

Ways or features to implement hardware in our application

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-**Create a live dashboard** that visualizes EEG data, showing real-time brainwave activity and sleep stages.

-**Display key sleep metrics** such as total sleep time, time spent in each sleep stage.

-Visualize the user's treatment journey with milestones and rewards for reaching key points.

-**Allow users to view historical data and trends over days, weeks, or months to track improvements or patterns in sleep.(by using charts)..**

-**Sleep Coaching Programs** Offer guided sleep improvement programs that adapt based on user data, including relaxation techniques, mindfulness exercises, and cognitive behavioral therapy for insomnia (CBT-I).

-**Content Library** :provide a variety of relaxation options so that users can find what works best for them. Including a library with different types of relaxation content, such as:

- **Music:** Soft, calming tracks designed to help users relax or fall asleep.
- **Guided Meditations:** Sessions where a voice guides the user through relaxation techniques, such as deep breathing or visualization.
- **Breathing Exercises:** Instructions on how to breathe in specific patterns to reduce stress and anxiety.

-**Progress Tracking:** Allow users to set sleep goals and track their progress over time, receiving notifications when they hit milestones or need to adjust their routines.

(note: sleep goals: such as the number of hours they want to sleep each night)

-**Gamification:**

i. **Sleep Challenges with Friends**

- Introduce social challenges where users can invite friends or join groups to participate in sleep-related challenges together

-**Feedback:** Include a feedback system for users to report issues, suggest features, or provide feedback on the effectiveness of the sleep recommendations.

- Provide guided sessions for Progressive Muscle Relaxation (PMR), a proven technique for reducing stress and improving sleep.

(The app provides step-by-step audio or visual instructions, guiding users through tensing and

relaxing different muscle groups.)