



## This is Watermelon Intelligence.



Nelson, BC, Canada

28 years old

Geomatics specialist



Tim has a bad night sleep on a regular basis.



He wonders which external factors might play a role for his individual situation.



watermelon intelligence



# watermelon intelligence



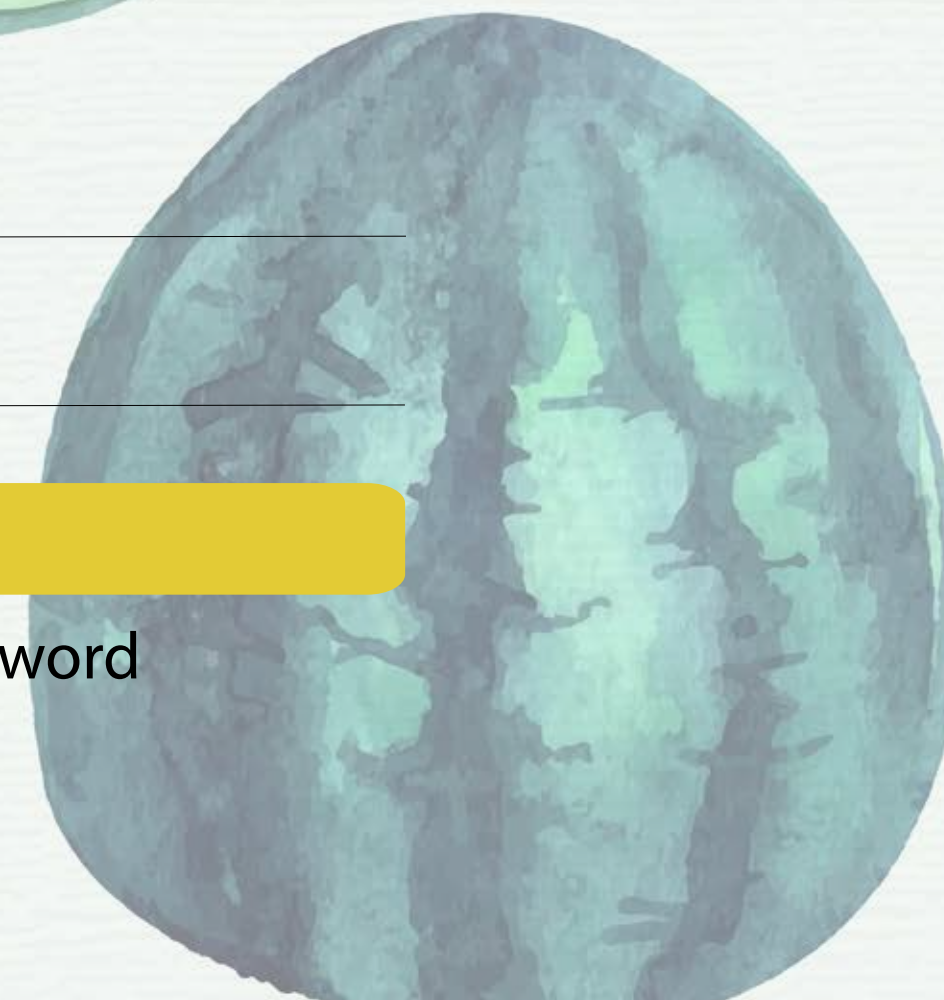
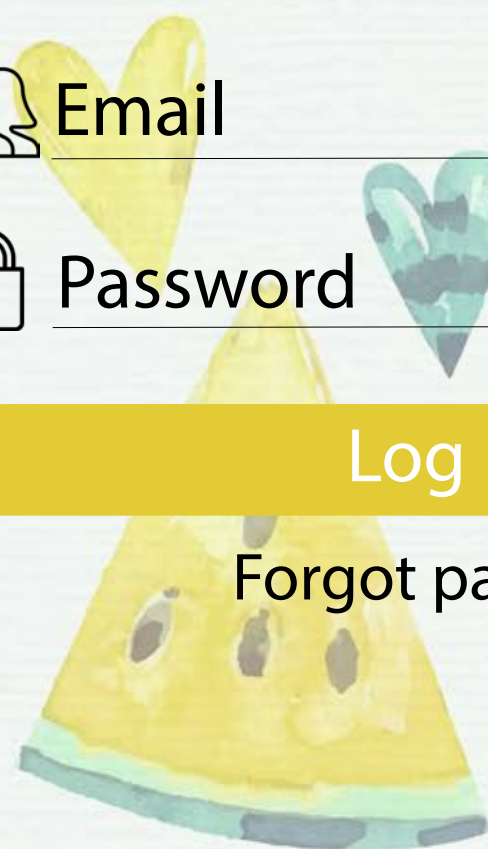
Email



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# Choose data for analysis

Self Tracking

Social Media

Open Data Sets

SleepCycle



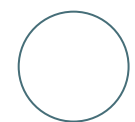
Facebook



Weather



Runtastic



Tinder



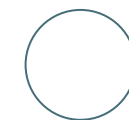
Traffic



Activity Steps



Instagram



Weekdays




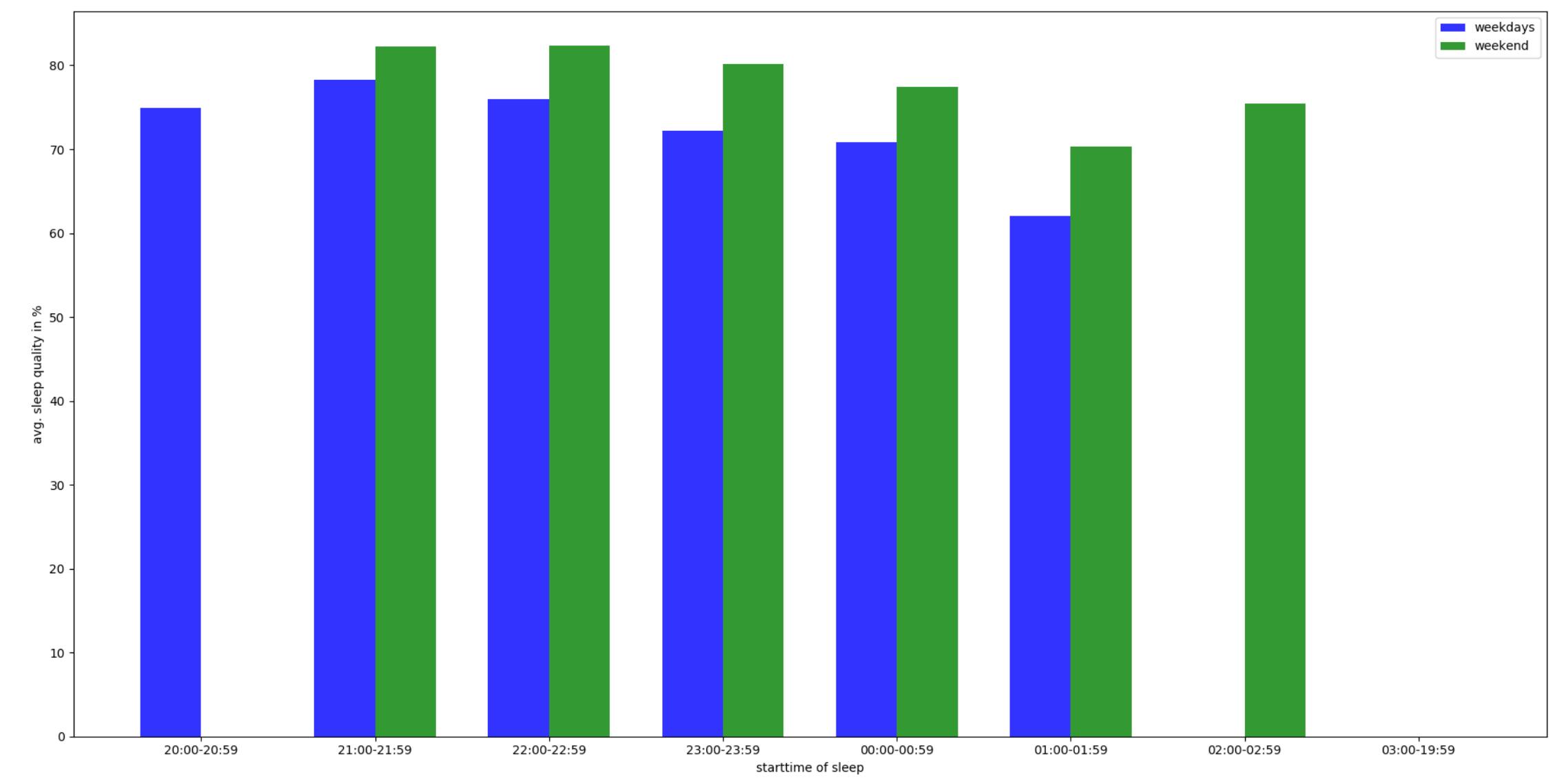






- SleepCycle entries
- Sleep quality
- Start time of sleep

 Notes  
Sleep quality  
higher on week-  
ends.



Weekdays



Sleep duration

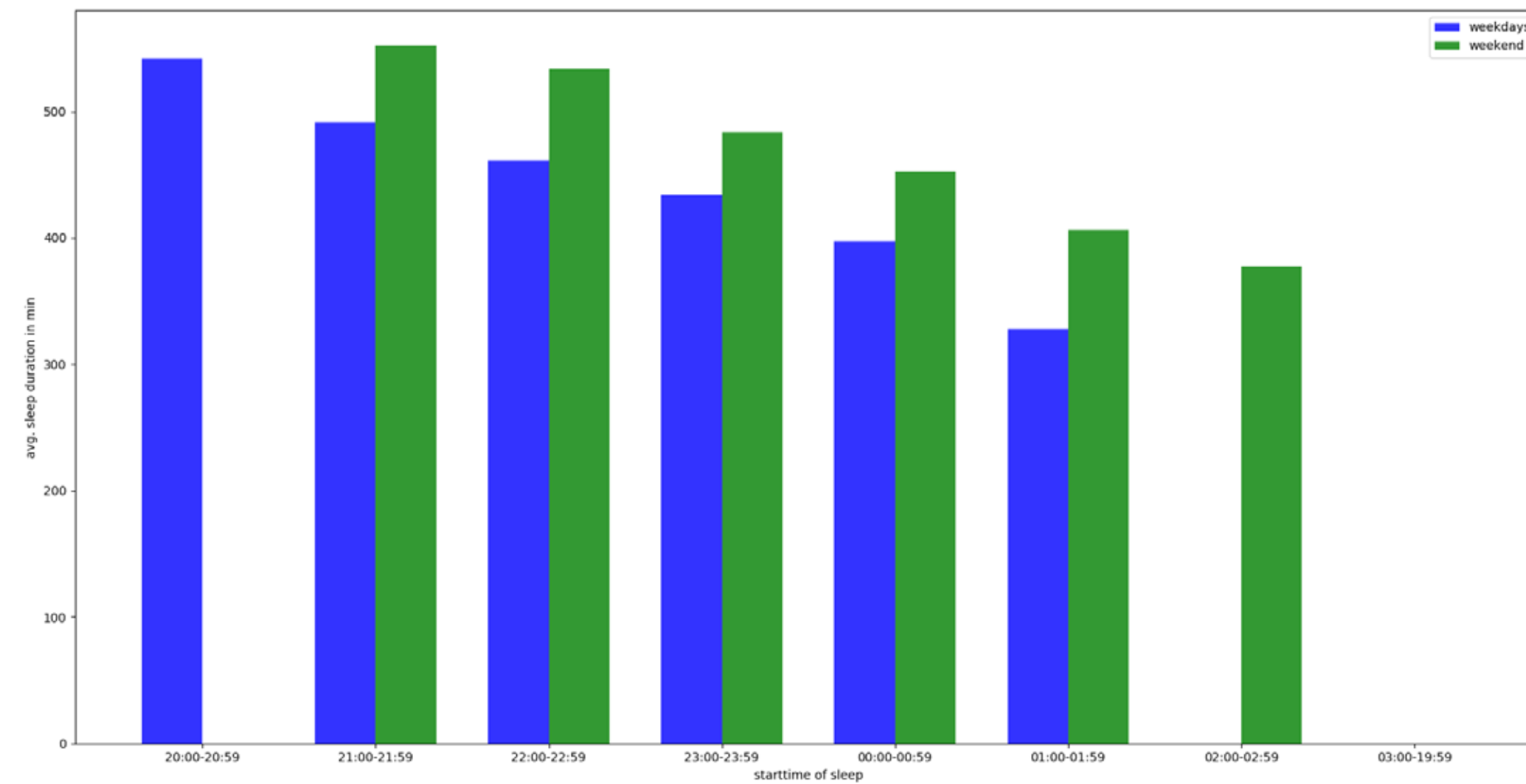


Start time of sleep



### Notes

Longer sleep duration when going to bed early.



Avg. sleep duration ☒

Nr. of entries ☐

Weekday ☐



### Notes

Less entries on saturday.

