

# Title: SleepEZ Dream Diary - User Guide

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### 1. Introduction

Welcome to SleepEZ Dream Diary, your personal companion for tracking and analyzing your dreams. This guide will help you set up, navigate, and utilize the application's features effectively.

### 2. Installation

#### a. From Google Play Store:

1. Open the Google Play Store on your Android device.
2. Search for "SleepEZ Dream Diary".
3. Tap Install and wait for the installation to complete.

#### b. From APK (If Applicable):

1. Download the SleepEZDreamDiary.apk file from the official website or trusted source.
2. Enable Unknown Sources in your device settings.
3. Open the downloaded APK file and follow the on-screen instructions to install.

### 3. Getting Started

1. Launch the App:
  - Locate the SleepEZ Dream Diary icon on your device and tap to open.
2. Splash Screen:
  - Upon launching, the app displays a splash screen with an animation before proceeding to authentication.

### 4. Authentication

#### a. First-Time Users:

1. Create an Account:
  - Enter a Username and Password.
  - Tap "Create Account" to register.
2. Note:
  - Ensure that your password is secure and memorable.

#### b. Returning Users:

1. Login:

- Enter your Username and Password.
- Tap “Login” to access your account.
- 2. Forgot Password:
  - If you forget your password, contact support for assistance.

## 5. Home Screen

The Home screen provides an overview of your recent dreams and upcoming alarms.

### a. Recent Dreams:

- Displays a carousel of your most recent dream entries.
- If no dreams are recorded, prompts you to add a new dream.

### b. Upcoming Alarms:

- Lists active alarms set for the future.
- Toggle switches allow you to activate or deactivate alarms.

## 6. Logging Dreams

### a. Adding a New Dream:

1. Navigate to Log Screen:
  - Tap on the “Log” icon in the bottom navigation bar.
2. Add Dream:
  - Tap the “+” Floating Action Button (FAB) to add a new dream.
3. Enter Details:
  - Title: Provide a concise title for your dream.
  - Content: Describe the dream in detail.
  - Category: Select a category (e.g., Vivid, Nightmare, Lucid, Other).
4. Save Dream:
  - Tap “Save Dream” to store your entry.

### b. Editing a Dream:

1. Select Dream:
  - From the Recent Dreams carousel or category lists, tap on a dream to edit.
2. Modify Details:
  - Update the title, content, or category as desired.
3. Update Dream:
  - Tap “Update Dream” to save changes.

### c. Deleting a Dream:

1. Select Dream:
  - Tap on the dream you wish to delete.
2. Delete:
  - Tap the “Delete Dream” button.
3. Confirm Deletion:
  - Confirm the action in the dialog prompt.

## 7. Managing Alarms

### a. Adding a New Alarm:

1. Navigate to Alarms Screen:
  - Tap on the “Alarms” icon in the bottom navigation bar.
2. Add Alarm:
  - Tap the “+” Floating Action Button (FAB) to add a new alarm.

3. Set Time:
  - Choose the desired time for the alarm using the time picker.
4. Set Sound:
  - Select a sound for the alarm or use the default tone.
5. Activate Alarm:
  - Toggle the “Active” switch to enable the alarm.
6. Save Alarm:
  - Tap “Save Alarm” to set it.

b. Editing an Alarm:

1. Select Alarm:
  - From the Alarms find the alarm you wish to edit.
2. Modify Details:
  - Adjust sound, or activation status.

c. Deleting an Alarm:

1. Select Alarm:
  - Tap on the alarm you wish to delete.
2. Delete:
  - Tap the “Delete Alarm” button.
3. Confirm Deletion:
  - Confirm the action in the dialog prompt.

## 8. Generating Reports

a. Create Dream Report:

1. Navigate to Log Screen:
  - Tap on the “Log” icon in the bottom navigation bar.
2. Generate Report:
  - Tap the “Date Range” button or the “Generate Report” FAB.
3. Select Date Range:
  - Choose the start and end dates for the report.
4. Select Folder:
  - Choose the destination folder on your device to save the report.
5. Generate:
  - Tap “Generate Report” to create and save the report.

b. Accessing Reports:

- Navigate to the selected folder to view the generated .txt report file.

## 9. Settings

a. Notification Permissions:

- Ensure that the app has the necessary permissions to send notifications and schedule alarms.

b. Sound Preferences:

- Customize alarm sounds and notification tones within the app settings.

## 10. Troubleshooting

Common Issues:

- App Crashes on Launch:
  - Ensure the app is updated to the latest version.

- Reinstall the app if necessary.
- Alarms Not Triggering:
  - Check if the alarm is active.
  - Verify device's battery optimization settings.
- Dreams Not Saving:
  - Ensure the app has storage permissions.
  - Check internet connectivity if applicable.

Support:

For unresolved issues, contact support at [support@sleepezdreamdiary.com](mailto:support@sleepezdreamdiary.com).

## 11. Support

- Email: [support@sleepezdreamdiary.com](mailto:support@sleepezdreamdiary.com)
- Website: [www.sleepezdreamdiary.com](http://www.sleepezdreamdiary.com)
- Phone: +1-234-567-8901