



Resting Panda

Make your sleep well

Make you well



User Interfaces of App



**SLEEP WELL
GROW HEALTHY**

Already registered
[SIGN-IN](#)

New Member
[GET STARTED](#)





Welcome

Name

Username

Password

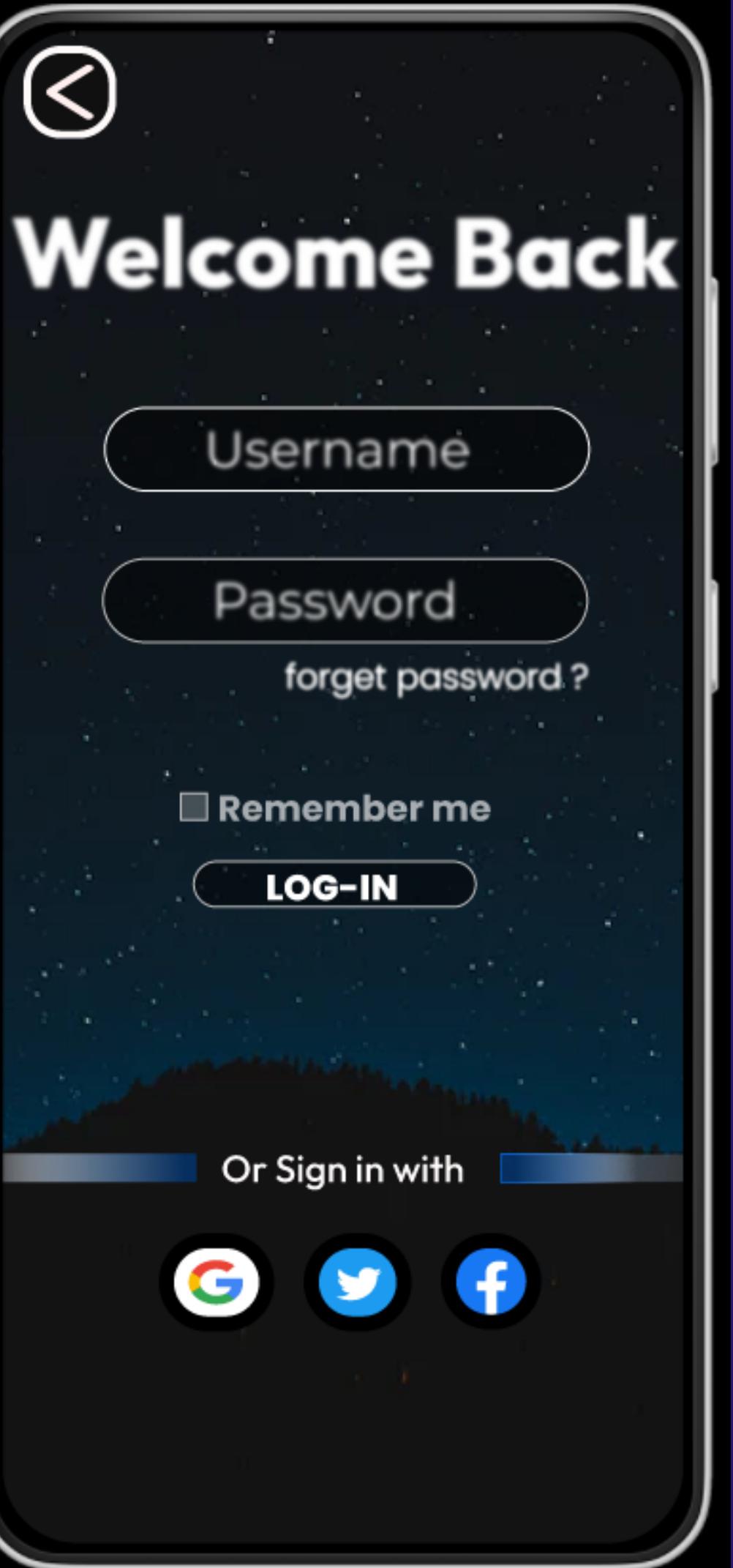
Mobile No. / Email id.

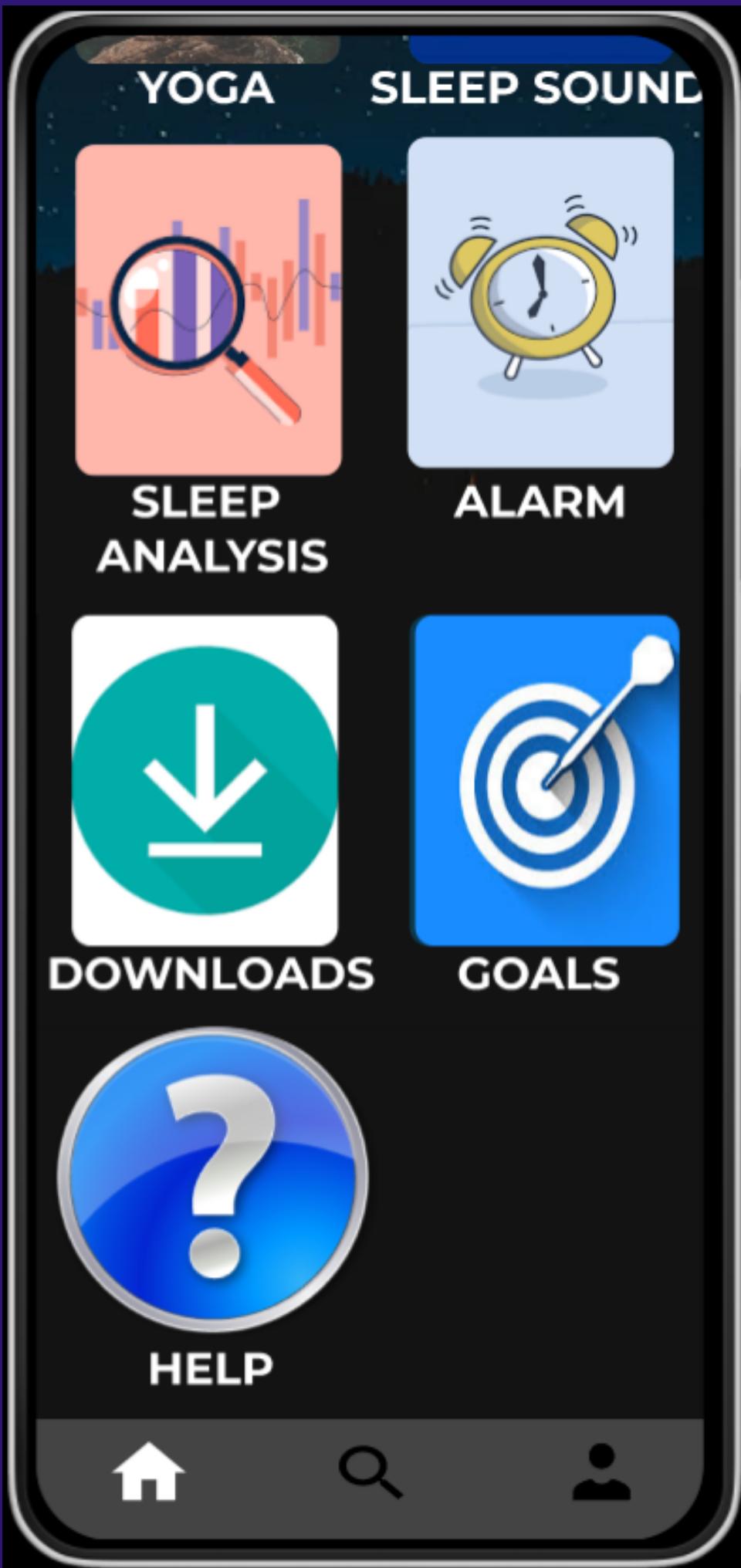
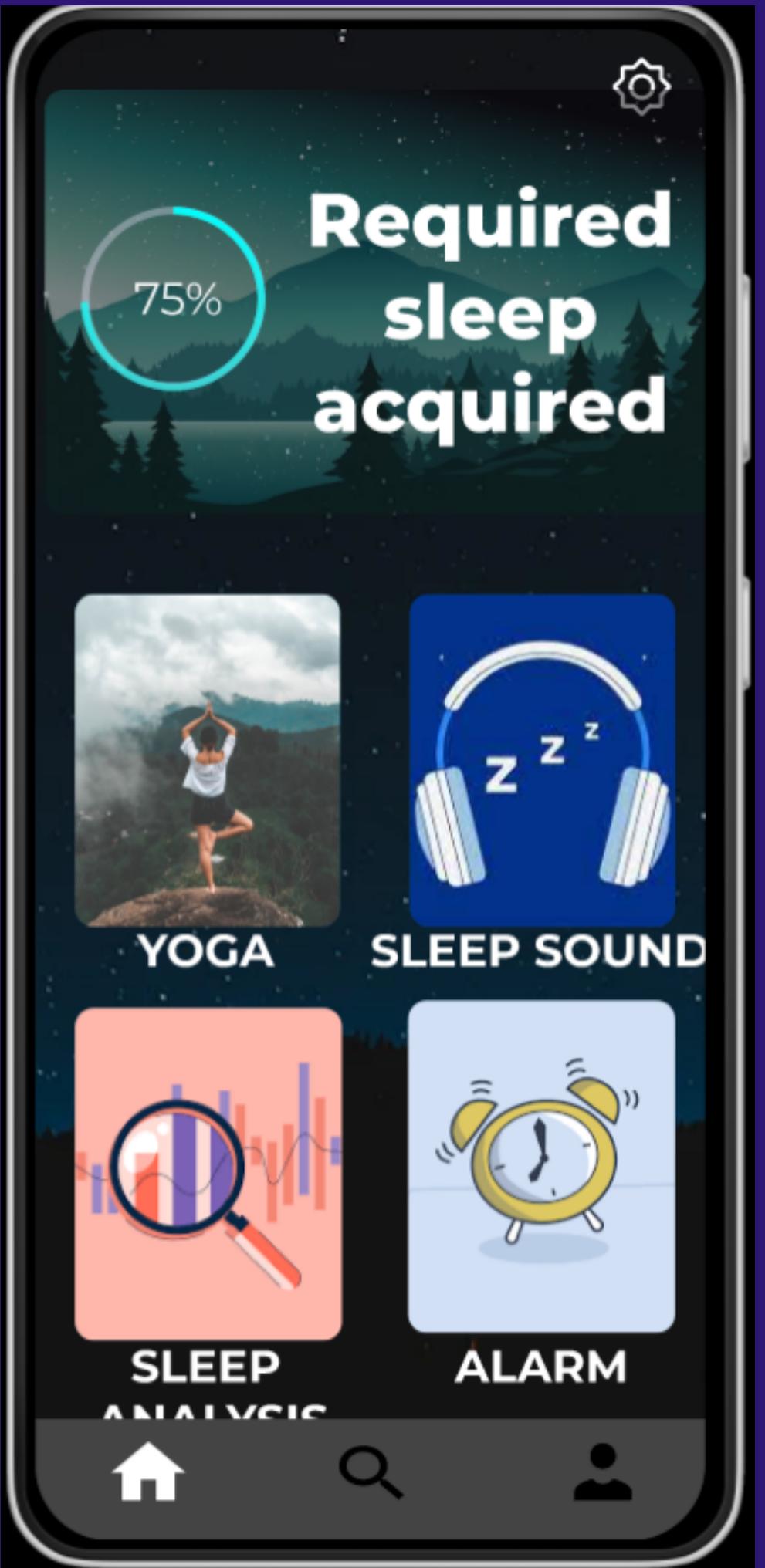
Remember me

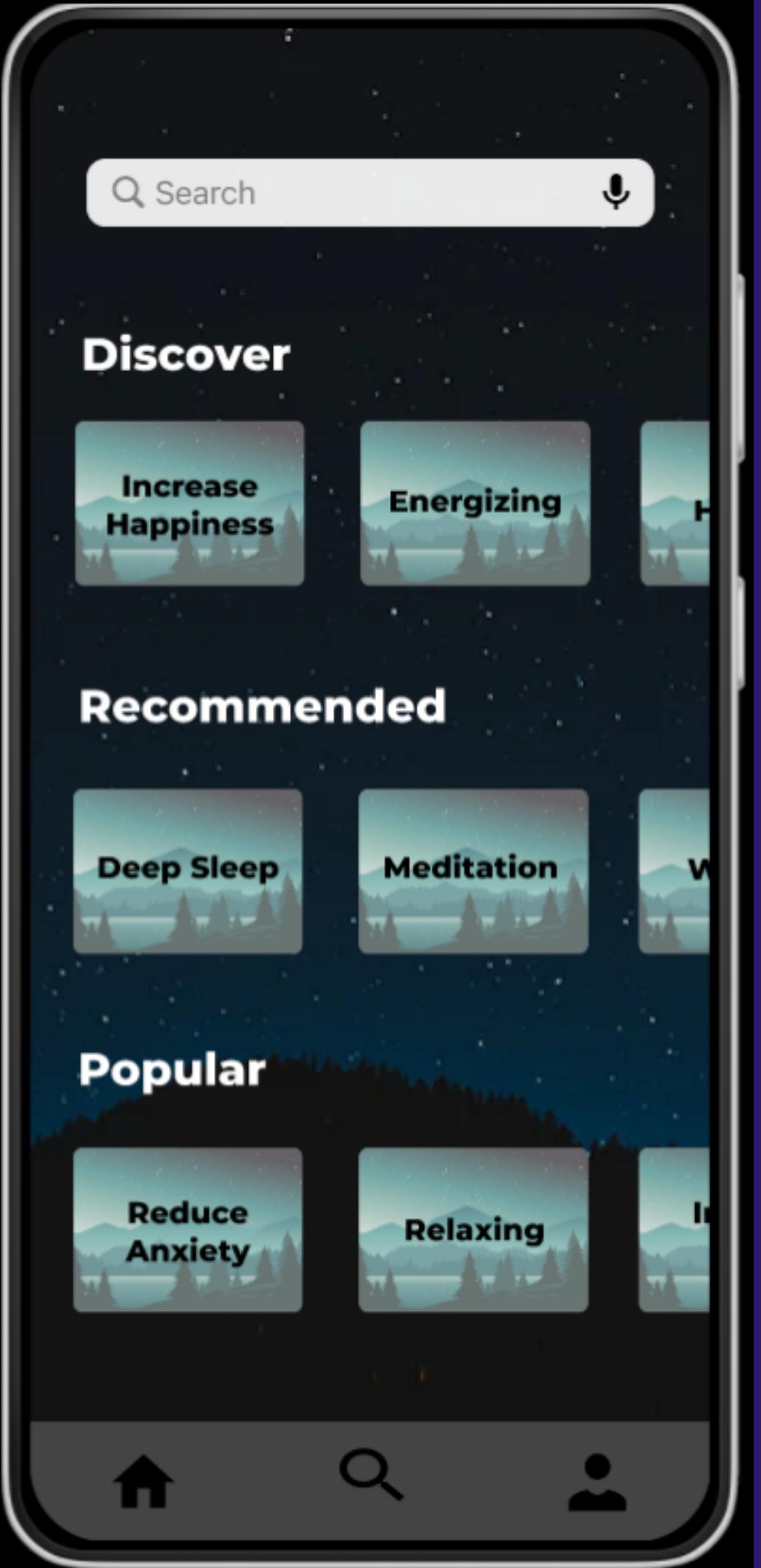
LOG-IN

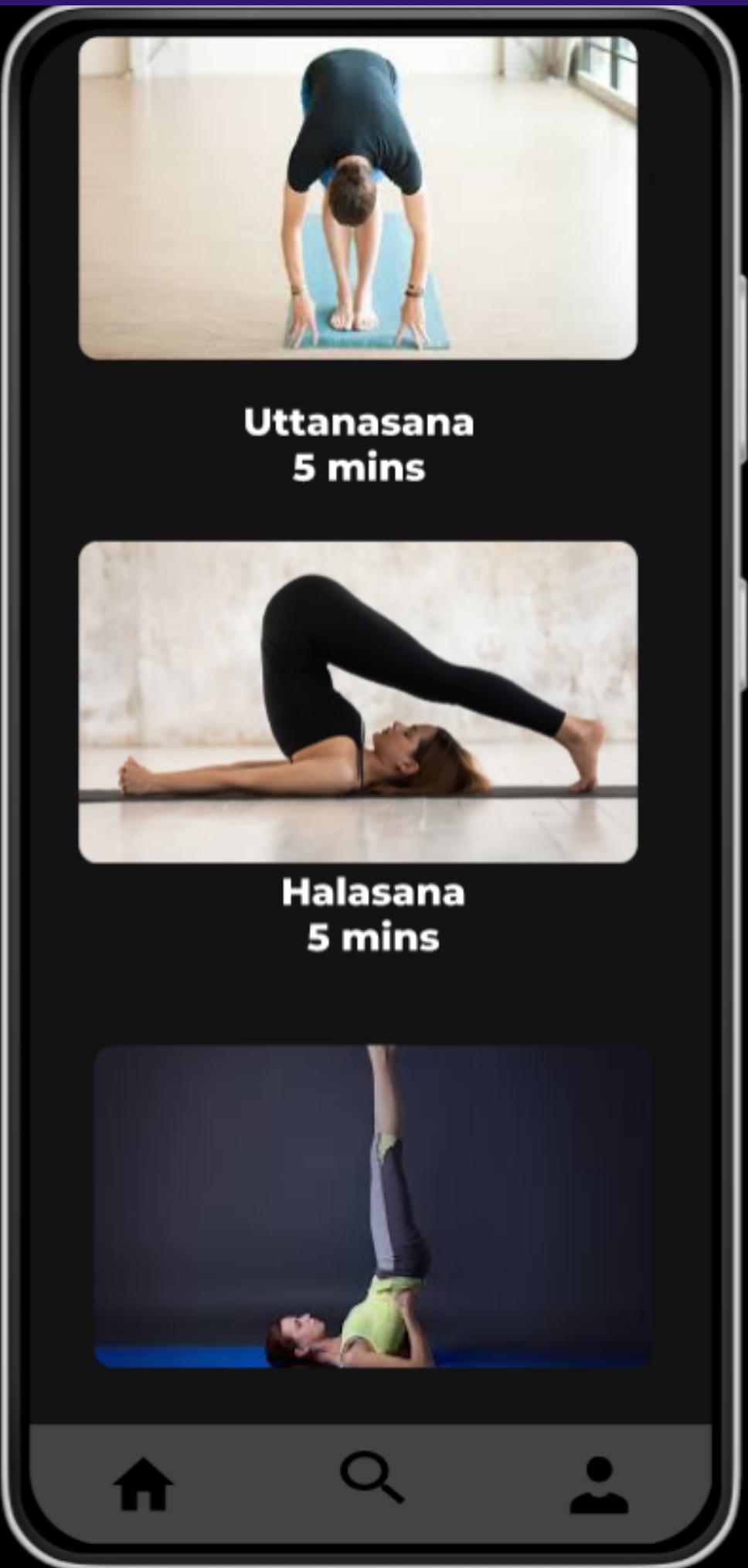
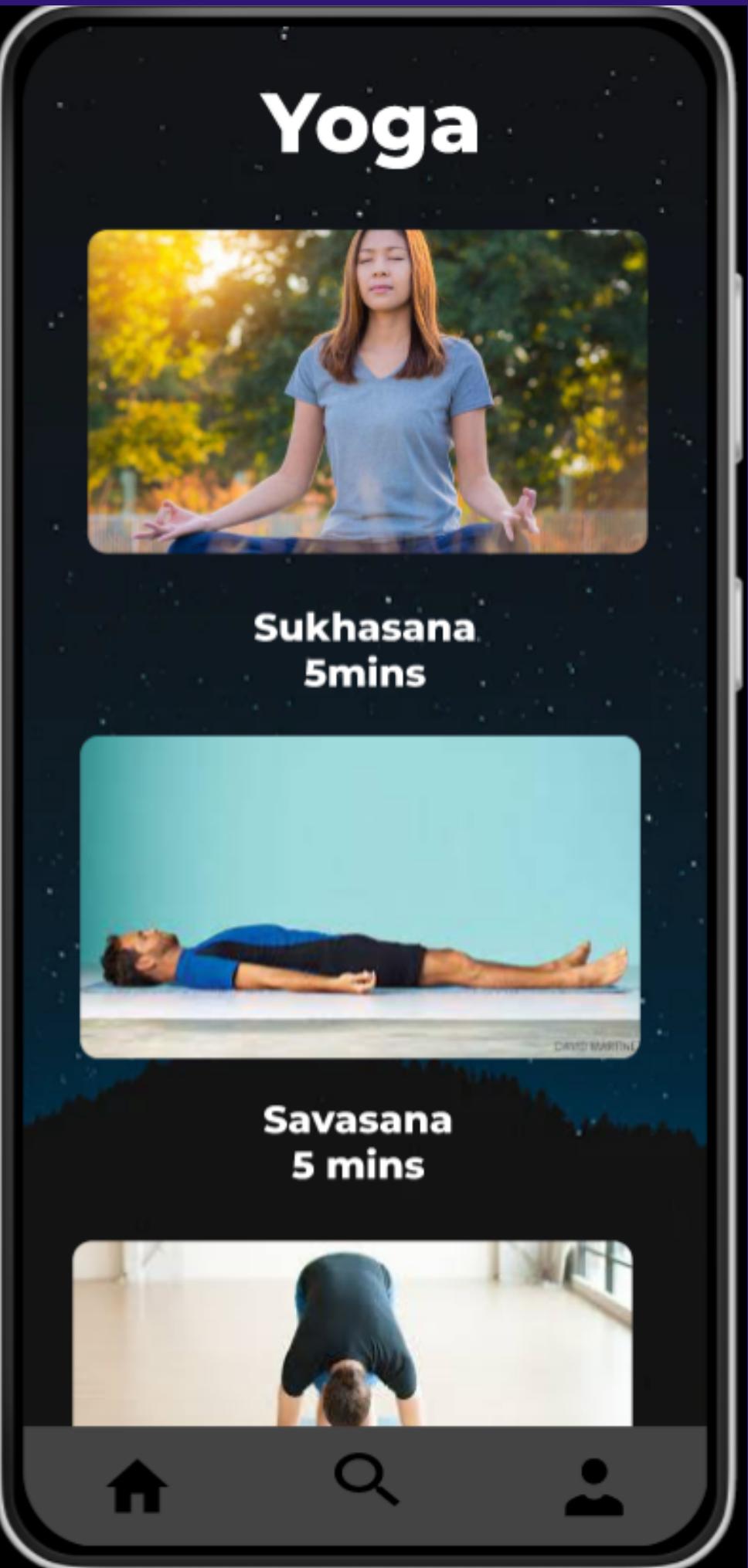
Or Sign up with













< Sukhasana >



0:36



3:40

It is recommended that Sukhasana be done on an empty stomach and bowels.

- To begin with sit in Dandasana on the mat; both the legs stretched straight, together in front of you
- Now bend one of the legs and place its heel under the opposite thigh
- Now fold the other leg and place the heel under the opposite thigh, sit like this in a crossed legged position with one ankle crossed over the other
- Keep the body straight, spine erect,

- For making the body straight sit exactly over the sitting bones to move the pelvis in neutral position, neither tilting forward nor backward, the knees must be kept close to the floor
- Grab the knees with the palms and pull the spine up and forward by pulling stretching the arms against the knees
- Draw the tailbone inwards and let the thoracic part of the spine slightly curve inwards towards the sternum
- The outer edges of the feet must be resting on the mat, adjust to a comfortable distance between the feet and the pelvis
- Now place your palms facing downward on the knees, lengthen the spine a bit more upwards by pressing the sitting bones further into the mat
- Keep the head vertically aligned to the spine, the chin must be maintained parallel to the floor
- The shoulders must remain slightly pulled down away from the ears, first pull the shoulders slightly up on an inhalation and then slide them down on an exhalation

Sit in this position for as long as possible, you can close your eyes and mentally observe your breath going in and out till you feel the serene clam setting in the mind.



Sleep Sounds



Refreshing rain
5mins



Rainforest
5mins

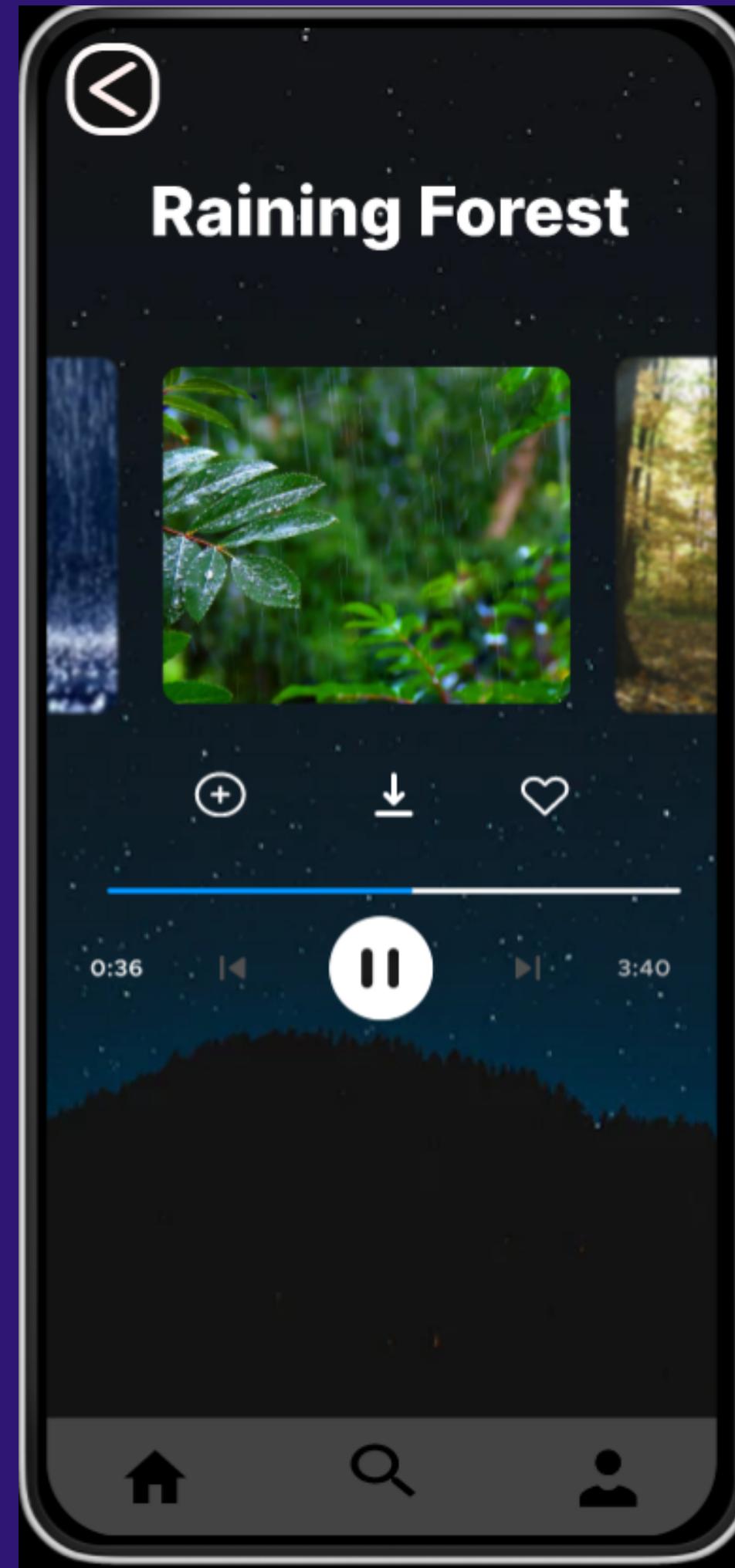
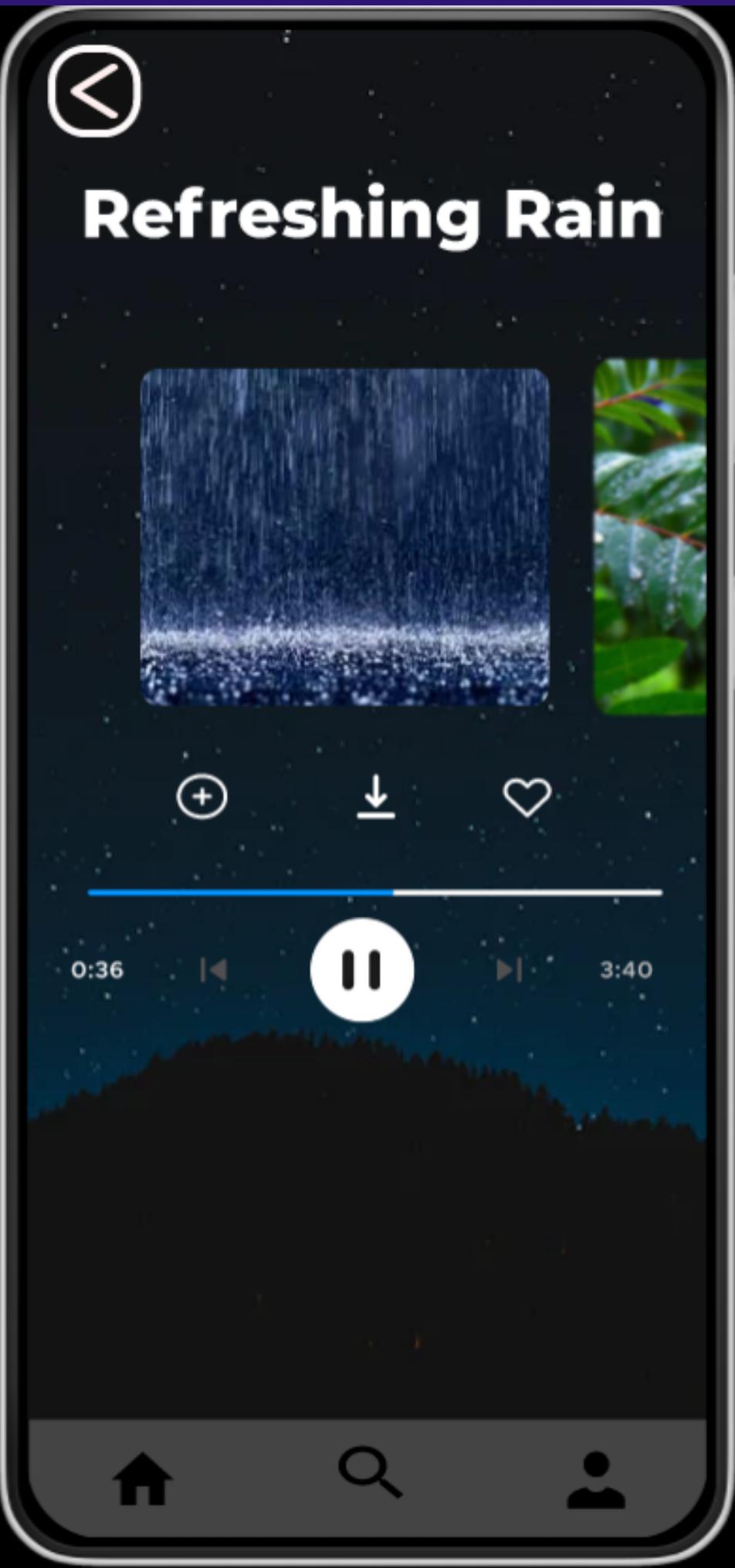


Autumn Wood
5mins



Waterfall
5mins

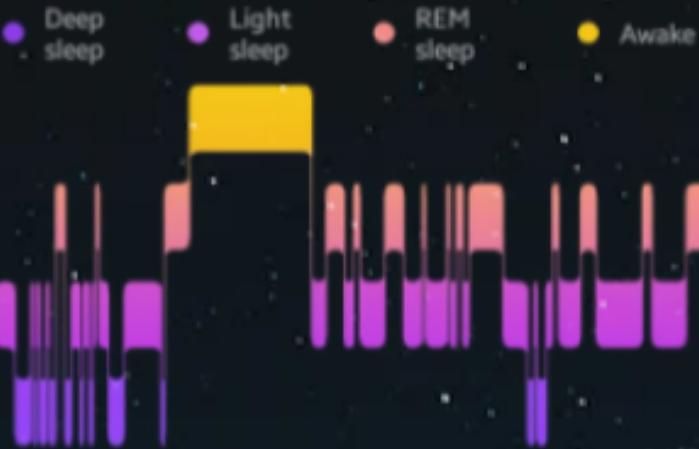




Sleep Analysis

Night sleep

6 h 30 min



24/03
Bed time 01:41

24/03
Rise time 09:30

Score

67 points

You woke up 1 time last night. Try drinking less water before bed to reduce the number of times you wake up.

Drinking too much water before bed can wake you up in the middle of the night. Instead, rehydrate with a glass of water in the morning, which can improve blood circulation.

Night sleep 6 h 30 min

References: 6-10 h

Normal >



Score

67 points

You woke up 1 time last night. Try drinking less water before bed to reduce the number of times you wake up.

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Night sleep 6 h 30 min

References: 6-10 h

Normal >

Deep sleep 13%

References: 20-60%

Low >

Light sleep 57%

References: < 55%

High >

REM sleep 30%

References: 10-30%

Normal >

Deep sleep continuity 40 points

References: 70-100 points

Low >

Awake 1 times

References: 0-2 times

Normal >

Breathing quality 98 points

References: 70-100 points

Normal >





Light sleep

References: < 55%

57%

High

1. What is light sleep?

In the light sleep stage, brain wave activity, heart rate, and breathing rate all slow down. In this sleep stage, it is easy to wake up. Being able to wake from sleep is a defence mechanism, essential to health and survival, and light sleep is a normal physiological need. Too much light sleep, though, can damage sleep quality and cause fatigue and difficulty waking.

2. How can I avoid getting too much light sleep?

According to the American College of Physicians' (ACP) guidelines for the management of chronic insomnia in adults, cognitive and behavioural therapy are recommended as initial treatments for insomnia. Clinical practice has shown that people with chronic insomnia often have bad sleep habits. If you want to improve your sleep quality and increase the amount of deep sleep you are getting, consult the following sleep improvement recommendations:

(1) Psychological factors: Exercise, anxiety, anxiety



Deep sleep

References: 20-60%

13%

Low

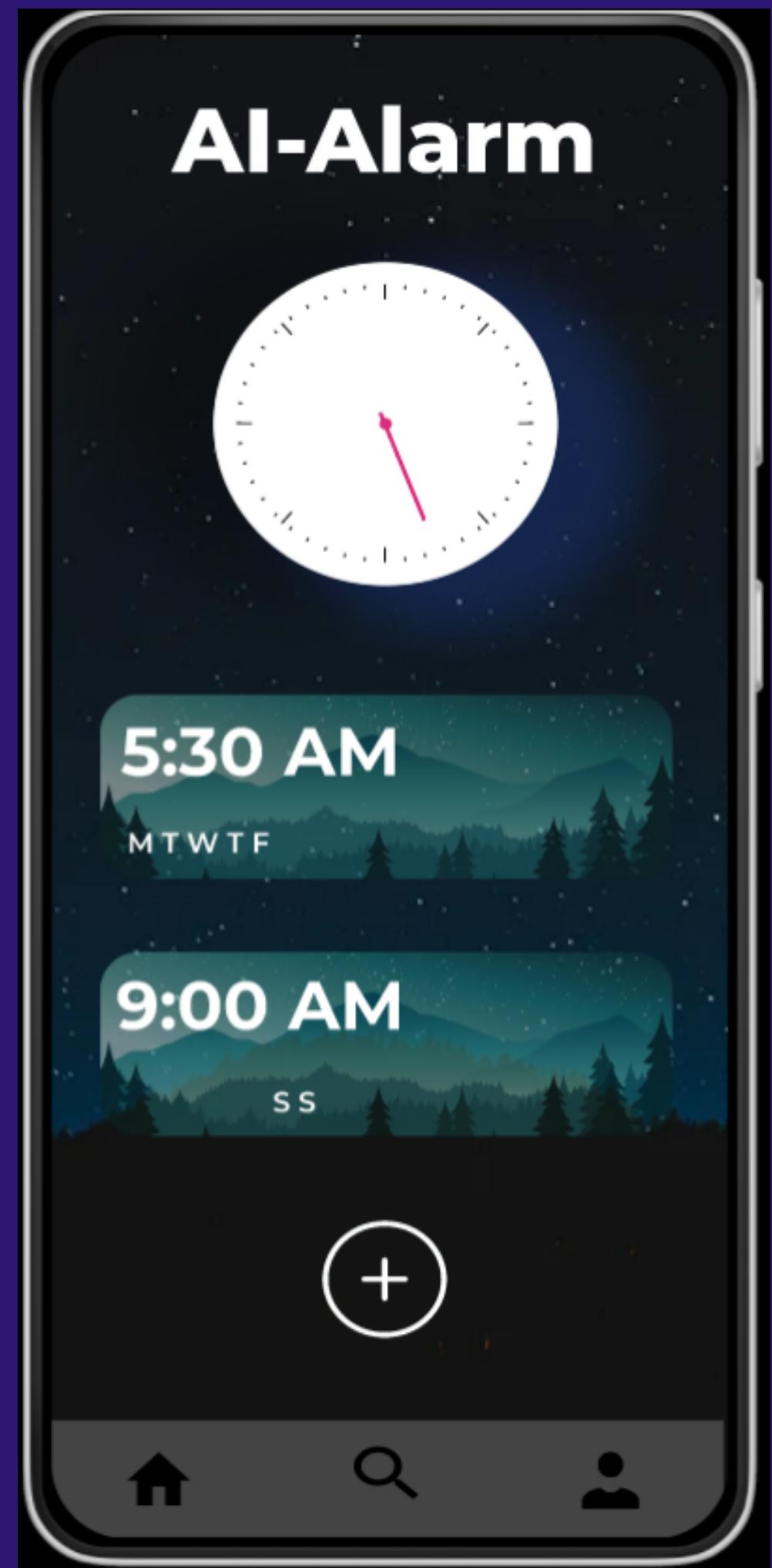
1. What is deep sleep?

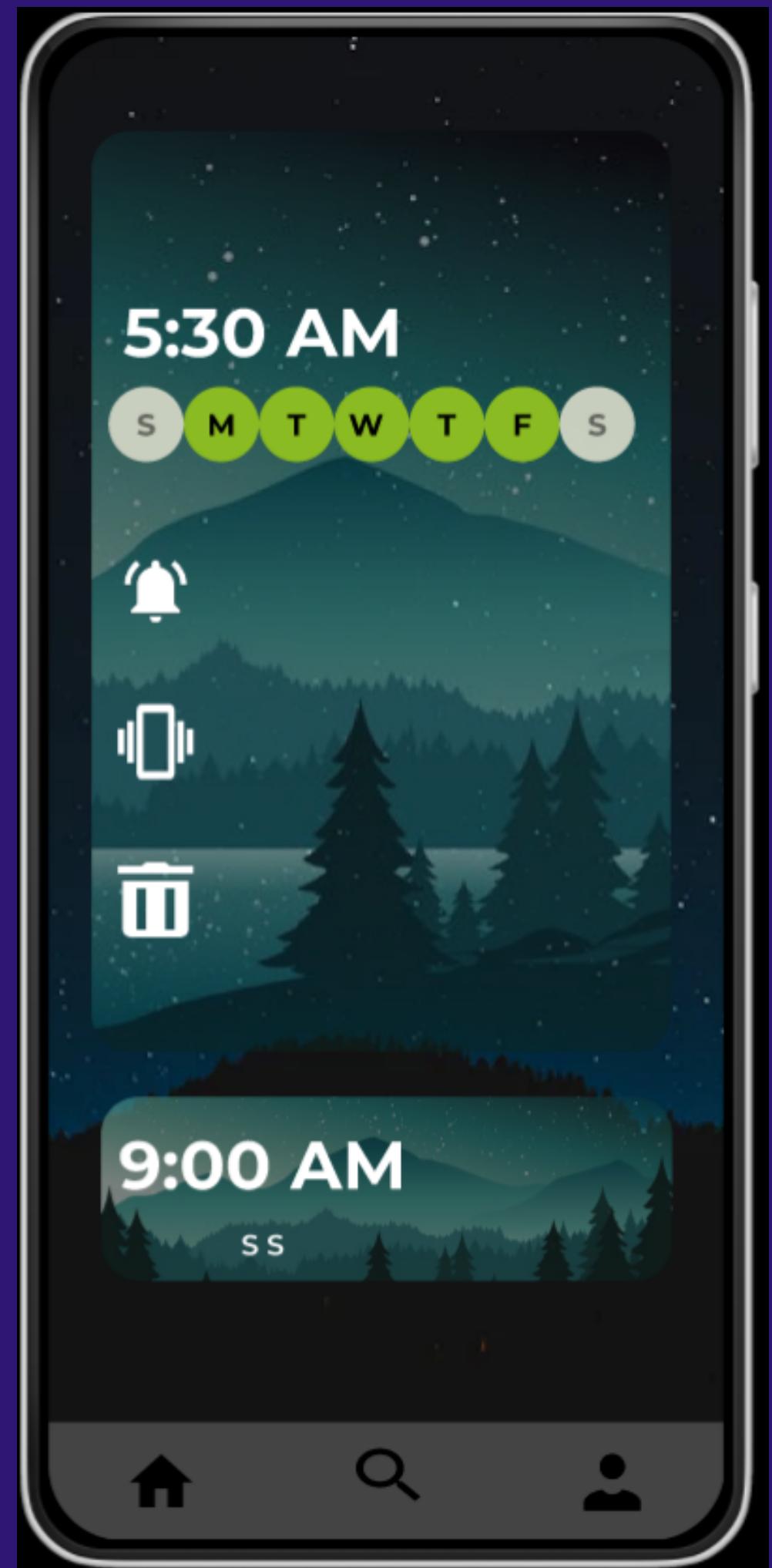
Brain wave frequency, breathing rate, and blood pressure are reduced during deep sleep. Deep sleep, also known as slow-wave sleep, is the deepest sleep stage and the hardest to wake from. Being woken during this stage may result in dizziness, palpitations, and irritability. Research shows that deep sleep is most effective for eliminating fatigue. Deep sleep is essential for stabilizing mood, balancing the mind, and restoring energy. Usually, more deep sleep means better quality sleep, but very high levels of deep sleep over a long period may be a symptom of illness. If in doubt, contact a medical professional.

2. How can I get enough deep sleep?

According to the American College of Physicians' (ACP) guidelines for the management of chronic insomnia in adults, cognitive and behavioural therapy are recommended as initial treatments for insomnia. Clinical practice has shown that people with chronic insomnia often have bad sleep habits. If you want to improve







Downloads

1.



2.



3.



4.



5.



6.



7.



8.



Let's Get Fabulous!

Which goal would you like to start with?

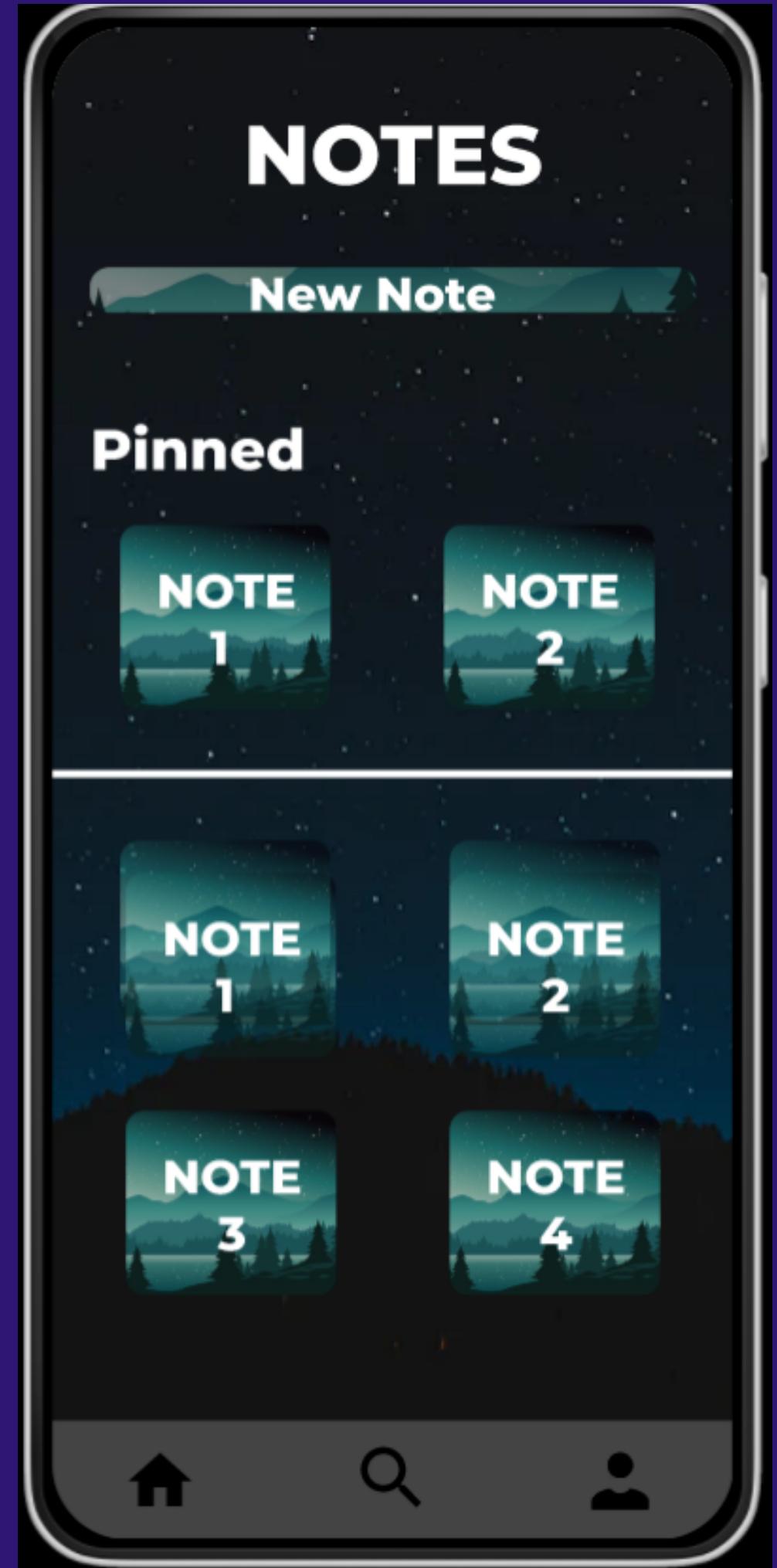
Feel more energized

Increase your productivity

Focus & concentrate more

Sleep better

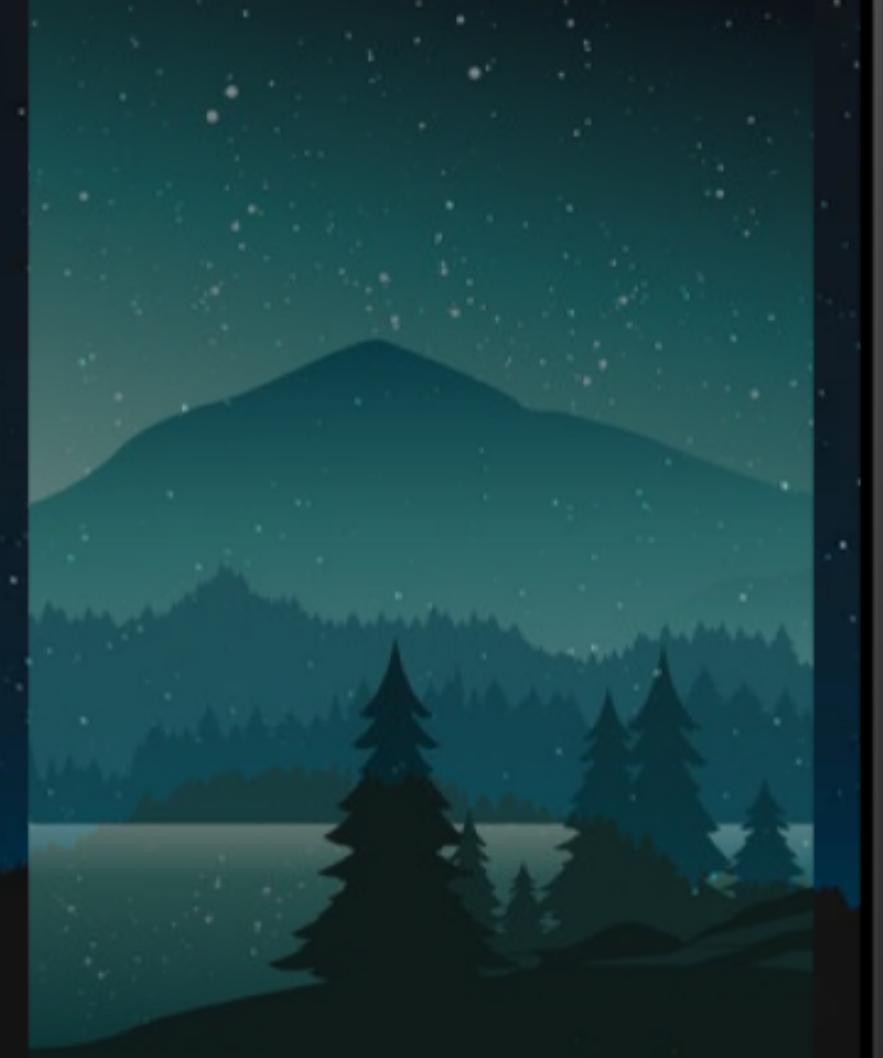




NOTES

Title

Note



Help

*Finding the app difficult
to use ?*

Alarm >

Sleep sounds >

Meditation >

Bedtime >



Profile

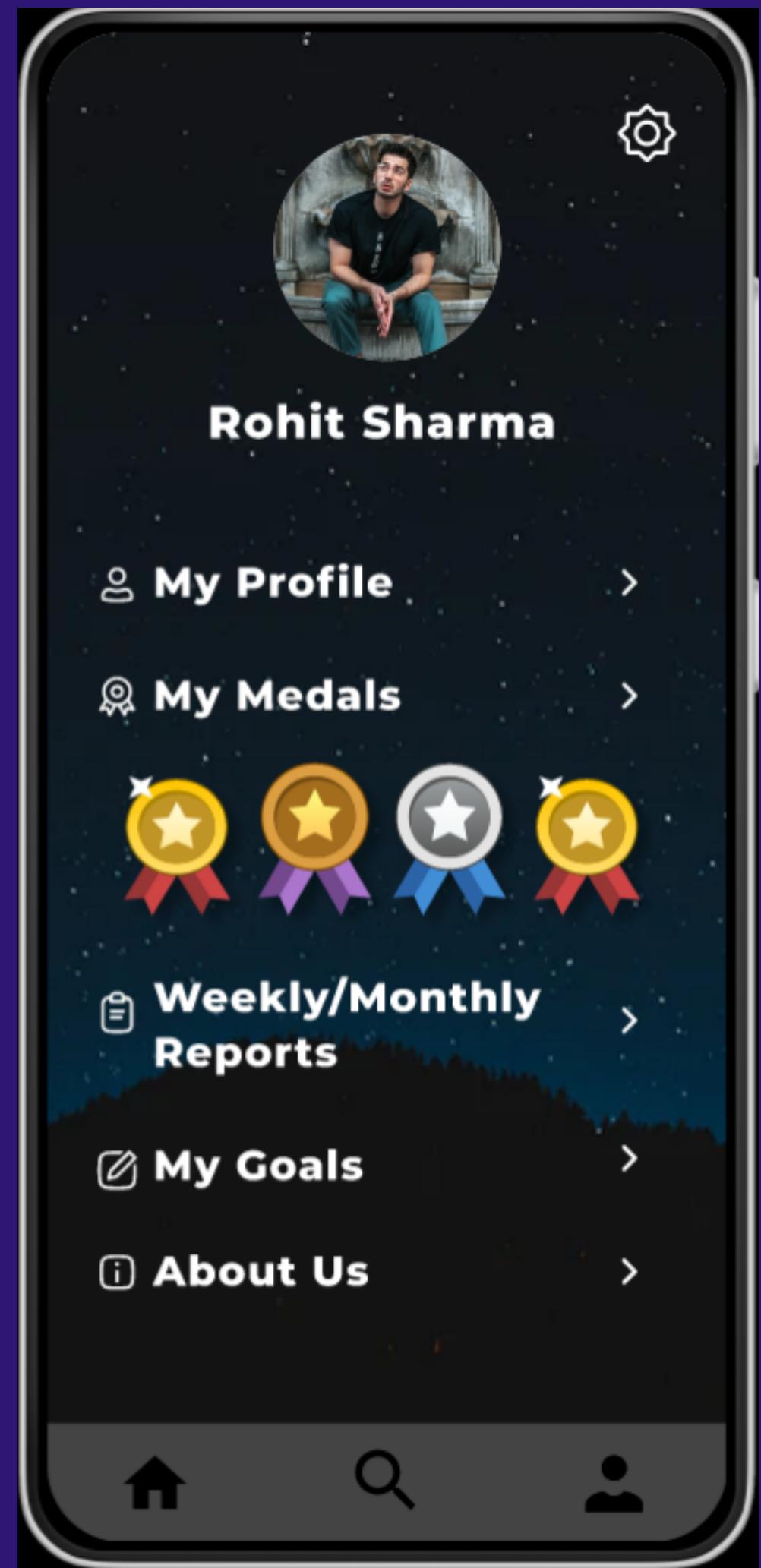
My Rewards

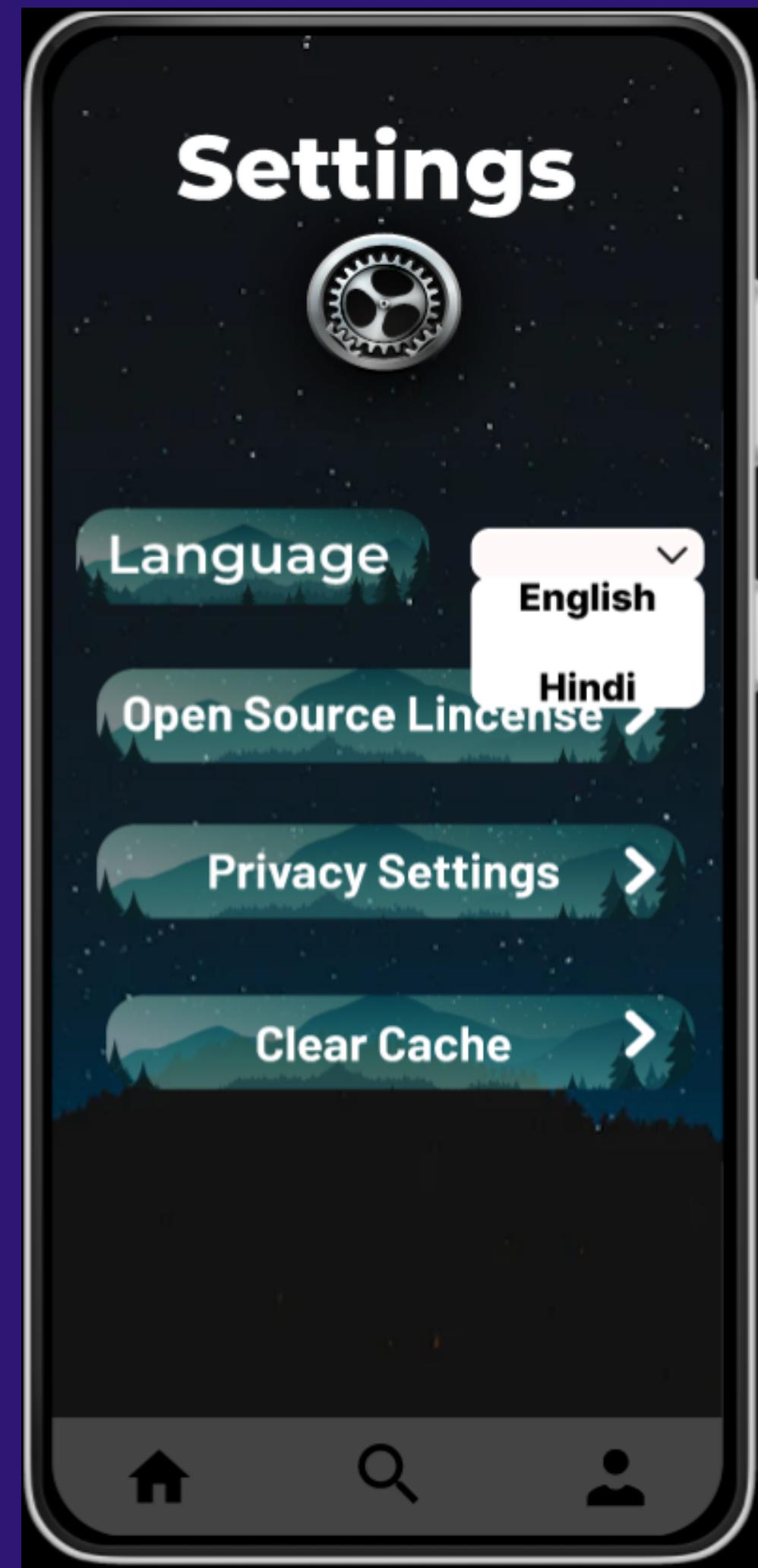
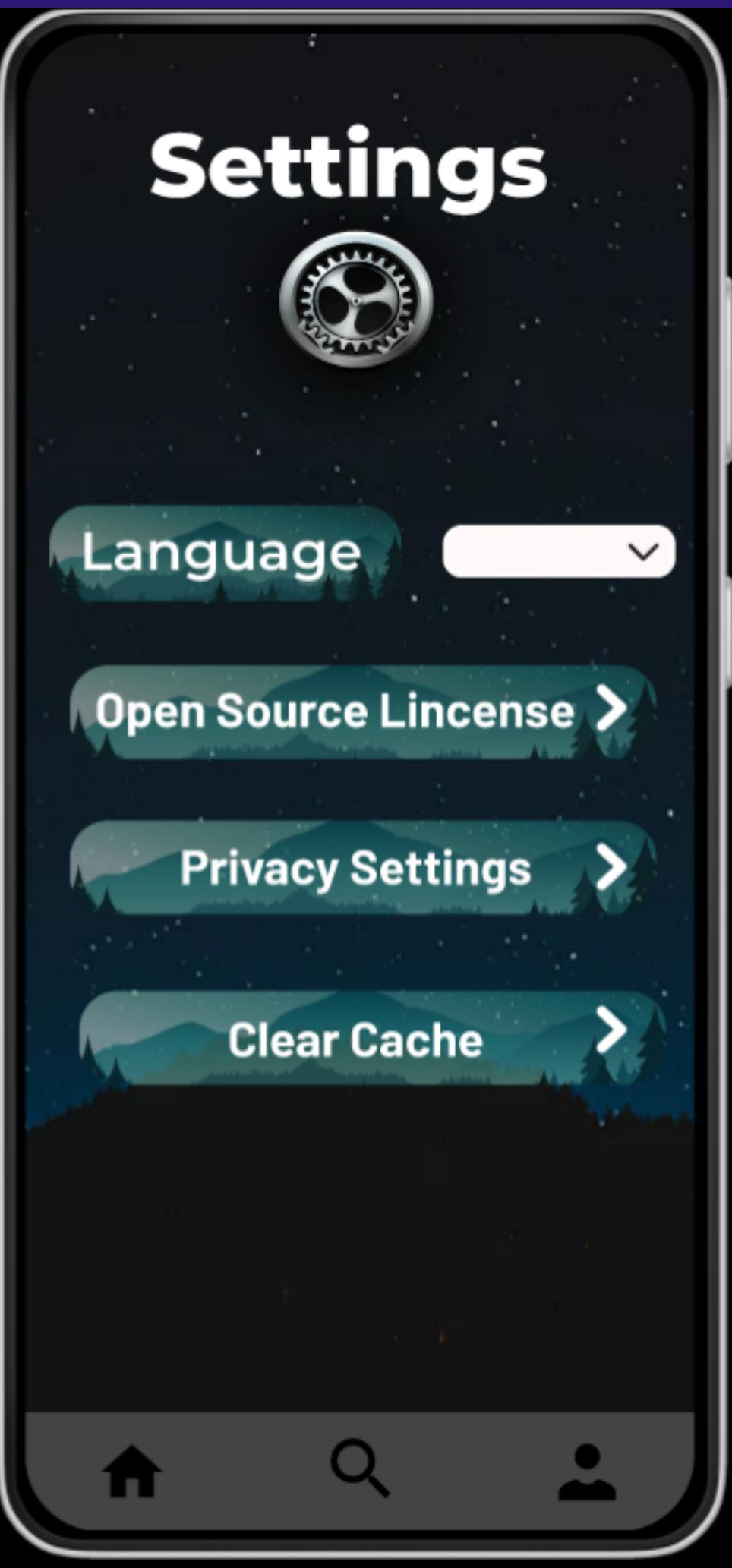
Settings

Update App

About Us







About Us

Our Team >

Terms of Service >

Privacy Policy >

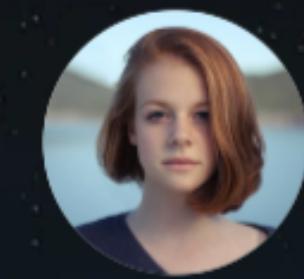
Version 1.0



Our Team



Aryan Dhull



Swati Sharma



Lakshya
Kumar



Preark
Gupta



Vickey
Kumar



Privacy Policy

Resting panda is an app for tracking and analysing personal health and fitness data. It provides users with professional fitness guidance and health services. This app requires an Internet connection and the location. Your health and fitness data contains sensitive personal information, which will only be uploaded to our servers with your explicit consent. This app will only work if you agree to the above information and grant access to the required permissions.



Terms of Service

By using our Services, you agree to be bound by these Terms, if you don't agree to be bound by these Terms, do not use the Services.

Please refer to our *Privacy Policy* for information on how we collect, use and disclose information from our users.

You acknowledge and agree that your use of the Services is subject to our Privacy Policy.



LINK TO THE PROTOTYPE

https://www.figma.com/file/RXeq7eVrH8XzoBwxTiQNYg/Group-45_High-Fidelity?node-id=0%3A1

TASK INTERFACE

- Open application
- Click on "Get started' option for new member
- Either enter 'Name', 'Username', 'Password', 'Mobile no./email id' and click on log-in or sign up with Google, Twitter or Facebook.
- Now you are on the Homepage. Choose the task you want to perform. Let's say Sleep Sounds
- Now choose the sound that you want to play. Let's say Waterfall.
- Now click on play button to start sound and press the same button to pause.
- Click on the back button to load the sleeping sounds menu again and choose another sound you want to listen to or click on '<' / '>' to easily go to another sound.
- Click on the Home button anytime to land on the homepage again and try out another task.
- Click on the Search button to look for what you want to do.
- Click on the Profile button to open Profile menu.

THANKYOU