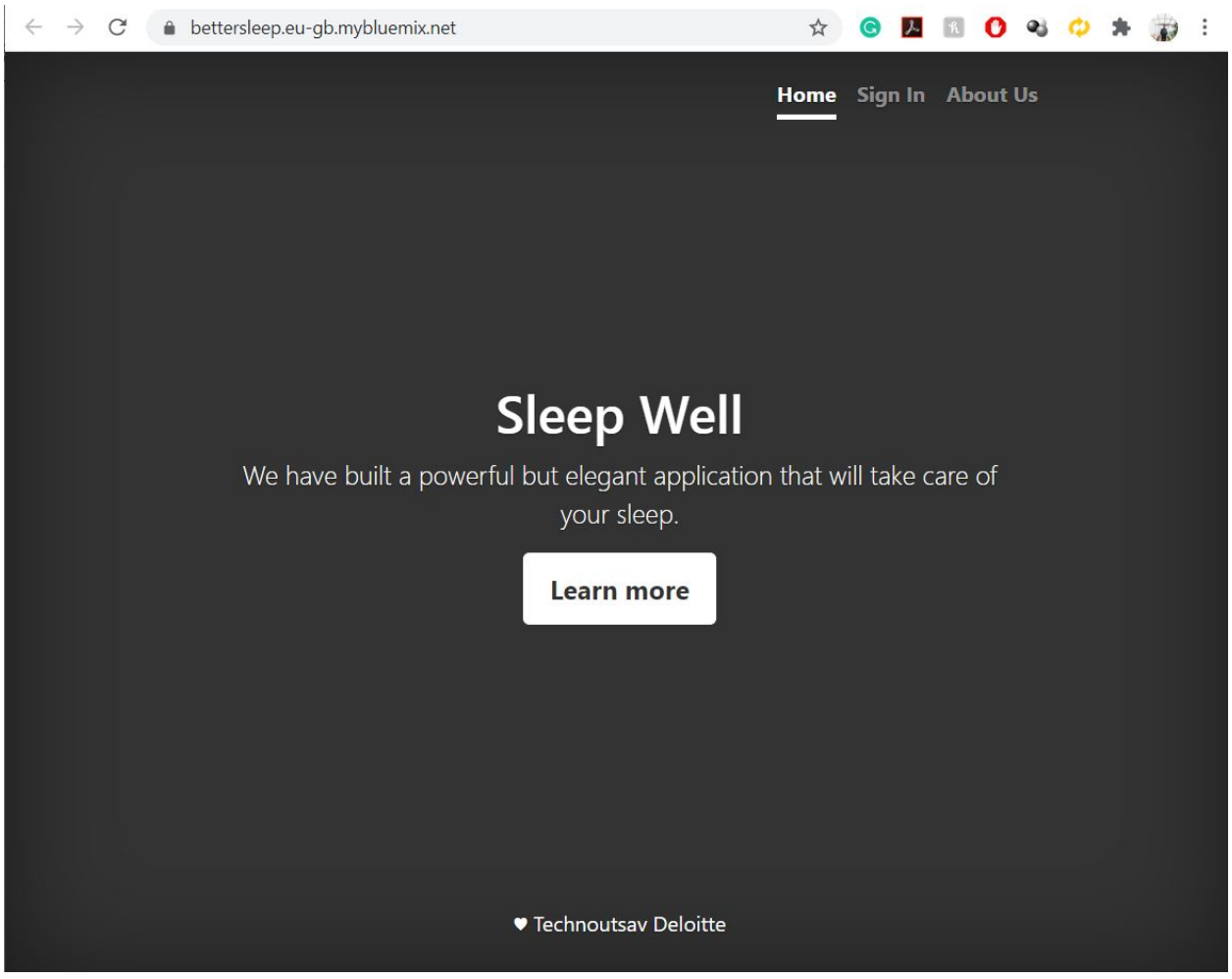
User Manual(Step-By-Step)

1. Users must have a smart Band.

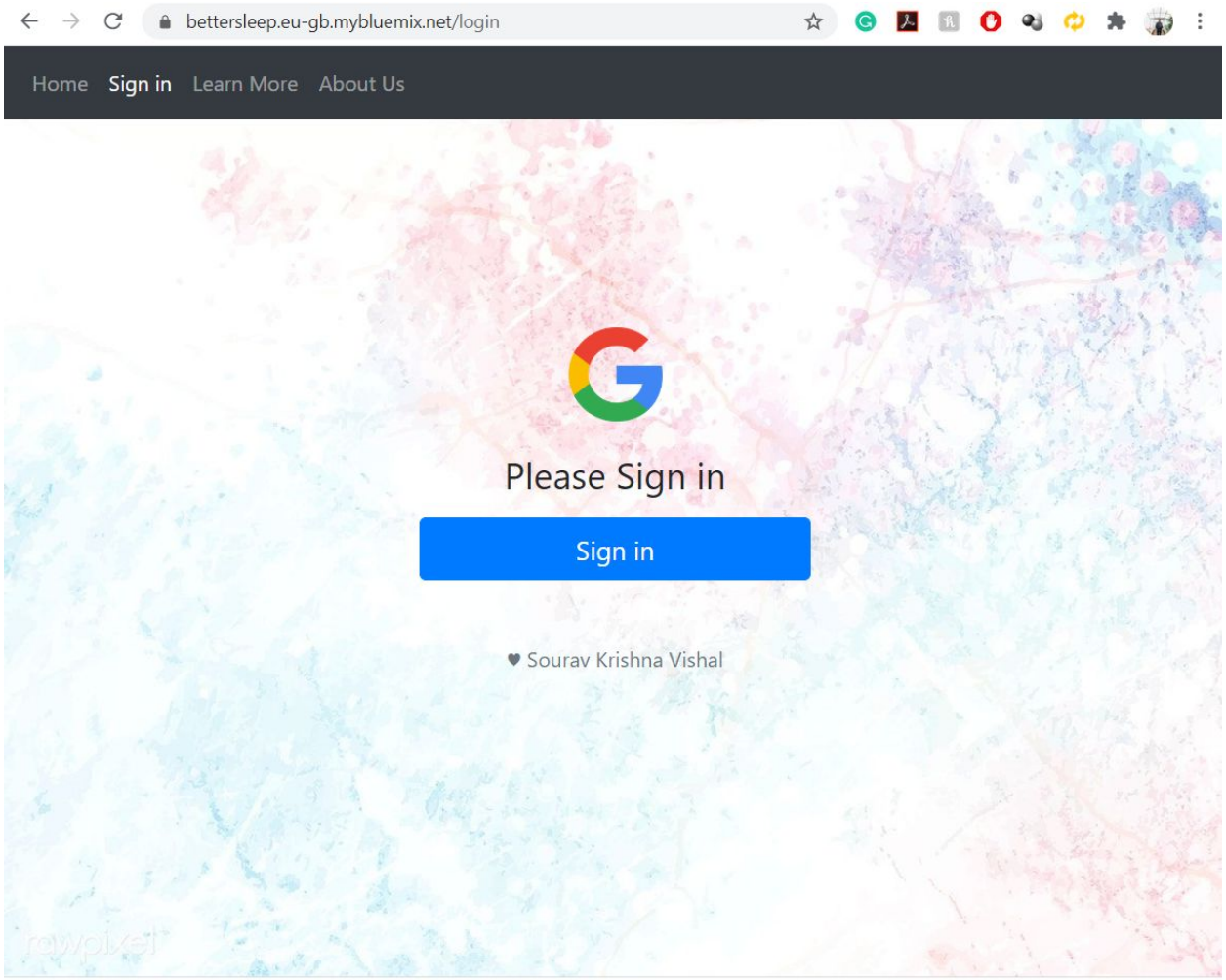
2. User must install Google Fit App

3.Connect your smart band app to your Google Fit account.You can do this by going to the settings on the smart band app.

4. Users must Sign to our Website:https://bettersleep.eu-gb.mybluemix.net/ using the same account as of google fit account.



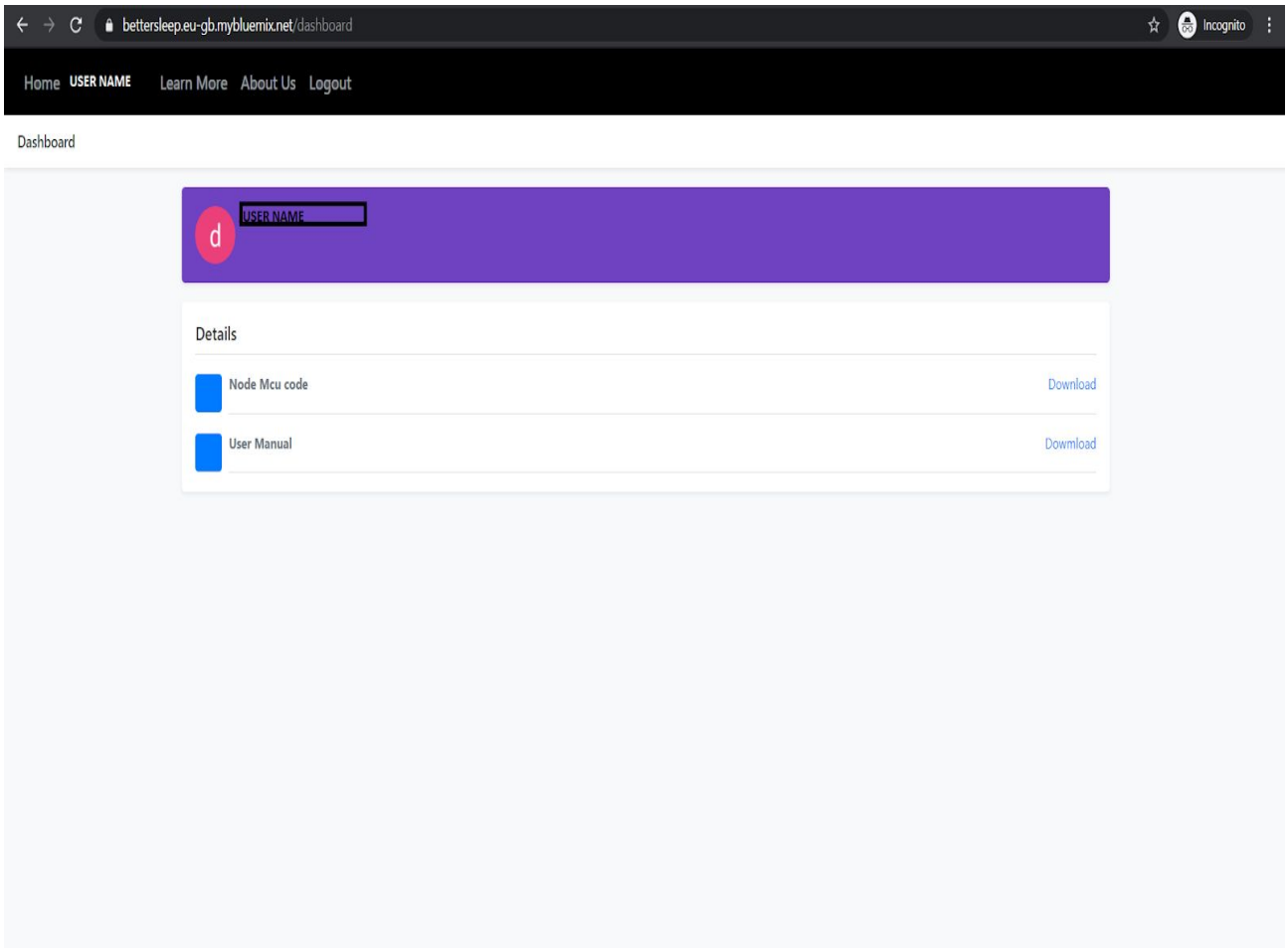
4. Home Page would look like this.



This is how Sign-in page would look like

5. Sign in with the same account linked with your GoogleFit account.

6. Go to your Dashboard page and download Nodemcu Code.



7. This is how your nodemcu code will look like.

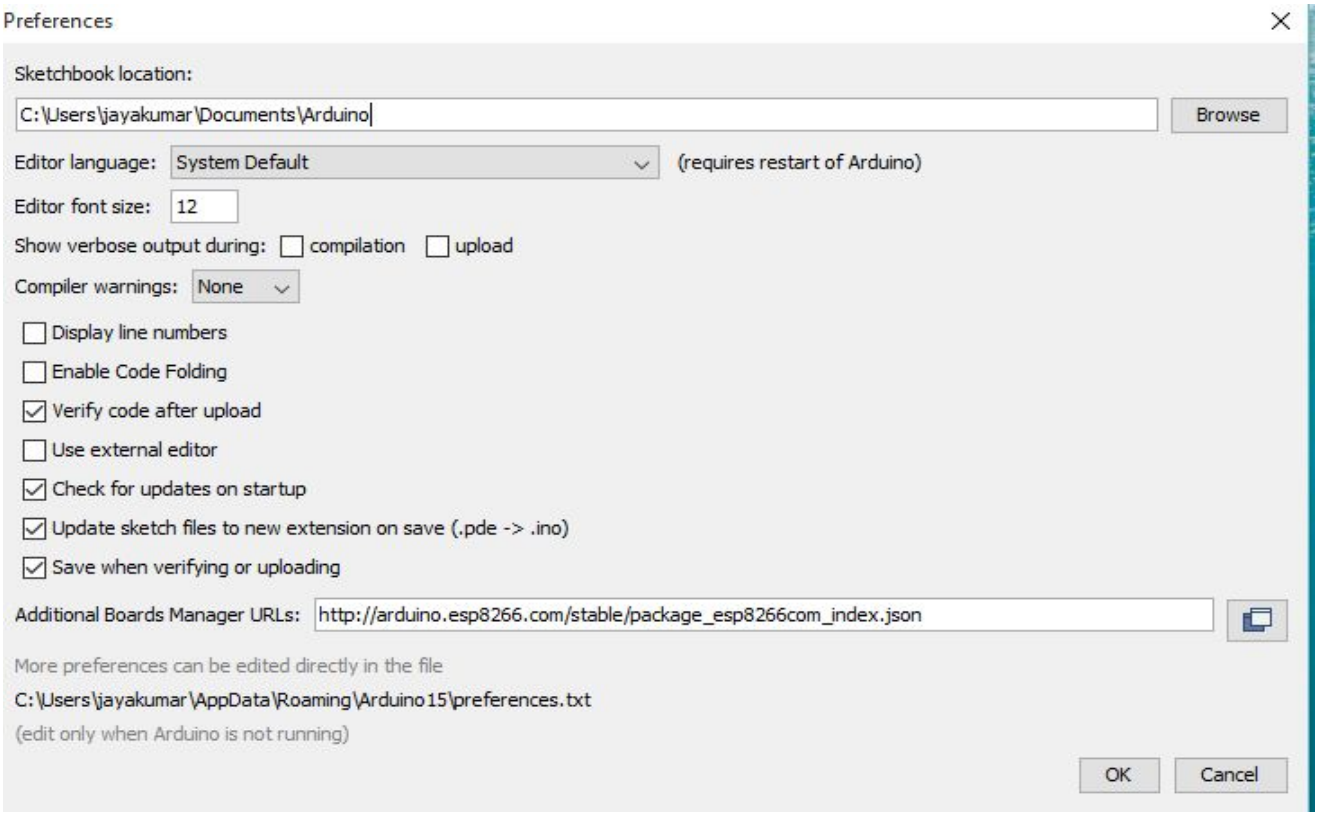
8. Replace your wifi id with your local wifi id and your local id password.

nodemcu_code - Notepad

File Edit Format View Help

```
// Copyright 2015 Google Inc.
//
// Licensed under the Apache License, Version 2.0 (the "License");
// you may not use this file except in compliance with the License.
// You may obtain a copy of the License at
//
//     http://www.apache.org/licenses/LICENSE-2.0
//
// Unless required by applicable law or agreed to in writing, software
// distributed under the License is distributed on an "AS IS" BASIS,
// WITHOUT WARRANTIES OR CONDITIONS OF ANY KIND, either express or implied.
// See the License for the specific language governing permissions and
// limitations under the License.
//
// FirebaseDemo_ESP8266 is a sample that demo the different functions
// of the FirebaseArduino API.
#include <ESP8266WiFi.h>
#include <FirebaseArduino.h>
// Set these to run example.
#define FIREBASE_HOST "nodemcu-2da43.firebaseio.com"
#define FIREBASE_AUTH "j4IyyvSbURP8AMnEmgdC6oAdwB9O0AGkZA0jpbBR"
#define WIFI_SSID "<WIFI_SSID>"
#define WIFI_PASSWORD "<WIFI_PASSWORD>"
void setup() {
Serial.begin(74880);
pinMode(D1, OUTPUT);
// connect to wifi.
WiFi.begin(WIFI_SSID, WIFI_PASSWORD);
Serial.print("connecting");
while (WiFi.status() != WL_CONNECTED) {
Serial.print(".");
delay(500);
}
Serial.println();
Serial.print("connected: ");
Serial.println(WiFi.localIP());
Firebase.begin(FIREBASE_HOST, FIREBASE_AUTH);
Firebase.set("LED_STATUS", 0);
}
int n = 0;
void loop() {
// get value
n = Firebase.getInt("your_mail_id/LED_STATUS");
// handle error
if (n==1) {
Serial.println("LED ON");
digitalWrite(D1,HIGH);
return;
delay(100);
}
else {
delay(100);
Serial.println("LED OFF");
digitalWrite(D1,LOW);
return;
}
}
```

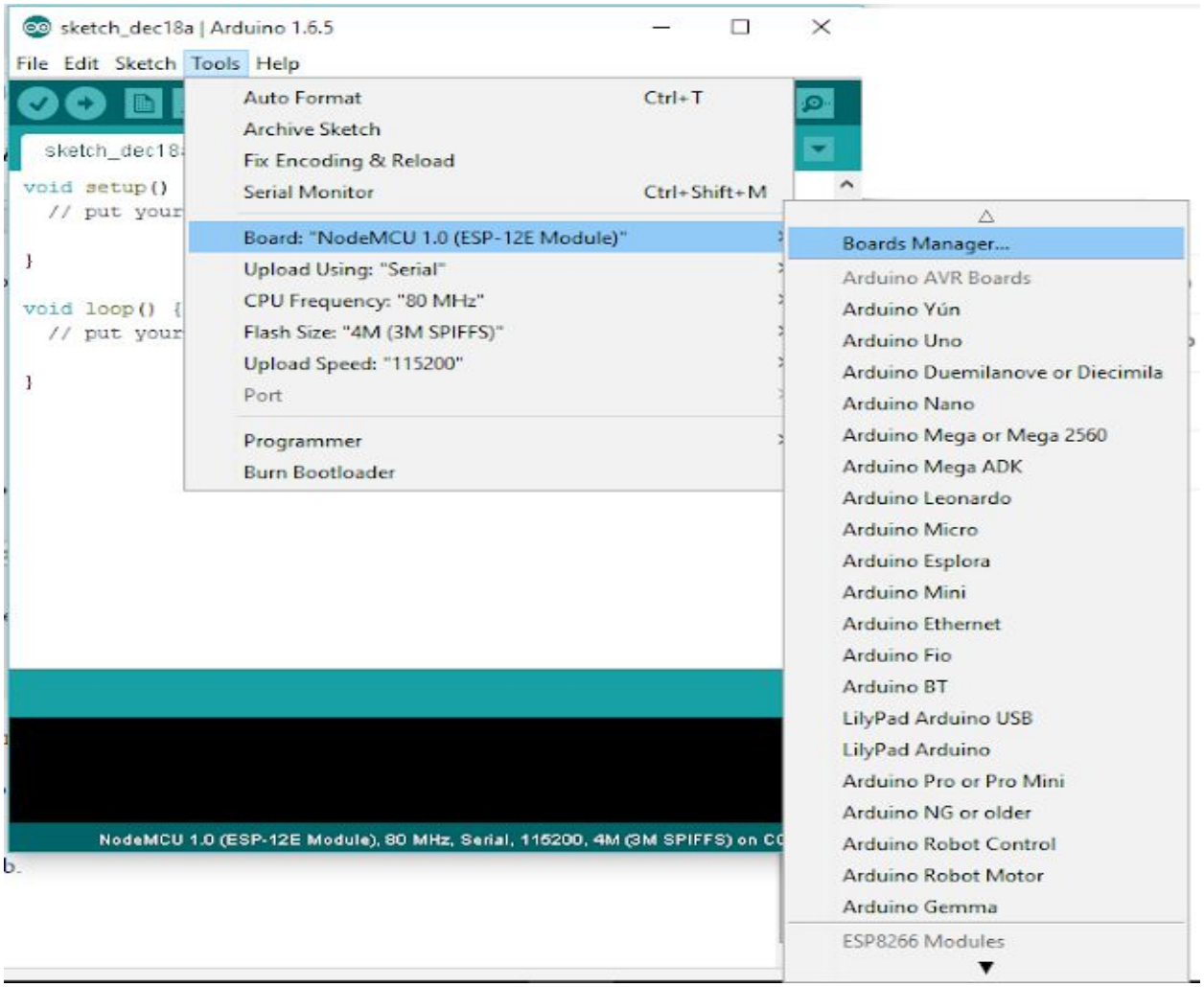
9. Users can install the Arduino ide from https://www.arduino.cc/en/Main/Software with your preferred operating system.



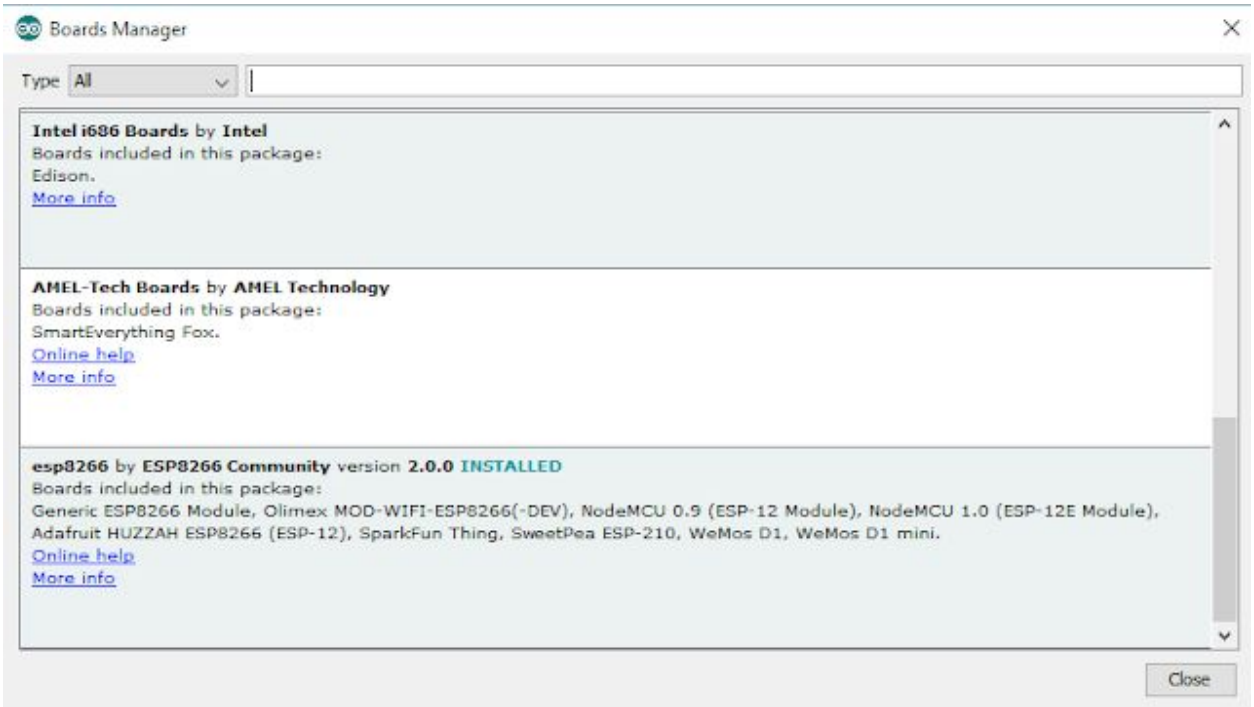
10. Now that your Arduino IDE is installed, go to preferences and paste the following URL on the " Additional boards Manager"

http://arduino.esp8266.com/stable/package_esp8266com_index.json

11. Click OK to close the Preference Tab.

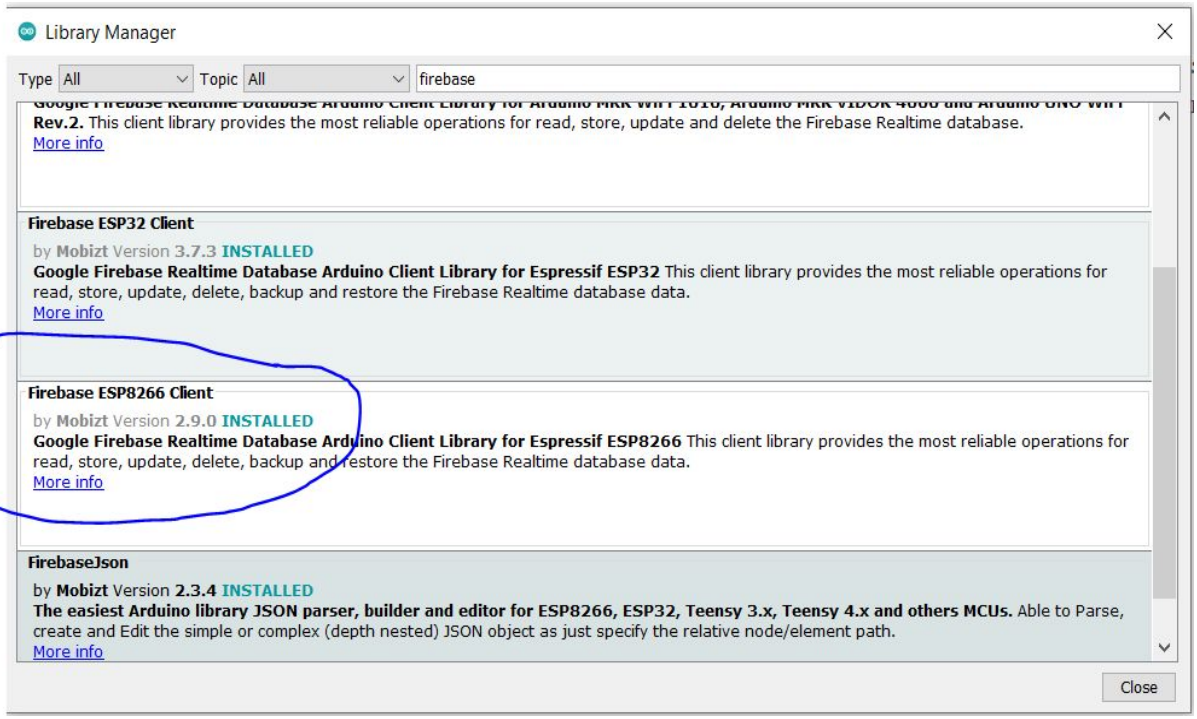


12.From the Tools option select Board :" NodeMCU 1.0 (ESP-12E Module)"

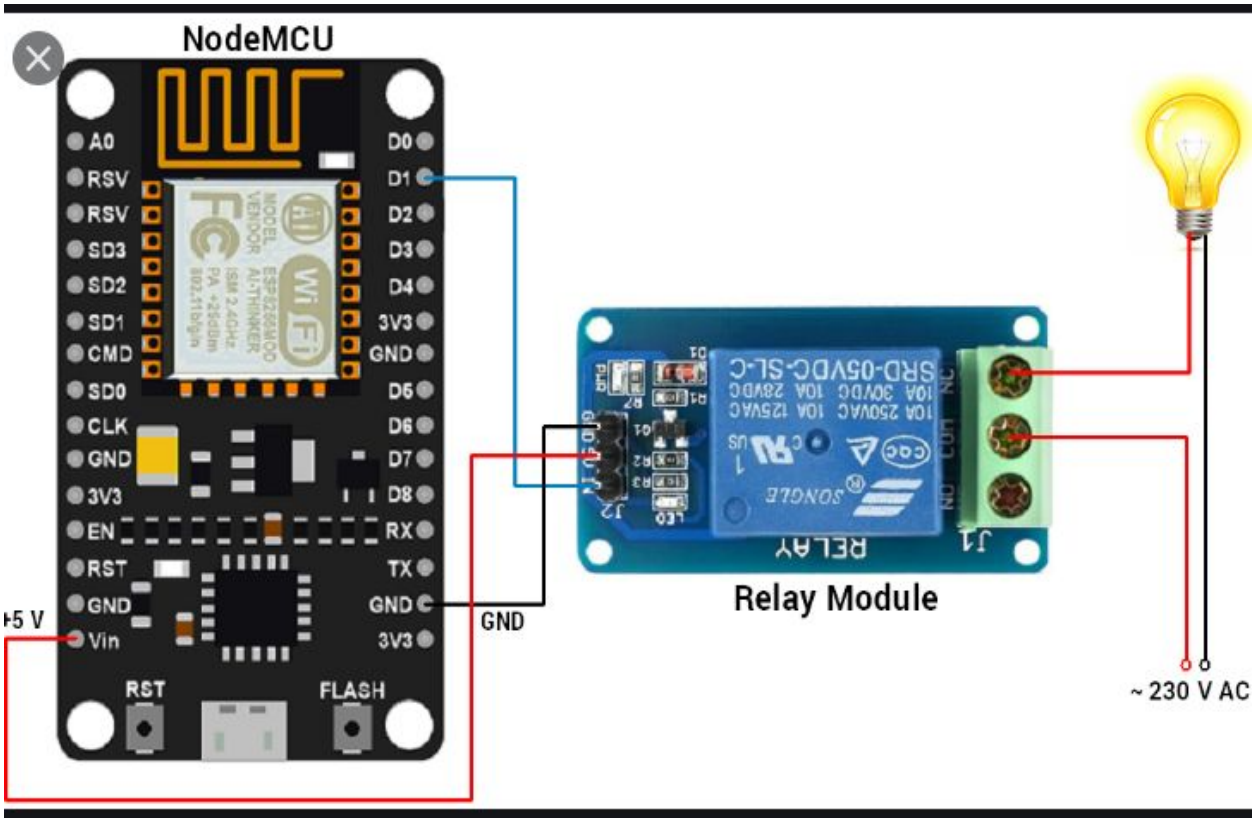


13. After completing the above steps, go to Tools and board, and then select board Manager

14. Navigate to esp8266 by esp8266 community and install the software for Arduino.



15. In the tools, option go to manage libraries and search for “Firebase ESP8266” Install the library



16. This is how you will set up your hardware connection(connection ofNodeMCU with relay(which acts as a switch) to your bulb which is connected with A.C. source.

Now you are good to go with our newly developed idea.
Sit Back and relax and let your lights turn off according to your comfort zone.