# Project Design Phase-I
## Proposed Solution Template

| Date | 26 September 2022 |
|---|---|
| Team ID | Team-591086 |
| Project Name | Project - A Sleep Tracking App for a Better Night's Rest |
| Maximum Marks | 2 Marks |

**Proposed Solution Template:**

Project team shall fill the following information in proposed solution template.

| S.No. | Parameter | Description |
|---|---|---|
| 1. | Problem Statement (Problem to be solved) | Many people struggle with poor sleep quality, leading to various health issues and reduced productivity. There's a need for a solution that helps individuals improve their sleep patterns and overall well-being. |
| 2. | Idea / Solution description | The Sleep Tracking App is a comprehensive mobile application designed to monitor and enhance sleep quality. It utilizes advanced algorithms to track various sleep metrics, such as duration, interruptions, and stages (REM, deep, light sleep). Additionally, it provides personalized recommendations and techniques to improve sleep patterns. |
| 3. | Novelty / Uniqueness | The app distinguishes itself through its combination of cutting-edge sleep tracking technology and personalized recommendations. It employs AI-driven analysis to offer tailored suggestions for each user, based on their unique sleep patterns and lifestyle. |
| 4. | Social Impact / Customer Satisfaction | The app aims to significantly improve the quality of life for its users by enhancing their sleep. Better sleep is linked to improved mental health, cognitive function, and overall well-being. By providing a solution that addresses a widespread issue, the app strives to positively impact individuals and communities. |
| 5. | Business Model (Revenue Model) | The app follows a freemium model, offering basic sleep tracking and general tips for free. Premium features, such as in-depth sleep analysis, personalized coaching, and integration with smart home devices, are available through a subscription-based service. Additionally, partnerships with sleep-related products and services (e.g., bedding, sleep aids) can generate additional revenue streams. |
| 6. | Scalability of the Solution | The Sleep Tracking App is designed to be highly scalable. Its cloud-based infrastructure allows for seamless integration with various platforms and devices. As user demand increases, the app can easily accommodate a growing user base while maintaining performance and data security. |