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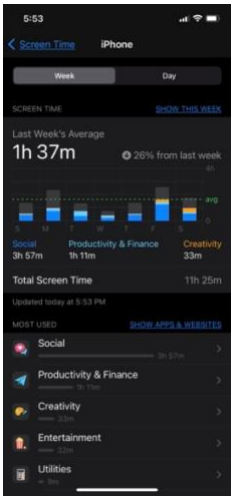
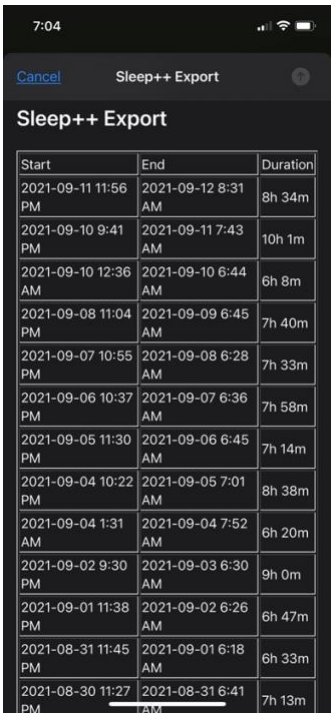
Project Part 1

One idea for a data source for the Quantified Self Project is electronic phone screen time. This is automatically tracked on the screen time application; however, it is not downloadable and transferable, so it is a manual process to enter in data. Below is a screenshot of data that has been automatically tracked, but does not seem to be downloadable.



This data is being collected throughout each day of the week, recording screen time in hours and minutes. Attributes of this data include grouped and individual applications' time of use per day, as well as an averaged screen time per week and a count of how many notifications you receive from each application. I am interested in seeing trends in how much time I spend on my phone, especially during weekdays, weekends, before exams, and during my busier class days. Hopefully I will learn that the less screen time I have, the more productive and busy a day will be.

Another idea regards analyzing sleeping patterns. This is automatically tracked in my Sleep++ app, connected to my Apple watch, and can be downloaded in a CSV file shown below.



Sleep data is collected in hours and minutes every day, more specifically, every night when sleep is sensed. Attributes include an average amount of sleep in a typical week, broken down into day-by-day averages, as well as an overall timed sleep average over the course of using the app. Every week the app also includes nightly trends, where it shows a seven-night average wake up time and sleep time, and sleeping heart rate averages per week. I'm interested to see how my sleep schedule correlates to busy weeks, eventful days, and my homework load. I hope I will learn that I receive a consistent amount of sleep, however, I think the day of the week may sway my schedule.

My third potential data source is logging study hours. This is a manual process, where I will keep track of the time in Excel; I will record my daily amounts of hours and minutes I spend doing homework and studying. Attributes I could add would be hours spent on every class, heart rate during various projects, or what devices are being used in what classes. I am interested to know if my studying habits are about where they should be given the number of credits in a class, and I hope to learn that I am studying an amount where valuable social time is weaved in as well.