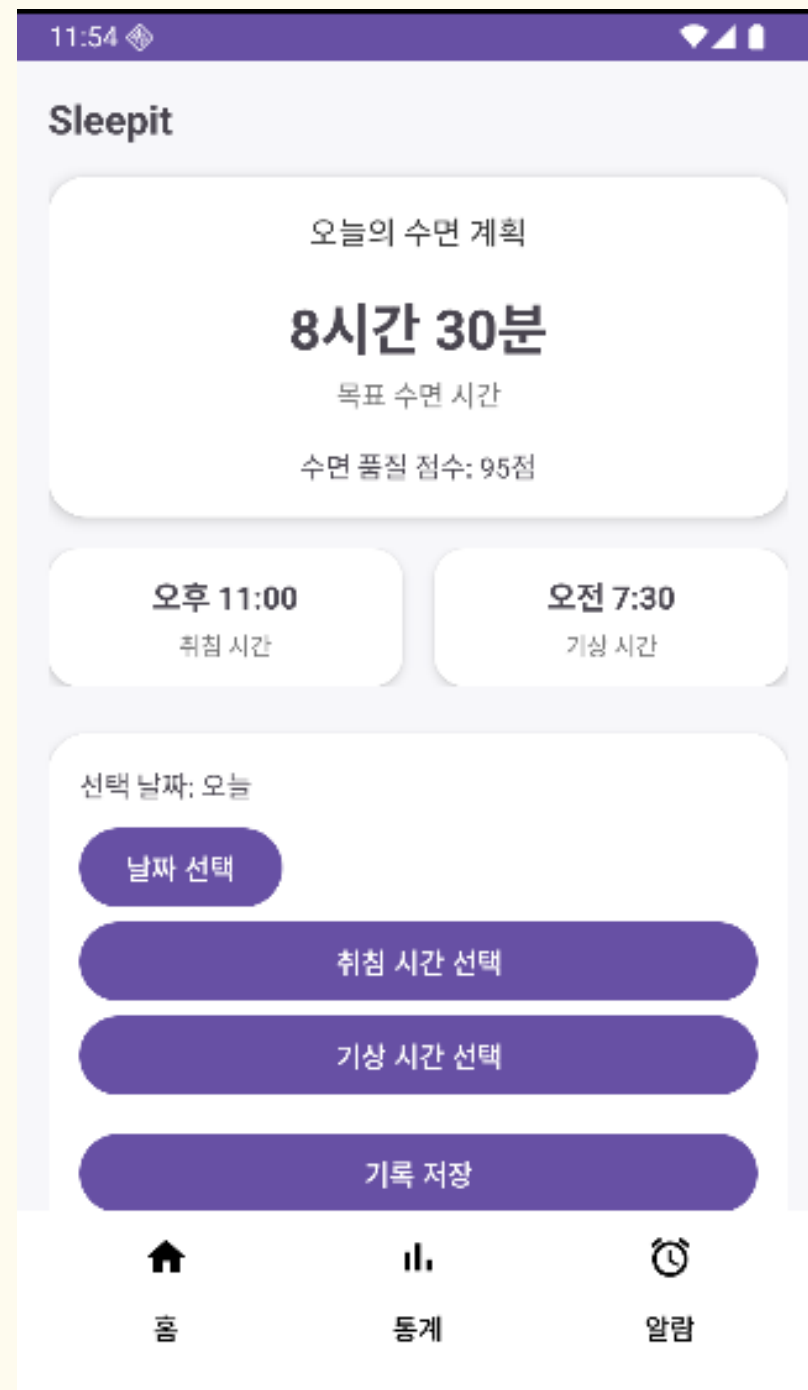
Sleepit은 현대인의 바쁜 일상을 고려하여 개발된 혁신적인 수면 관리 앱입니다. 이 앱은 사용자의 수면 패턴을 분석하고 맞춤형 조언을 제공하여 보다 나은 수면의 질을 보장합니다.

### 문제 제기

현대 사회에서 수면 부족은 많은 사람들에게 공통된 문제로 대두되고 있습니다. 기술의 발전과 함께 스마트폰, 컴퓨터 및 기타 전자 기기들이 우리의 일상에 깊숙이 스며들면서, 자연스러운 수면 패턴이 교란되고 있습니다. 특히 청소년과 젊은 층에서는 늦은 밤까지 이어지는 인터넷 사용과 소셜 미디어 활동이 수면의 질을 저하시키는 주요 원인 중 하나로 지목되고 있습니다. 이는 신체적, 정신적 건강에 부정적인 영향을 미칩니다.



## 02 기능



1

사용자에게 맞춤형 취침 및 기상 시간을 추천하여 최적의 수면 주기를 유지할 수 있도록 돕습니다.

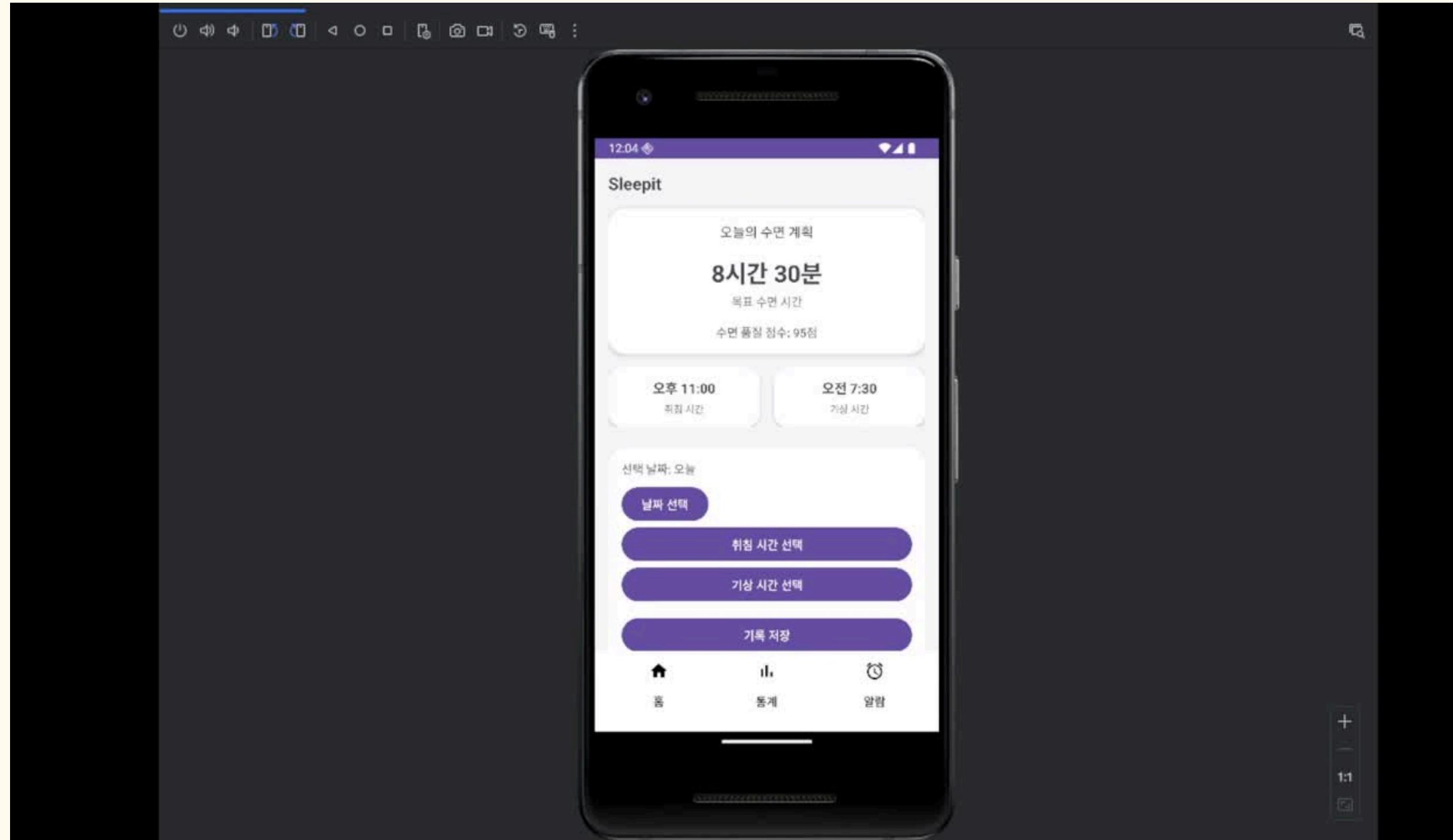
2

주 단위로 사용자의 수면의 질을 평가하고 피드백을 제공합니다.

3

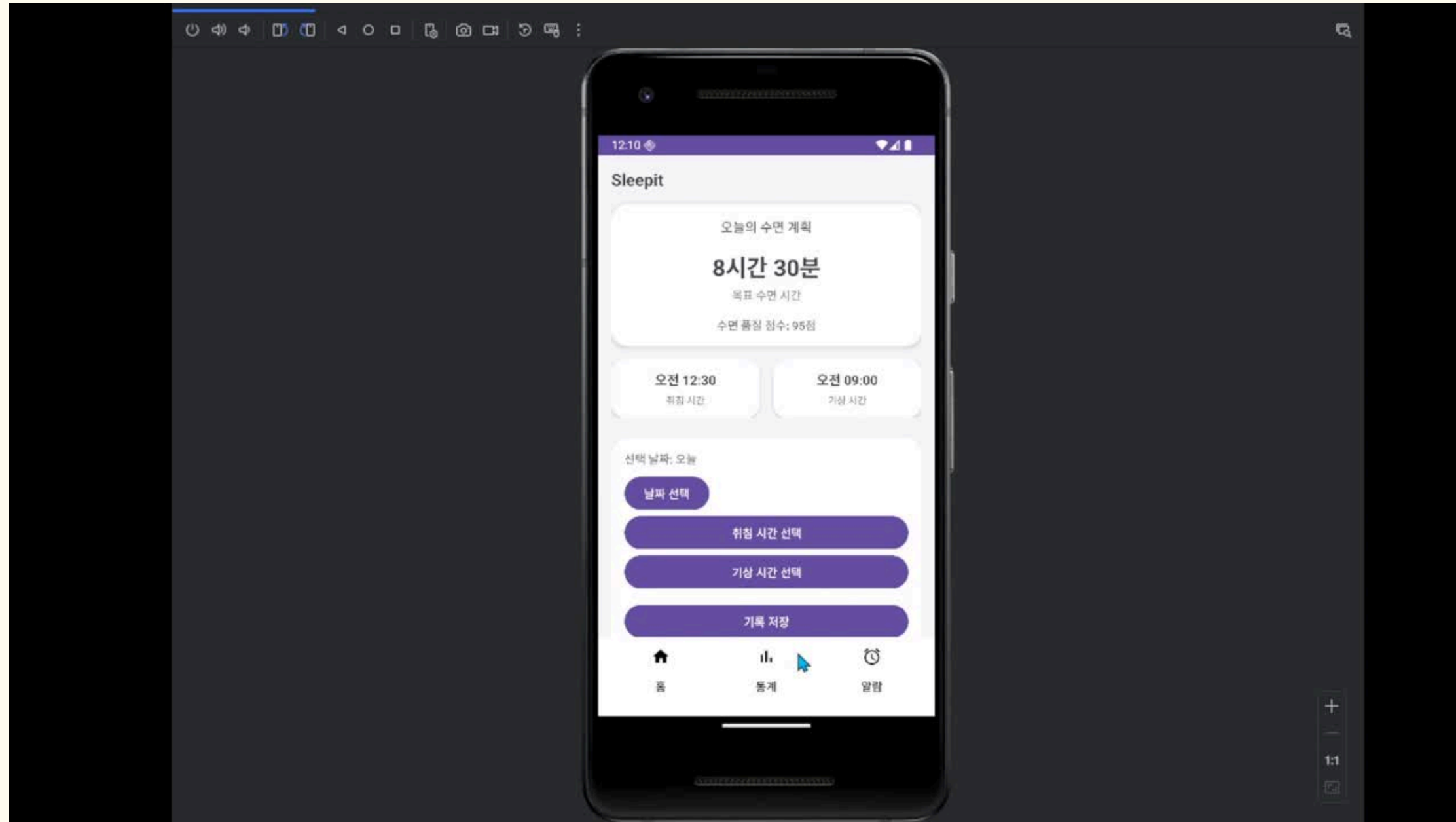
알람 기능이 포함되어 있어, 사용자가 설정한 시간에 부드럽게 잠에서 깰 수 있도록 지원합니다.

## 02 기능



취침시간/기상시간을 입력하면 추천 수면시간에 맞게 다른 한쪽이 변경되는 모습

## 02 기능



기록을 저장하고, 피드백과 함께 그래프로 통계를 내줌

## 02 기능

```
2 usages
public SleepDatabaseHelper(Context context) {
    super(context, DATABASE_NAME, factory: null, DATABASE_VERSION);
}

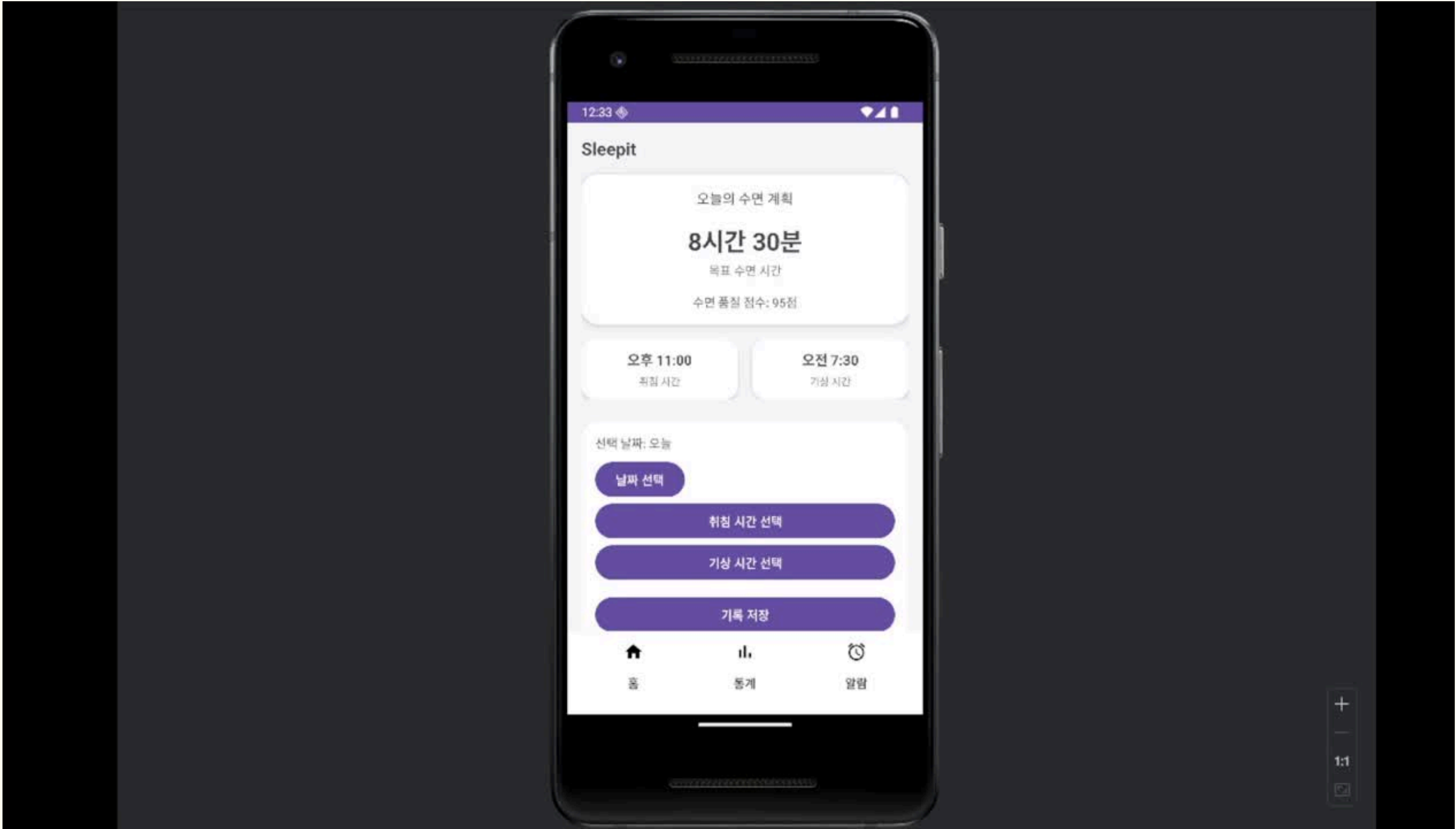
@Override
public void onCreate(SQLiteDatabase db) {
    db.execSQL("CREATE TABLE IF NOT EXISTS SleepRecords (" +
        "id INTEGER PRIMARY KEY AUTOINCREMENT, " +
        "date TEXT, " +
        "sleep_time TEXT, " +
        "wake_time TEXT)");
}

no usages
@Override
public void onUpgrade(SQLiteDatabase db, int oldVersion, int newVersion) {
    String DROP_TABLE = "DROP TABLE IF EXISTS " + TABLE_NAME;
    db.execSQL(DROP_TABLE);
    onCreate(db);
}
```

**SleepDatabaseHelper**

SQLite로 데이터가 관리되는 코드이며  
그래프 탭이나 통계 탭 등에서는 이 SleepRecords 테이블을  
조회해서 평균 수면 시간, 요일별 기록 등을 계산하고 있음

02 기능





## 03 마무리



편안한 수면을 위한 최고의 선택

중간발표에서 설계했던 것과 다르게 구현 과정에서 예기치 못한 어려움이 발생하여, 몇몇 기능을 적당히 타협하거나 아예 빼버리게 된 것은 아쉬움으로 남습니다. 초기 계획 단계에서는 모든 기능이 완벽하게 구현될 것이라 기대했지만, 현실적인 제약과 기술적 한계를 극복하는 데 있어 많은 도전이 있었습니다. 하지만 이런 과정을 통해 문제 해결 능력과 유연한 사고의 중요성을 깨달을 수 있었습니다. 이러한 배움을 바탕으로 다음 프로젝트에서는 더욱 완성도 높은 결과물을 만들 수 있기를 기대합니다.

# 04 깃허브

mobileApp / 0314 /

asklxn Update readme.md

ab3f013 · 2 weeks ago History

Name	Last commit message	Last commit date
..		
Button	Update readme.md	2 weeks ago
Call	Update readme.md	2 weeks ago
ColorTest	Update readme.md	2 weeks ago
EditText	Update readme.md	2 weeks ago
Random2	Update readme.md	2 weeks ago
Report	Update readme.md	2 weeks ago
readme.md	Create readme.md	3 months ago

Commits on Mar 27, 2025

Delete 0314/Challenge directory

asklxn authored on Mar 27

Verified d3bc445

Add files via upload

asklxn authored on Mar 27

Verified be0e2e2

Create readme.md

asklxn authored on Mar 27

Verified 0d3476e

Commits on Mar 21, 2025

Add files via upload

asklxn authored on Mar 21

Verified e72d994

Create readme.md

asklxn authored on Mar 21

Verified 03753f7

Add files via upload

asklxn authored on Mar 21

Verified 1c87f81

Create readme.md

asklxn authored on Mar 21

Verified 5f22267

Add files via upload

asklxn authored on Mar 21

Verified 0cba80e

Create readme.md

asklxn authored on Mar 21

Verified 5f26dfa

Add files via upload

asklxn authored on Mar 21

Verified 6ac2b60

Create readme.md

asklxn authored on Mar 21

Verified 5aee2d3

Add files via upload

asklxn authored on Mar 21

Verified 0cba80e

Create readme.md

asklxn authored on Mar 21

Verified 5f26dfa

Add files via upload

asklxn authored on Mar 21

Verified 6ac2b60

Create readme.md

asklxn authored on Mar 21

Verified 5aee2d3

Add files via upload

asklxn authored on Mar 21

Verified 7d5cb56

Create readme.md

asklxn authored on Mar 21

Verified a3530b2

Add files via upload

asklxn authored on Mar 21

Verified 4ff084c

Create readme.md

asklxn authored on Mar 21

Verified fb3f226

Create readme.md

asklxn authored on Mar 21

Verified 895d7ed

End of commit history for this file

04 깃허브

mobileApp / 0321/

asklxn Update readme.md9718f83 · 2 weeks agoHistory

Name	Last commit message	Last commit date
..		
ColorTest	Update readme.md	2 weeks ago
RandomNumber	Update readme.md	2 weeks ago
Report	Create readme.md	3 months ago
TwoButton	Update readme.md	2 weeks ago
challenge	Update readme.md	2 weeks ago
visiblity	Update readme.md	2 weeks ago
readme.md	Create readme.md	3 months ago

Commits on Mar 21, 2025

Create readme.mdasklxn authored on Mar 21Verifiedb79f4d0

Delete 0321/Calculator directoryasklxn authored on Mar 21Verified4efaed2

Create readme.mdasklxn authored on Mar 21Verifiede39ce2b

Add files via uploadasklxn authored on Mar 21Verified8565aba

Create readme.mdasklxn authored on Mar 21Verified34aae4e

Add files via uploadasklxn authored on Mar 21Verifiedcd14b26

Create readme.mdasklxn authored on Mar 21Verified4ae3070

Delete 0321/Visivility/reame.mdasklxn authored on Mar 21Verified2e087db

Create reame.mdasklxn authored on Mar 21Verified9773d7f

Add files via uploadasklxn authored on Mar 21Verifiedaac88a1

Create readme.mdasklxn authored on Mar 21Verifiedefa1462

Add files via uploadasklxn authored on Mar 21Verified6f92bef

Create readme.mdasklxn authored on Mar 21Verified4d68a2b

# 04 깃허브

mobileApp / 0328 /

Add file ...

asklxn Update readme.md680d49d · 2 weeks agoHistory

Name	Last commit message	Last commit date
..		
Calculator	Update readme.md	2 weeks ago
CalculatorRefort	Update readme.md	2 months ago
ComplexLayout	Update readme.md	2 weeks ago
Dice	Update readme.md	2 weeks ago
randomnumber	Update readme.md	2 weeks ago
readme.md	Update readme.md	2 weeks ago

Commits on Apr 11, 2025

Add files via uploadasklxn authored on Apr 11Verified010e446

Create readme.mdasklxn authored on Apr 11Verified94bd584

Add files via uploadasklxn authored on Apr 11Verifiedfbfb722

Create readme.mdasklxn authored on Apr 11Verified94b587d

Add files via uploadasklxn authored on Apr 11Verified79d6e93

Create readme.mdasklxn authored on Apr 11Verified892760a

Add files via uploadasklxn authored on Apr 11Verified77c8543

Add files via uploadasklxn authored on Apr 11Verified312de42

Create readme.mdasklxn authored on Apr 11Verified5e0e681

Update readme.mdasklxn authored on Apr 11Verified3c86a22

Commits on Apr 4, 2025

Add files via uploadasklxn authored on Apr 4Verifieda80afb0

Create readme.mdasklxn authored on Apr 4Verified3d674a5

Delete 0328/CaculatorRefortasklxn authored on Apr 4Verified9ee8998

Create CaculatorRefortasklxn authored on Apr 4Verified64a3fac

Create readme.mdasklxn authored on Apr 4Verified73299af


End of commit history for this file

# 04 깃허브

mobileApp / 0411 /


Add file



...

 asklxn

Create readme.md

8be5ff4 · 2 months ago

 History


Name	Last commit message	Last commit date
 ..		
 readme.md	Create readme.md	2 months ago

04 깃허브

mobileApp / 0418 /


Add file







...

 asklxn

Update readme.md

5ee8d34 · 2 weeks ago

 History

Name	Last commit message	Last commit date
 ..		
 Claude_Menu	Update readme.md	2 weeks ago
 ContextMenu	Update readme.md	2 weeks ago
 OptionMenu	Update readme.md	2 weeks ago
 Timer_mission	Update readme.md	2 weeks ago
 readme.md	Update readme.md	2 weeks ago

Commits on May 2, 2025

Add files via upload

 asklxn authored on May 2

Verified

df50f53







Create readme.md

 asklxn authored on May 2

Verified

9734b1b







Add files via upload

 asklxn authored on May 2

Verified

c4a1fb0







Create readme.md

 asklxn authored on May 2

Verified

6f24f61







Add files via upload

 asklxn authored on May 2

Verified

c7dfd5







Create readme.md

 asklxn authored on May 2

Verified

6207e21







Commits on Apr 18, 2025

Update MainActivity.java

 asklxn authored on Apr 18

Verified

14ac48b







Add files via upload

 asklxn authored on Apr 18

Verified

3fd6bdd







Create readme.md

 asklxn authored on Apr 18

Verified

5910569







Create readme.md

 asklxn authored on Apr 18

Verified

c2da49a












End of commit history for this file

# 04 깃허브


 asklxn Update readme.md



5a8340a · 2 weeks ago  History

Name	Last commit message	Last commit date
 ..		
 CustomListView	Update readme.md	2 weeks ago
 Gallery	Update readme.md	2 weeks ago
 report	Update readme.md	last month
 readme.md	Update readme.md	2 weeks ago


Commits on May 4, 2025

Update readme.md

 asklxn authored on May 4


Verified8cd95ba <>



Add files via upload

 asklxn authored on May 4

Verifiedea1569b <>


Create readme.md



 asklxn authored on May 4

Verified5e17c53 <>


Commits on May 2, 2025



Add files via upload

 asklxn authored on May 2

Verifieded824c9 <>



Create readme.md

 asklxn authored on May 2


Verifiedc801f8e <>



Add files via upload

 asklxn authored on May 2


Verified38dee62 <>



Create readme.md

 asklxn authored on May 2

Verified11f48ad <>

Create readme.md

 asklxn authored on May 2

Verified6ea98e2 <>

End of commit history for this file



# 04 깃허브

mobileApp / 0509 /

Add file

asklxn

Update readme.md

c35675e · 2 weeks ago

History

Name	Last commit message	Last commit date
..		
Paint_Board	Add files via upload	last month
todo	Add files via upload	last month
readme.md	Update readme.md	2 weeks ago

Commits on May 9, 2025

Add files via upload

asklxn authored on May 9

Verifiedfda9bc9

Create readme.md

asklxn authored on May 9

Verifiedaf8509e

Delete 0509/To\_Do directory

asklxn authored on May 9

Verified65be8b5

Add files via upload

asklxn authored on May 9

Verified6b3d55b

Add files via upload

asklxn authored on May 9

Verified23b69f7

Update readme.md

asklxn authored on May 9

Verifiedac70610

Create readme.md

asklxn authored on May 9

Verifiedcd9fb75

Add files via upload

asklxn authored on May 9

Verified098ab69

Update readme.md

asklxn authored on May 9

Verifiedcc8558a

Create readme.md

asklxn authored on May 9

Verifiedba0d3ba

Create readme.md

asklxn authored on May 9

Verified7aedb54

End of commit history for this file




04 깃허브

mobileApp / 0516 /


Add file





...

 asklxn

Update readme.md


eb42a32 · 2 weeks ago




 History

Name	Last commit message	Last commit date
 ..		
 Memo_save	Update readme.md	2 weeks ago
 todo_SqlLite	Update readme.md	2 weeks ago
 readme.md	Update readme.md	2 weeks ago


Commits on May 16, 2025




Add files via upload

 asklxn authored last month

Verifiedbeb10fb


Create readme.md




 asklxn authored last month

Verifiedeedcb96


Copy full SHA for eedcb96




Add files via upload

 asklxn authored last month


Verified288d7ba




Create readme.md

 asklxn authored last month


Verified8df4101




Delete 0516/todo directory

 asklxn authored last month


Verifiedff9d345




Create readme.md

 asklxn authored last month

Verifiedddf9518

Create readme.md

 asklxn authored last month

Verified68629f9

End of commit history for this file

# 04 깃허브

mobileApp / 0523 /

Add file ...

asklxn Update readme.md

02aaf91 · 2 weeks ago History

Name	Last commit message	Last commit date
..		
todo_alarm	Update readme.md	2 weeks ago
readme.md	Create readme.md	3 weeks ago

History for mobileApp / 0523 on main

All usersAll time

Commits on May 29, 2025

Update readme.md

asklxn authored 2 weeks ago

Verified02aaf91

Commits on May 23, 2025

Add files via upload

asklxn authored 3 weeks ago

Verifiedc74e2af

Create readme.md

asklxn authored 3 weeks ago

Verified35e0875

Create readme.md

asklxn authored 3 weeks ago

Verifiedc562f14

End of commit history for this file

# 11점

4월 11일을 제외하면 모든 과제를 제시간에 제출했기 때문에 11점입니다