



## Sleepstagram – Quantify your sleep

Sleep is an integral part of our daily life and yet many struggle getting enough of it. Our internal clock tells us when we get tired and when we would like to wake up naturally. Knowing the sleep midpoint on free days tells us about the phase of the internal clock. In this project you will build an Android application to track midsleep point over time and automatically detect whether the user is having a free day or workday. To gather ground truth data, a digital sleep diary will also be implemented. Once your application is running you will conduct a small study to learn how well your concept works.



Project type	Bachelor seminar Bachelor project
Starting date	immediate
Work distribution	30% experiments, 20% theory, 50% programming
Useful knowledge	<ul style="list-style-type: none"><li>• Proficient in Android programming</li><li>• Attended course Mustererkennung und Zeitreihenanalyse</li><li>• Basic knowledge of human circadian rhythms</li></ul>
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