User Documentation

In this manual we guide the user through our application- napIT. It is an android and iOS based application to monitor and maintain a healthy sleep pattern. When the user opens the application, they get an initial Login / Register page.
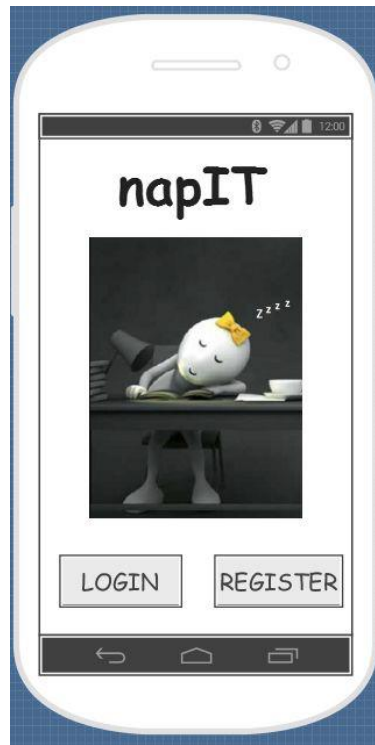

Figure 1: Main Page

1. **Register:** If the user is a new user, they'll have to first register yourself into the system, by entering the required details. After registration they'll be redirected to the login page.

2. **Login:** If the user is an existing user, they can directly log into the application. They'll be redirected to the Manage Accounts page.

3. **Manage Accounts:** The user can enter your personal details here.

Figure 3: Manage Account

4. **Home Page:** Here, the user can choose between the 3 options: Sleep, Food, Exercise and View Statistics.
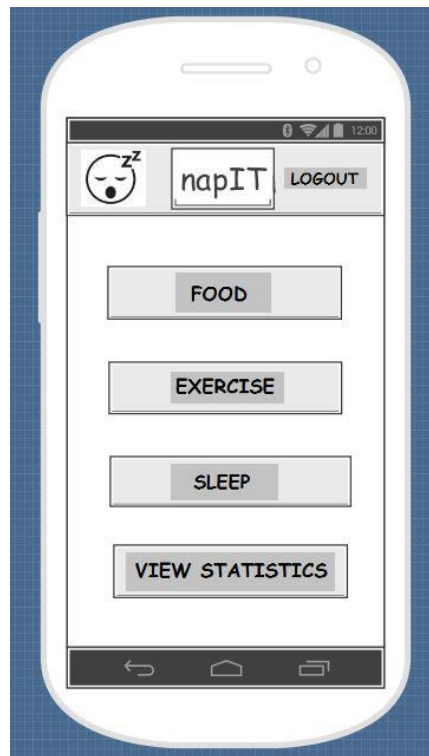

Figure 4: Home Page

5. **Monitor Sleep:** On this page the user will get an option to Start monitoring sleep. On clicking that, the application will start recording the user's sleep data. Another button 'Stop monitoring sleep' when pressed, will stop recording their sleep and redirect them to the home page.
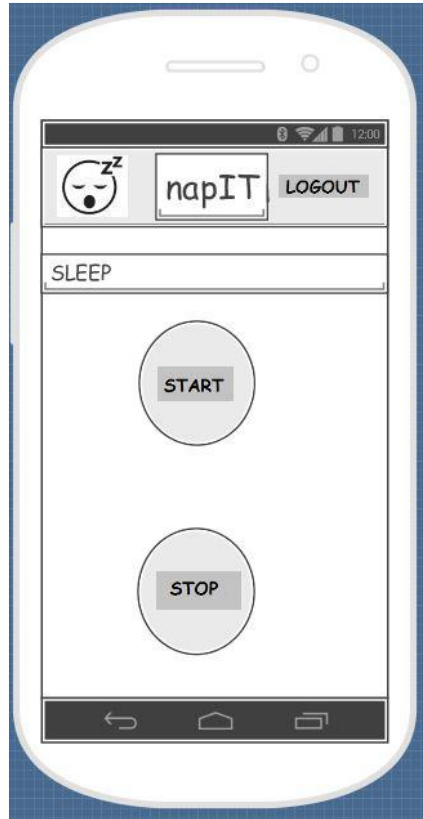

Figure 5: Monitor Sleep

6. **Smart Alarm:** The smart alarm determines what would be the best time for the user to wake up based on their daily activities and calorie consumption. It will set an alarm for the determined time, when the user can snooze or dismiss on ring. Indeed, if the user wants to get up early or later than the set time, they can manually set the time of the alarm.

Figure 6: Smart Alarm

7. **Anomaly Detection:** If the user's sleeping pattern is irregular, the anomaly is detected and the user is alerted. The anomalies could range from minor sleep related problems to major disorders such as Alzheimer, Sleep Paralysis, etc.

8. **Recommender:** The user is suggested some curative actions based on what anomaly is detected. The suggestions could be change in sleep duration, bed time, wake up time, change in diet or daily exercise.

9. **Food:** Here, the user can enter his food consumption. The calorie intake is calculated based on it and shown.
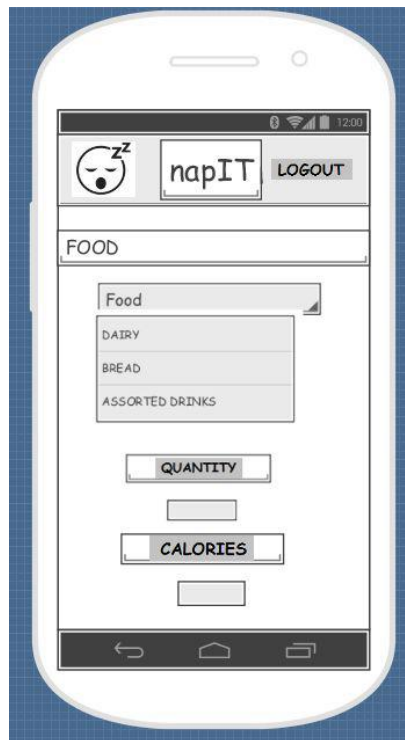

Figure 7: Food

10. Exercise: Whenever the user performs any kind of activity such as walking, running their step count, miles ran or walked, calories burnt and time (for how long the user ran/ walked) will be displayed.
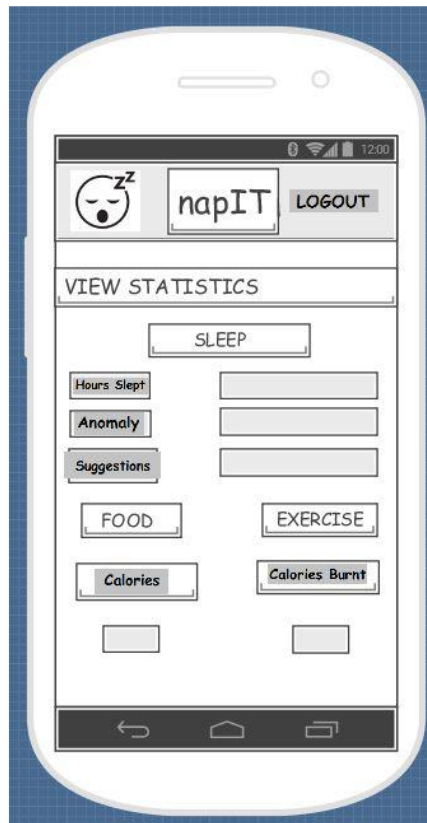

Figure 8: Exercise

11. View Statistics: The user can see all this statistics here.

Figure 9: View Statistics