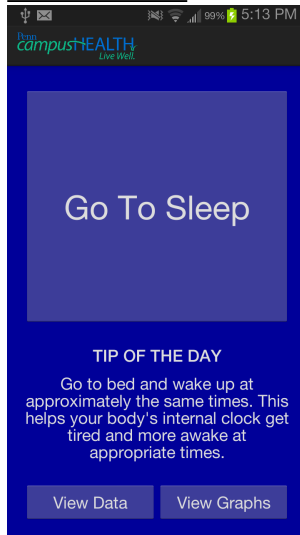


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Sleep Tracker Customer Handoff

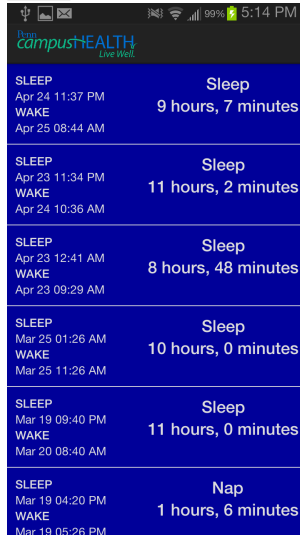
Part I: User Manual

Home Screen



This is the home screen of the app. When the user goes to sleep, he/she should click the “Go To Sleep” button. When the user wakes up, he/she should click that same button (which will now read “Wake Up”). After the user has clicked “Wake Up,” a sleep log will be recorded in the database. Clicking “View Data” will take the user to the *Data* screen. Clicking “View Graphs” will take the user to the *Graphing* Screen. When accessing “View Data” while “Asleep” the application occasionally crashes when trying to “Wake Up.”

Data

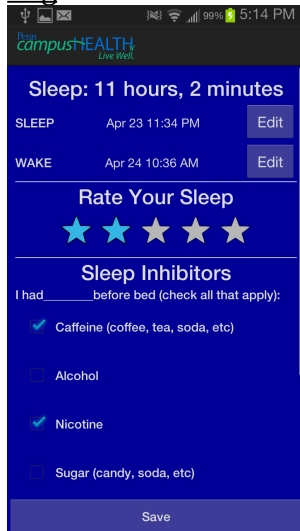


The screenshot shows the 'Data' screen of the 'campusHEALTH' app. It displays a list of sleep logs, each with a 'SLEEP' and 'WAKE' time, the total sleep duration, and the date. The logs are sorted by how recent they are.

SLEEP	WAKE	Sleep
Apr 24 11:37 PM	Apr 25 08:44 AM	9 hours, 7 minutes
Apr 23 11:34 PM	Apr 24 10:36 AM	11 hours, 2 minutes
Apr 23 12:41 AM	Apr 23 09:29 AM	8 hours, 48 minutes
Mar 25 01:26 AM	Mar 25 11:26 AM	10 hours, 0 minutes
Mar 19 09:40 PM	Mar 20 08:40 AM	11 hours, 0 minutes
Mar 19 04:20 PM	Mar 19 05:26 PM	Nap 1 hours, 6 minutes

This screen shows a list of sleep logs, sorted by how recent the log is. Clicking one of the logs will take the user to the *Log* screen. Long clicking one of the logs will prompt a dialog to pop up that asks the user if he/she would like to delete the log.

Log



The screenshot shows the 'Log' screen of the 'campusHEALTH' app. It displays details for a specific sleep log, including the total sleep duration, the 'SLEEP' and 'WAKE' times, and the date. There are 'Edit' buttons next to the 'SLEEP' and 'WAKE' times. Below the times, there is a 'Rate Your Sleep' section with five stars. Underneath, there is a 'Sleep Inhibitors' section with a list of items to check off: Caffeine, Alcohol, Nicotine, and Sugar. A 'Save' button is at the bottom.

Sleep: 11 hours, 2 minutes	
SLEEP	Apr 23 11:34 PM
WAKE	Apr 24 10:36 AM

Rate Your Sleep

★ ★ ★ ★ ★

Sleep Inhibitors

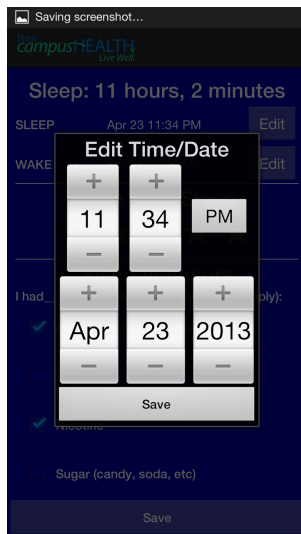
I had _____ before bed (check all that apply):

- ☒ Caffeine (coffee, tea, soda, etc)
- ☐ Alcohol
- ☒ Nicotine
- ☐ Sugar (candy, soda, etc)

Save

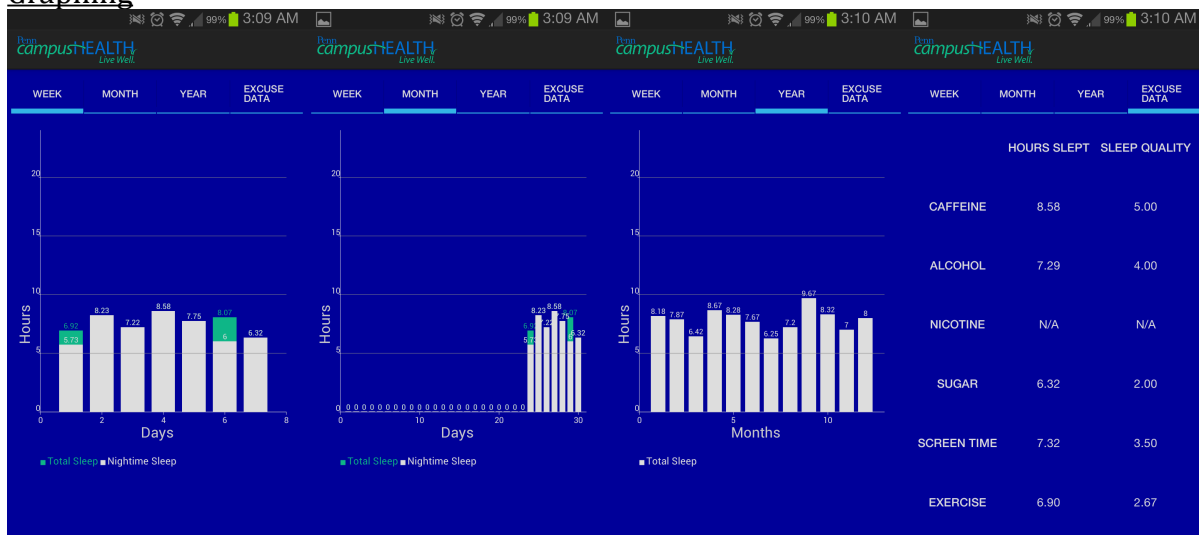
This screen displays all of the details of a sleep log and allows the editing of some of these values. Clicking “Edit” will take the user to the *Modify Time* screen. The user can rate his/her sleep by clicking on the stars. The user can check/uncheck typical sleep inhibitors that he/she may have engaged in before this particular sleep. The user can also type in additional comments in the comments box. Clicking “Save” will save the rating, sleep inhibitors, and comments and return the user to the previous screen.

Modify Time



This screen allows the user to modify either the time the user went to sleep or the time the user woke up for a particular sleep log. Clicking “Save” will return the user to the *Log* screen.

Graphing



This screen displays a tab structure with 4 different tabs. The “WEEK,” “MONTH,” and “YEAR” tabs display the sleep logs over the past week, month, and year, respectively. The “YEAR” tab, however, does not display napping data, because the fact that users do not sleep every day will cause the napping averages to be skewed and, hence, valueless to the user. The “EXCUSE DATA” tab shows a table with typical sleep inhibitors as rows and the corresponding average number of hours slept and average sleep quality as columns. Clicking the back button will return the user to the *Home Screen*.

Part II: Technical Documentation

Home Screen

- Activity:** MainActivity
- Helper Classes:**
 - SleepLogHelper: This class is an SQLiteDatabase helper class, which allows querying and editing of an SQLiteDatabase.
- JUnit Test Class:** MainActivityTests.java

Data

- Activity:** DataActivity
- Helper Classes:**
 - SleepLogHelper: This class is an SQLiteDatabase helper class, which allows querying and editing of an SQLiteDatabase.
- JUnit Test Class:** No test class because all functionality contained in onResume() and onCreate() and we could not create meaningful tests for the Android Activity lifecycle.

Log

- Activity:** LogActivity
- Helper Classes:**
 - SleepLogHelper: This class is an SQLiteDatabase helper class, which allows querying and editing of an SQLiteDatabase.
- JUnit Test Class:** No test class because Activity required Intent to run correctly, but we needed to initialize a SleepLogHelper object with the Activity in the test class, so the reasoning was circular.

Modify Time

- Activity:** ModifyTimeActivity
- Helper Classes:**
 - SleepLogHelper: This class is an SQLiteDatabase helper class, which allows querying and editing of an SQLiteDatabase.
- JUnit Test Class:** ModifyTimeActivityTests.java

Graphing

- Activity:** ChartActivity
- Helper Classes:**
 - SleepLogHelper: This class is an SQLiteDatabase helper class, which allows querying and editing of an SQLiteDatabase.
- JUnit Test Class:** GraphActivityTests.java, MoreGraphActivityTests.java

SQLiteDatabase

- Helper Class:** SleepLogHelper
- Table Name:** sleep_log
- Columns:**
 - asleep_time: The time the user went to sleep in milliseconds.
 - awake_time: The time the user woke up in milliseconds.
 - time_slept: The total amount of milliseconds that the user slept.
 - nap: A boolean value representing whether the log was a nap or not.

- ⊖—rating: An integer from 0 to 5 representing the quality of sleep.
- ⊖—caffeine: A boolean value representing whether the user drank caffeine before bed.
- ⊖—alcohol: A boolean value representing whether the user drank alcohol before bed.
- ⊖—nicotine: A boolean value representing whether the user consumed nicotine before bed.
- ⊖—sugar: A boolean value representing whether the user consumed sugar before bed.
- ⊖—screen_time: A boolean value representing whether the user stared at a screen before bed.
- ⊖—exercise: A boolean value representing whether the user exercised before bed.
- ⊖—comments: A 255 character string that allows the user to make additional comments on his/her sleep.