Project Report Template

1 INTRODUCTION

1.1 Overview

The sleep tracking app created using Kotlin allows users to track their sleep patterns, including the duration and quality of their sleep. The app includes features such as user registration, login, and a main page where users can view their sleep history.

1.2 Purpose

The purpose of the sleep tracking app is to help users improve their sleep habits and overall health. By tracking their sleep patterns, users can identify areas where they need to make changes, such as adjusting their bedtime routine or reducing screen time before bed. Additionally, the app can help users monitor the effectiveness of any interventions they implement and track their progress over time. Overall, the sleep tracking app created using Kotlin can help users develop healthy sleep habits and improve their overall quality of life.

2 Problem Definition & Design Thinking

2.1 Empathy Map

2.2 Ideation & Brainstorming Map

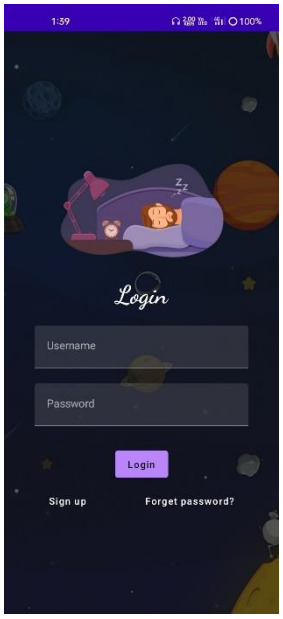
3 RESULT

3.1 Data Model:

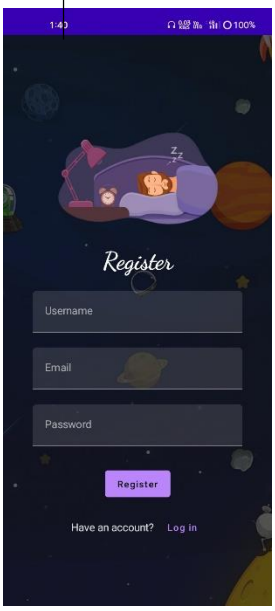
	Fields in the Object	
LoginActivity		
	Field label	Data type
	Username	String
	Password	String
	Error	String
User		

	Field label	Data type
	Name	String
	Password	String
	Email	String
RegisterActivity	**Field label**	**Data type**
	Username	String
	Password	String
	Email	String

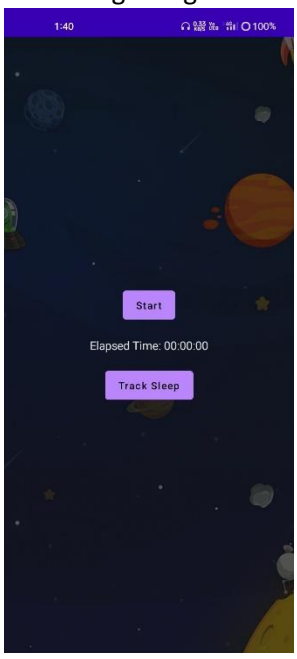
3.2 Activity & Screenshot



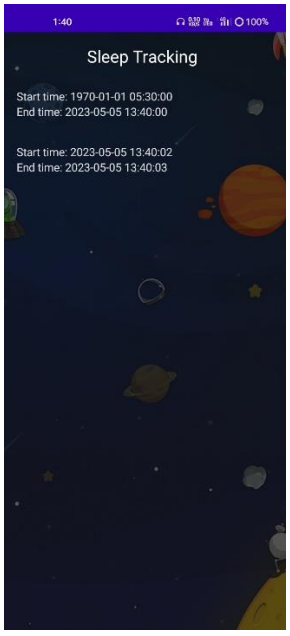
Login Page



Register Page



Main Page



Tracking Page

4 Trailhead Profile Public URL

Team Lead - https://trailblazer.me/id/mkumar3009

Team Member 1 -
https://trailblazer.me/id/lprakashthampi12
Team Member 2 -
Team Member 3 -

5 ADVANTAGES & DISADVANTAGE

Advantages:

- Improved sleep habits: The sleep tracking app can help users develop healthier sleep habits by providing data on their sleep patterns and suggesting areas for improvement.
- Easy to use: The app's user-friendly interface makes it easy for users to track their sleep and view their sleep history.
- Data analysis: By tracking sleep patterns over time, the app can provide valuable data for sleep researchers and clinicians.

Disadvantages:

- Limited accuracy: Sleep tracking apps may not be completely accurate in measuring sleep patterns, leading to potential inaccuracies in the data collected.
- Data privacy concerns: Collecting personal sleep data raises data privacy concerns, which need to be addressed through appropriate security measures and user consent.
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6 APPLICATIONS

- ✓ Users register into the application.
- ✓ After registration, user logins into the application.
- ✓ User enters into the main page
- ✓ In main page user can start and stop a sleep tracking timer.
- ✓ In Tracking page user can see sleep habits

7 CONCLUSION

The sleep tracking app created using Kotlin can be a valuable tool for helping users improve their sleep habits and overall health. By providing personalized insights and tracking sleep patterns over time, the app can help users identify areas for improvement and monitor their progress. However, the app has some limitations, such as potential data privacy concerns and limitations in accuracy.

8 FUTURE SCOPE

There are several ways in which the sleep tracking app can be expanded and improved in the future. For example, integrating the app with wearable sleep tracking devices could provide more accurate data on sleep patterns. Additionally, incorporating features such as sleep education and relaxation techniques could

help users improve their sleep habits and reduce stress. Further, expanding the app to include social features, such as sharing sleep data with friends and family, could help users stay motivated and engaged with the app. Overall, the sleep tracking app created using Kotlin has the potential to evolve and become an even more valuable tool for improving sleep habits and overall health.