Project report template

1.Introduction:

1.1.Overview:

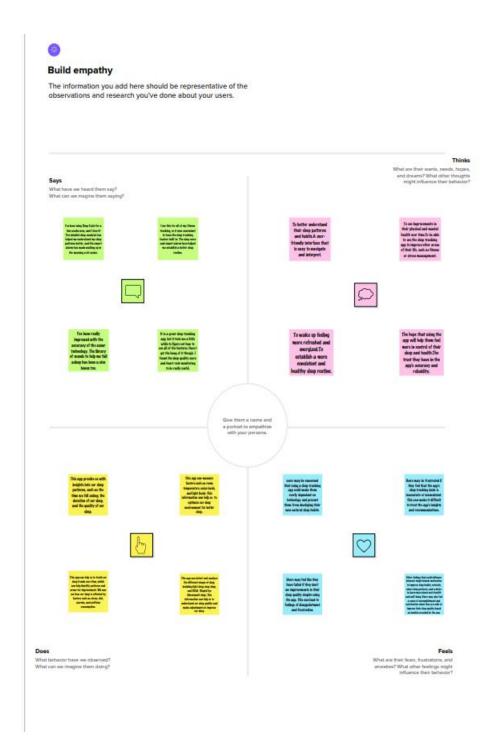
• Sleep tracking is your personal sleep cycle monitor that helps you track and record sleep cycle details.

1.2. Purpose:

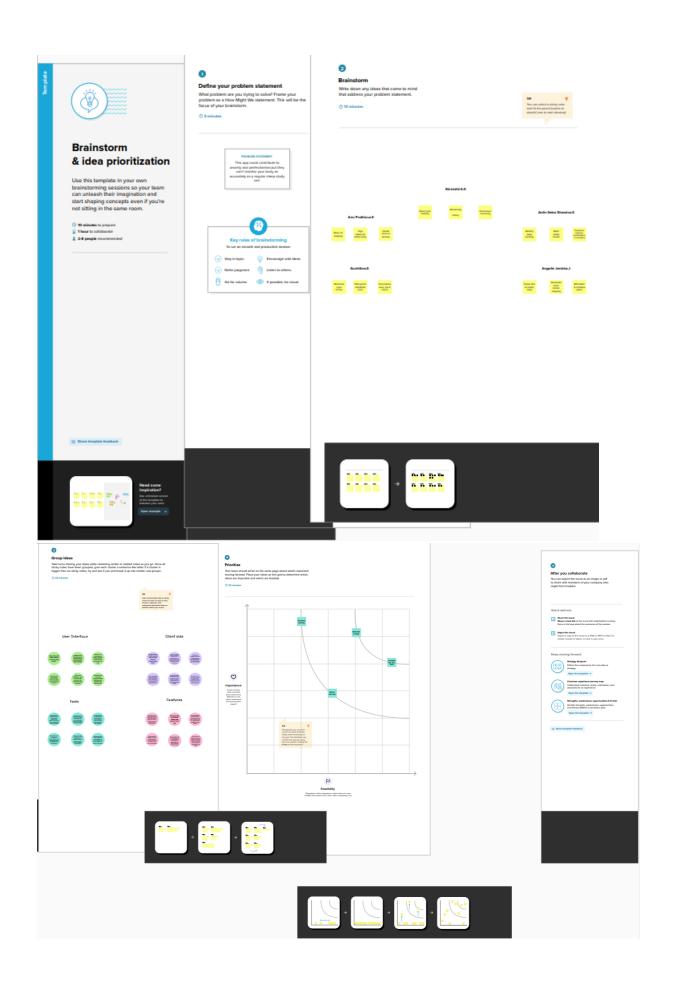
- Sleep tracking is useful in many ways to enhance overall health by
 - ➤ Monitoring sleep patterns
 - ➤ Identifying sleep disorders
 - > Improving sleep habits
 - > Tracking the impact of life factors
 - > Establish a regular sleep schedule

2. Problem Definition & Design Thinking:

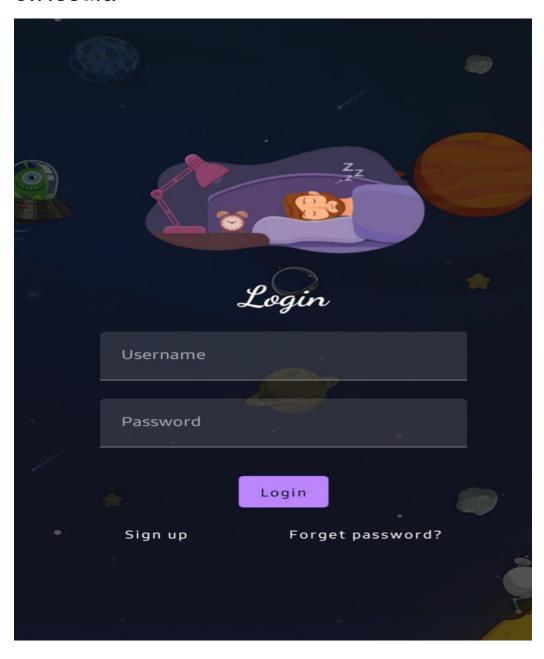
2.1.Empathy map:

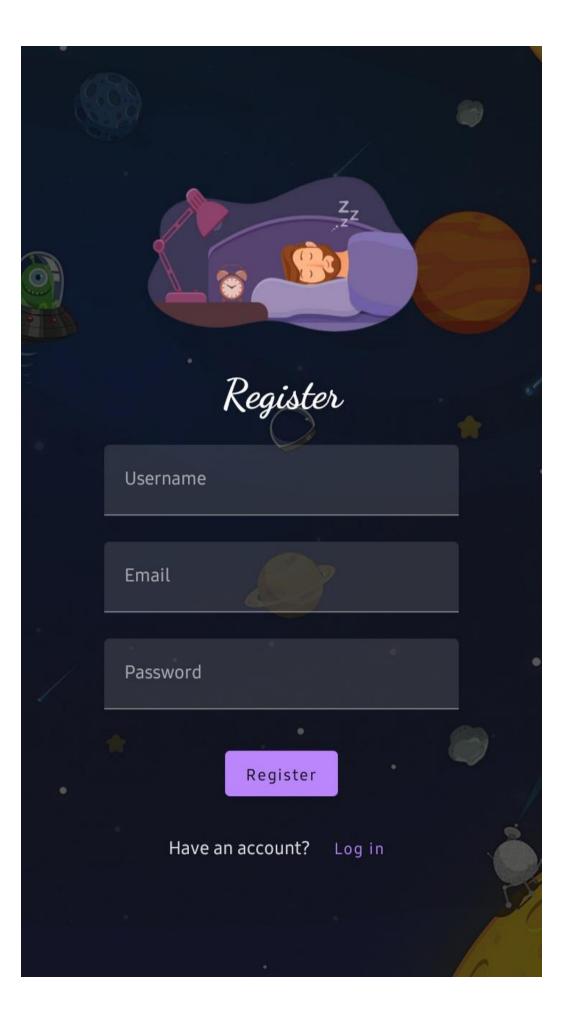


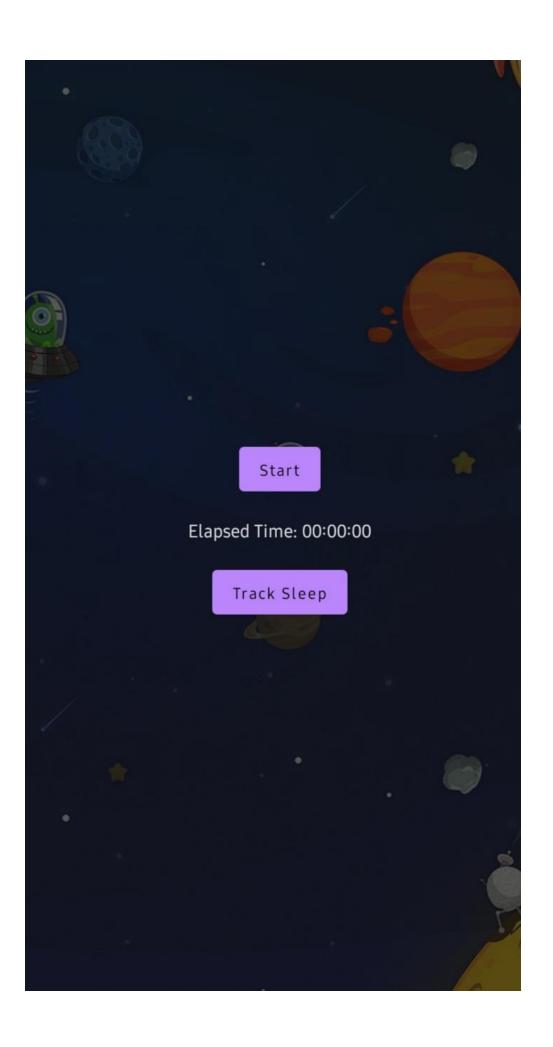
2.2. Ideation & Brainstorming Map:

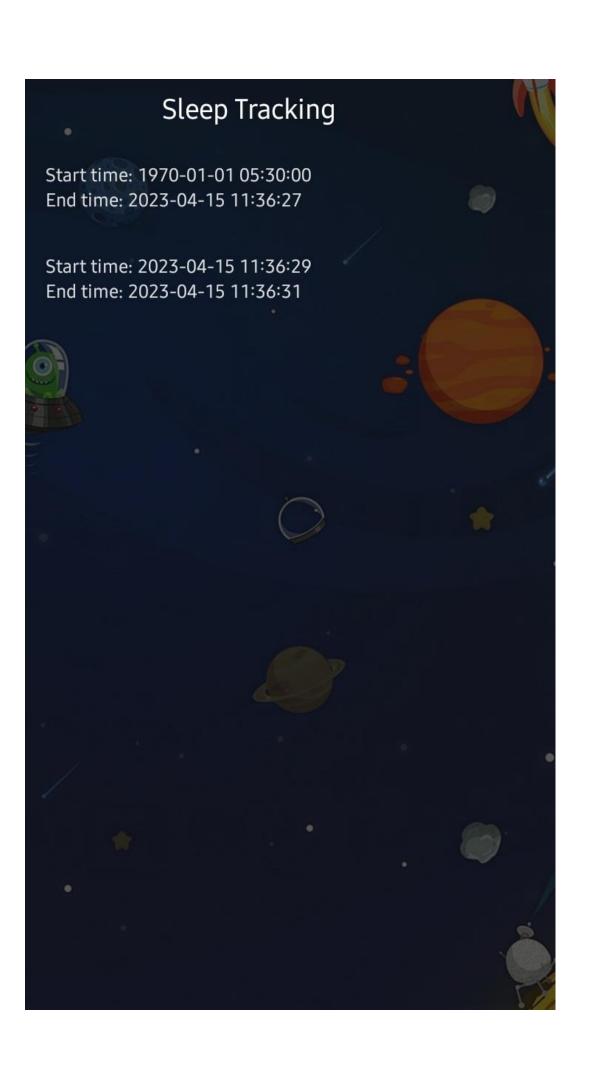


3.Result:









4. Advantages & Disadvantages:

Advantages of sleep tracking:

- Sleep tracking can provide users with information about their sleep patterns, including how long they sleep and how many times they wake up during the night. This information can help users become more aware of their sleep habits and make changes to improve their sleep quality.
- By monitoring sleep patterns and making adjustments to habits or routines, sleep tracking can help users achieve better sleep quality, leading to improved overall health and well-being.

Disadvantages of sleep tracking:

- Sleep tracking apps are not always accurate in measuring sleep, as they rely on sensors and algorithms that may not capture all aspects of sleep.
- Some users may become anxious or obsessive about their sleep data, leading to increased stress and difficulty falling asleep.

5. Applications:

- Sleep tracking can be used to monitor sleep disorders, such as sleep apnea or insomnia. Users can share this information with their healthcare provider for diagnosis and treatment.
- Sleep tracking can be used by employers to monitor employee sleep patterns to identify potential issues with productivity or fatigue. This can help employers make adjustments to work schedules or provide resources to improve employee sleep quality.
- Sleep tracking can be used by researchers to gather data on sleep patterns in large populations. This can help identify trends or patterns in sleep habits that can inform public health policies or interventions.

6. Conclusion:

• sleep tracking have both advantages and disadvantages. On the one hand, they can increase awareness, identify sleep disorders, provide personalized insights, and improve sleep quality. On the other hand, they can be inaccurate, disruptive and cause anxiety. Sleep tracking can be used for various applications, including personal sleep monitoring, sleep disorder management, athlete performance, workplace productivity, and sleep research. Overall, sleep tracking can be a useful tool for improving sleep quality, but users should be aware of their limitations and potential drawbacks. It is important to consult with a healthcare provider before making any significant changes to sleep habits or routines based on sleep tracking data.

7. Future Scope:

Future enhancement,

- Sleep tracking will allow users to create and manage their profiles, including personal information, sleep habits, and goals.
- Sleep tracking will integrate with other health and fitness apps, such as fitness trackers or calorie counters, to provide a complete picture of the user's overall health and wellness.
- Sleep tracking will provide you an inbuilt soothing music option for better sleep.
- This app will allow users to set and manage alarms easily within the app. The app can also provide a feature to gradually wake up the user, using soft sounds or gentle vibrations, to prevent abrupt wake-ups.
- This app will display the user's sleep data in a visual manner, such as charts or graphs, to help users quickly and easily understand their sleep patterns.
- This app will have the ability to track sleep automatically using device sensors or through manual entry by the user. The app also record details about the user's sleep, such as duration, quality, and sleep stages.

8.Appendix:

A.Source Code:

```
android:exported="true"
</manifest>
```