

SLEEP TRACKING APP FOR BETTER NIGHT'S REST

INTRODUCTION

Overview:

- 1. *Sleep diary:*** Keep a log of your sleep duration, sleep quality, and waking mood.
- 2. *Sleep analysis:*** Analyze your sleep stage, sleep latency, and wake-up time.
- 3. *Smart alarms:*** Set an alarm that wakes you up in your light sleep stage, helping you wake up refreshed and energized.
- 4. *Snore detection:*** The app detects when you snore and monitors sleep disturbances.
- 5. *Sleep score:*** View a comprehensive sleep score that evaluates the quality of your sleep and gives recommendations to improve it.
- 6. *Insights & recommendations:*** The app may provide insights and personalized recommendations to improve your sleep based on your sleep data.
- 7. *Wearable integration:*** The app may be compatible with wearable devices like smartwatches and fitness trackers.

Purpose:

1. Improve sleep quality: By monitoring your sleep patterns, a sleep tracking app can identify factors that affect your sleep quality and provide recommendations to improve it.

2. Better understanding of sleep: A sleep tracking app provides insights into sleep patterns, stages, and cycles, helping users understand the importance of sleep.

3. Track progress: Users can track their sleep progress over time, comparing results to identify trends and make changes to improve sleep quality.

4. Personalized recommendations: Based on sleep data, a sleep tracking app can recommend personalized changes to improve sleep, including changes to sleep habits, diet, and exercise.

5. Identify sleep disorders: Sleep tracking apps can help identify sleep disorders, such as sleep apnea , and provide data to diagnose and treat them.

6. Accountability: Using a sleep tracking app can provide accountability to users to make lifestyle changes that positively affect sleep health.

PROBLEMS DEFINITION & DESIGN THINKING

EMPATHY MAP

Template



Empathy map

Use this framework to develop a deep, shared understanding and empathy for other people. An empathy map helps describe the aspects of a user's experience, needs and pain points, to quickly understand your users' experience and mindset.

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Build empathy

The information you add here should be representative of the observations and research you've done about your users.

Says

What have we heard them say?
What can we imagine them saying?

It has really helped me wake up better rested

It reduces our STRESS level

It can be alerted by ALARM

It even identify the reasons for the disturbed sleep

stressless sleeping helps us to live HEALTHY



It has become easier to understand your sleep pattern

Sleep tracker may help improve our sleep habits



user can keep themselves free from stress and worry

It works based on the ENVIRONMENT

Trackers can detect the DISTURBED SLEEP and WALKING DURING NIGHT

sleep trackers may cause STRESS and ANXIETY

Using these devices may actually leads to an unhealthy preoccupation

Does

What behavior have we observed?
What can we imagine them doing?

Thinks

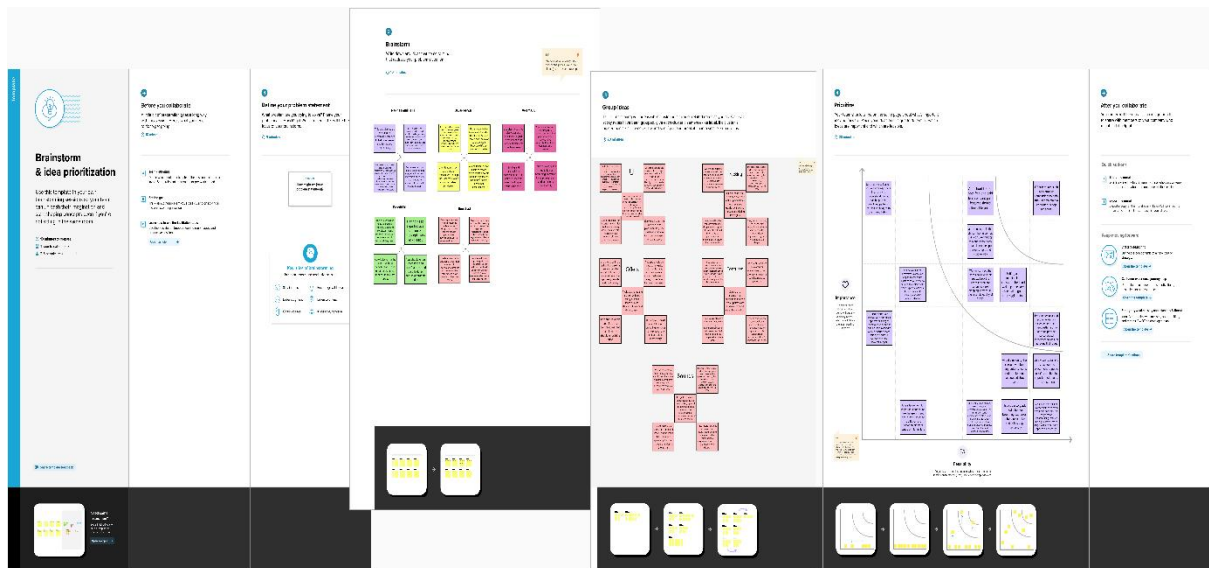
What are their wants, needs, hopes, and dreams? What other thoughts might influence their behavior?

Feels

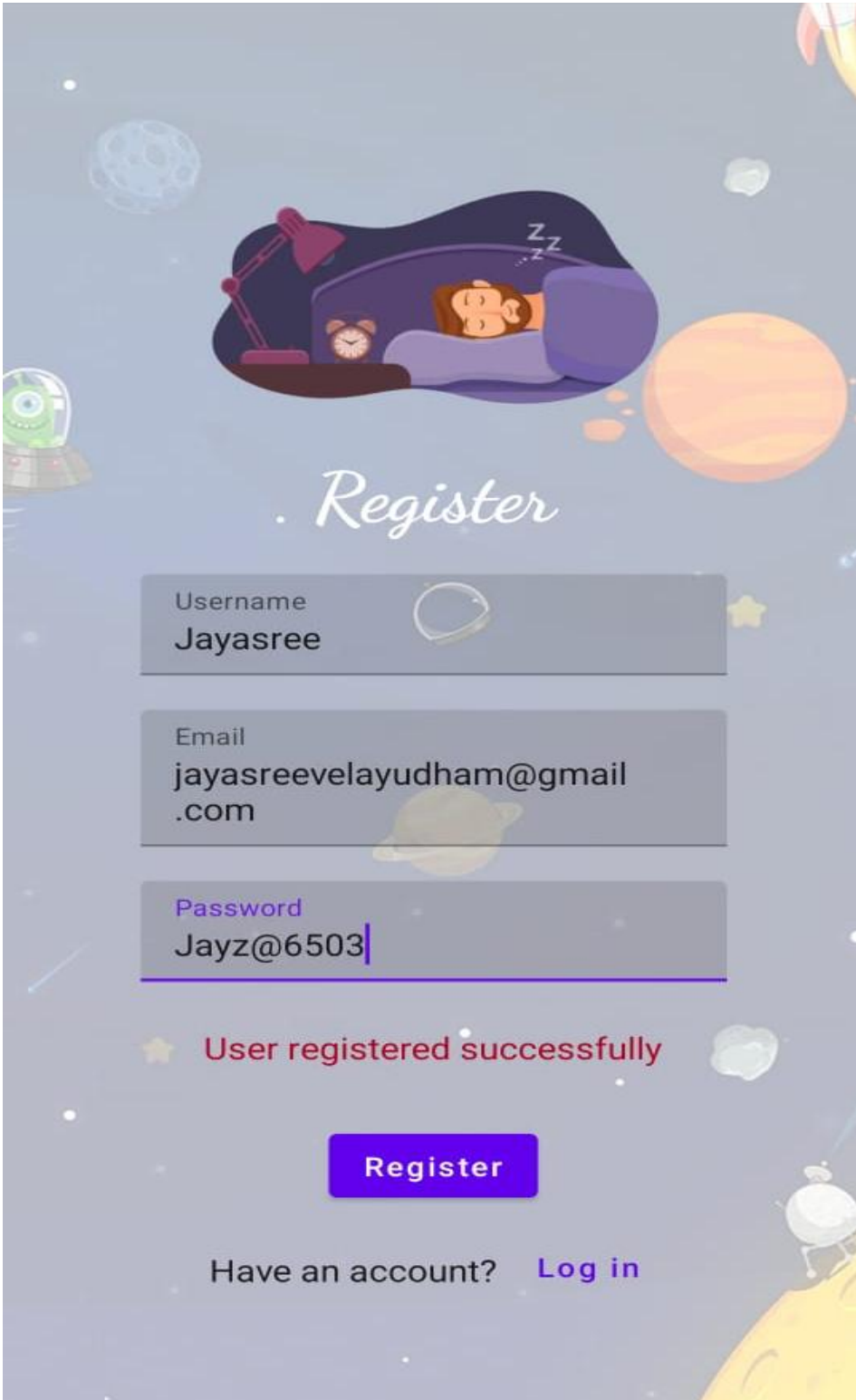
What are their fears, frustrations, and anxieties? What other feelings might influence their behavior?



BRAINSTORM & IDEA PRIORITIZATION



RESULT



Register

Username
Jayasree

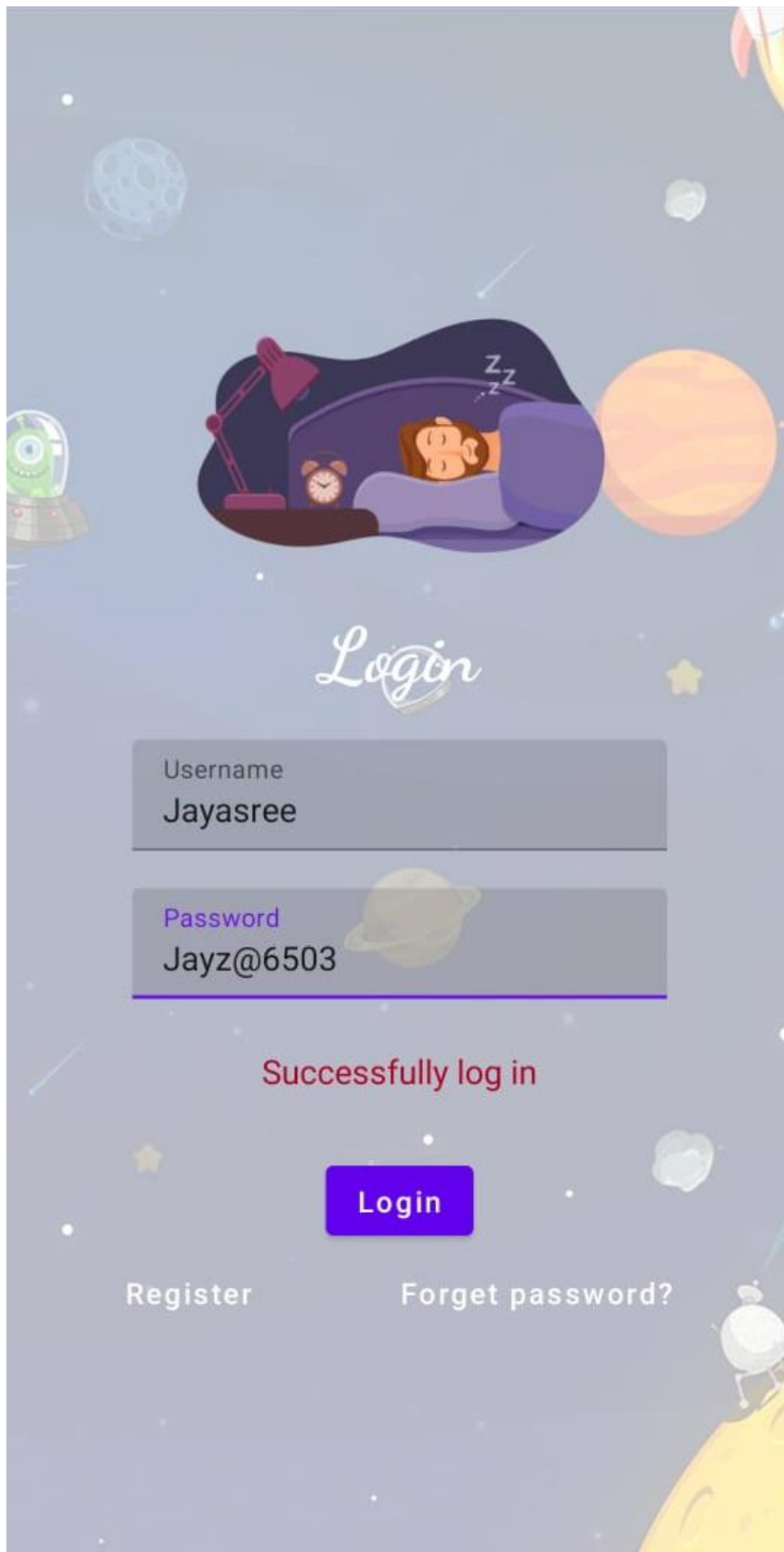
Email
jayasreevelayudham@gmail.com

Password
Jayz@6503

★ **User registered successfully**

Register

Have an account? [Log in](#)





Start

Elapsed Time: 00:00:03

Track Sleep



Stop

Elapsed Time: 00:00:-7

Track Sleep

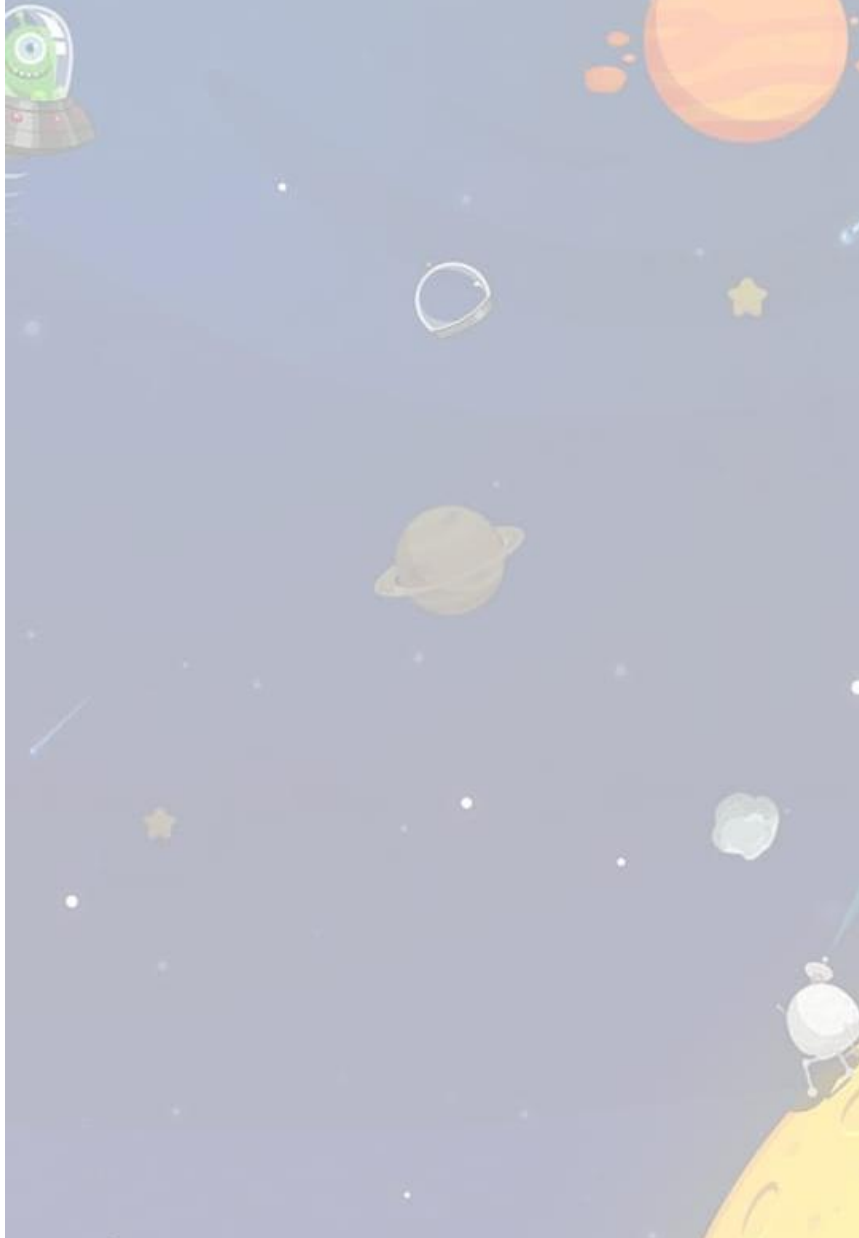
Sleep Tracking

Start time: 1970-01-01 05:30:00

End time: 2023-04-12 16:12:25

Start time: 2023-04-12 16:12:28

End time: 2023-04-12 16:12:35



ADVANTAGES & DISADVANTAGES

Advantages:

- 1. Improved sleep quality:** Sleep tracking can help you identify patterns and problems with your sleep, which can help you make changes to improve the quality of your sleep.
- 2. Better understanding of your sleep:** Sleep tracking can provide you with information on how much deep and light sleep you're getting, how long it takes you to fall asleep, and how often you wake up during the night.
- 3. Enhanced productivity:** When you get better quality sleep, you're more likely to be productive during the day.
- 4. Improved health:** Sleep tracking can help you identify problems with your sleep that could be causing health issues, such as sleep apnea or insomnia.
- 5. Better mood:** Adequate sleep leads to better mood regulation, which can reduce stress and anxiety.
- 6. Personalized insights:** With sleep tracking, you can get personalized insights based on your sleep data to make informed decisions about your lifestyle and sleep habits.

Disadvantages:

1. Inaccuracy: Sleep tracking technology is not always accurate, and results may vary depending on the device being used.

2. False reassurance: Some people may rely too heavily on a sleep tracker to determine their sleep quality, which could lead to false reassurance.

3. Sleep anxiety: Sleep tracking can create anxiety if a person becomes obsessed with getting a perfect sleep score or if they notice poor results.

4. Privacy concerns: Sleep trackers collect personal data, which could be vulnerable to hacking or misuse.

5. Cost: Sleep tracking devices can be expensive, and ongoing costs may include charging or replacing batteries.

6. Dependency: Some people may become reliant on sleep tracking technology, which could lead to difficulty sleeping without it.

APPLICATIONS

1. Improving sleep quality: Sleep tracking apps provide valuable insights into sleep patterns, such as the duration and quality of sleep, which can help individuals improve their sleep habits and promote restful sleep.

2. Identifying sleep disorders: These apps can track indicators of sleep disorders, such as sleep apnea or restless leg syndrome, and enable users to seek medical assistance if necessary.

3. Maximizing athletic performance: Sleep tracking apps can help athletes optimize their performance by monitoring the quality and amount of sleep needed for muscle recovery and growth.

4. Monitoring mental health: Monitoring sleep quality can aid in identifying underlying issues such as depression, anxiety or stress.

5. Enhancing productivity: Sleep is essential for brain function and productivity, Hence, the use of sleep tracking apps can help users enhance their productivity through improved sleep.

CONCLUSION

In conclusion, sleep tracking can be a useful tool for individuals looking to monitor their sleep patterns and improve their quality of sleep. It can provide valuable insights into the duration and quality of sleep and help identify any sleep issues that may need attention. However, it is important to bear in mind that sleep tracking is not always accurate and may create anxiety or dependency. Additionally,

there are privacy concerns and costs associated with sleep tracking technology. Overall, while sleep tracking can be beneficial, it should be used in moderation and as part of a broader approach to healthy sleep habits.

FUTURE SCOPE

1. *Sleep tracking:* The app tracks your sleep patterns and duration using your phone's sensors or a wearable device.

2. *Sleep analysis:* The app analyzes your sleep data, such as your sleep stages, interruptions, and snoring, to provide insights on how you slept.

3. *Sleep score and recommendations:* Based on your sleep data, the app provides you with a sleep score and recommendations on how to improve your sleep quality.

4. *Alarm clock:* The app wakes you up with a gentle alarm that takes into account your sleep stage and timing.

5. *Sleep environment monitoring:* The app monitors and records the temperature, humidity, and noise level of your bedroom to help you optimize your sleep environment.

APPENDIX

1. *Sleep journal:* A feature that allows users to log their sleep habits and track their progress over time.

2. *Sleep sounds:* A library of soothing sounds to help users fall asleep faster and stay asleep longer.

3. *Sleep podcasts:* A collection of audio content specifically designed to help users relax and unwind before bed.

4. *Smart lights integration:* The ability to integrate with smart light systems to gradually dim the lights at bedtime and brighten them in the morning to help regulate the user's circadian rhythm.

5. *Customizable settings:* The ability to customize the app's settings, such as alarm tone, vibration, and snooze time, to suit individual preferences.

6. *Sleep tips and articles:* A library of sleep-related articles and tips to help users improve their overall sleep hygiene.

7. *Community support:* A forum or group where users can connect with others and share their sleep journey and experiences.

8. *Data export:* The ability to export sleep data to other apps or external devices for additional analysis or to share with healthcare professionals.