napIT

Group #4 Members:

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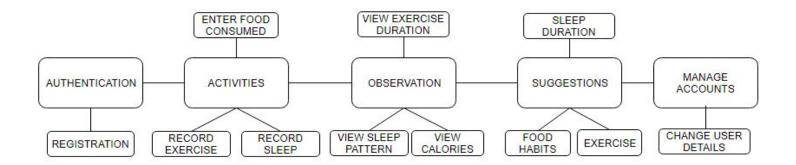**Siddhi Patil**

Aishwarya Srikanth

Motivation

- Sleep quality has been shown in many researches to be an important aspect of good health

- In United States, 70 million people suffer from sleep disorders

- Abnormalities in sleep cycles are linked with neurocognitive consequences

- Individual's sleeping habits are associated with long-term health consequences

Contribution

- Detect user's Sleep Pattern

- Detect any Sleep anomaly if present

- Detect user's daily Activities

- Provide an interface for user to enter the consumed food

- Provide suggestions

- View graphs to monitor food, exercise and sleep schedules

- Provide an alarm interface to wake up the user

Block Diagram

Implementation

- Register / Log into the system.

- Gets access to the features of the application

- Sense user's daily activities/ exercise using accelerometer

- The user can enter the consumed food

- Calculate the calorie consumption

- The User initiates sleep

- Sense user's sleep pattern using accelerometer

Implementation (continued)

- Detects sleep anomalies if present

- The user is provided with suggestions to improve his sleep pattern

- A smart alarm interface helps to wake up the user

- Shows statistics of the user's food consumption, exercise activities and sleep patterns

john@Nuclear: ~/Sync/Grad_School/Software_Engineering/Project/napit/1_Software/Databse_Manager   8:37 PM

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{ "_id" : ObjectId("59f91683ffa1cc0a026d37c2"), "Username" : "test", "Accel" : [0.9808793663978577, 0.9779525995254517, 0.9794167280197144, 0.9784395694732666, 0.9825878143310547, 0.9799037575721741, 0.978683888 9122009, 0.9891775736904144, 0.9742913842201233, 0.9794167280197144, 0.9764884114265442, 0.9803923336845398, 0.9835633635520935, 0.979659497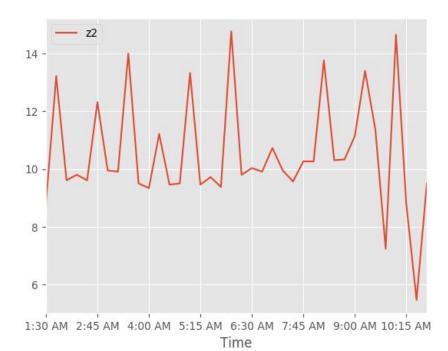7378845, 0.9806365966796875, 0.9789281487464905, 0.9806365966796875, 0.98 06365966796875, 0.982100784778595, 0.9811236262321472] }
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Type "it" for more

Sensor Readings stored in the Database

Thank you