

## Restful Sleep Tracker

<b>Project Description</b>	<p>Routine is a key element of ensuring that you have a restful night's sleep. A regular bedtime, and waking time, ensures that your body is able to follow appropriate cues and wind down accordingly. Many technological solutions are aimed at helping people get better sleep – think about the 'night time' settings on your monitors or phones, for example.</p> <p>A key element in the arsenal for improving sleep is the tracker. At its most basic level, a sleep tracker can manually track key points of data about sleep: The time a person goes to bed, when they rise, and how they feel upon awakening. At a more advanced level, some sleep trackers have built-in functionality to automatically track various data: Activity during sleep hours, sounds during sleep, etc.</p> <p>The objective of this project is to research existing sleep tracker apps, and to investigate the literature and theory on sleep tracking to implement your own version of a sleep tracker. This might be a website, or more likely a mobile app, which encourages regular tracking. You may wish to research and incorporate aspects of gamification, rewarding the user for engaging with a regular nighttime ritual, for example.</p>
<b>Existing Examples</b>	<ul style="list-style-type: none"> <li>• <b>SleepCycle:</b> <a href="https://www.sleepcycle.com/">https://www.sleepcycle.com/</a></li> <li>• <b>iOS Sleep Schedules:</b> <a href="https://support.apple.com/en-gb/guide/iphone/iph2d7daf6fc/ios">https://support.apple.com/en-gb/guide/iphone/iph2d7daf6fc/ios</a></li> <li>• <b>Sleep as Android:</b> <a href="https://sites.google.com/site/sleepasandroid/">https://sites.google.com/site/sleepasandroid/</a></li> </ul>
<b>Expected Deliverables</b>	<p>Most likely a mobile app (though could also be a website or desktop app, but this would make it more difficult to incorporate automated tracking) which allows a user to track their sleeping habits. You could also investigate integrated hardware solutions and their connectivity to other devices (e.g. smart watches) if you have the hardware readily available.</p>