SAVOR AND SLUMBER

Design of an Application Prototype for Sleep and Nutrition Tracking

Udita Shukla
Graduate Student
Pace University, New York
uudita63@gmail.com

Viraj Sambre
Graduate Student
Pace University, New York
sambreviraj@gmail.com

Lakshya Kodavala
Graduate Student
Pace University, New York
lakshya1761@gmail.com

Kavya Mekala
Graduate Student
Pace University, New York
mekalakavya37@gmail.com

ABSTRACT

This paper presents a comprehensive overview of the development and functionality of a novel sleep and nutrition tracker application – 'Savor and Slumber'. The application aims to offer users a seamless and integrated platform for monitoring and improving their sleep patterns and nutritional habits. This innovative application combines advanced sleep tracking and nutrition monitoring features to offer a holistic approach to personal health management. Users can effortlessly monitor and analyze their sleep patterns, gaining insights into their sleep quality, duration, and disturbances, and more. Users can also log their food intake and track their nutritional habits, promoting mindful eating and better dietary choices. The application provides personalized recommendations and actionable insights, helping users make informed decisions for a

healthier lifestyle. With user-friendly interfaces, customizable features, and the ability to sync with other wearable devices, it simplifies the process of achieving and maintaining a balanced sleep and nutrition routine. Key features include personalized sleep tracking, dietary analysis, and tailored recommendations for enhancing overall health and well-being. The presented research sheds light on the application's potential to contribute to individuals' long-term health management and quality of life.

CCS CONCEPTS

Human-centered computing, Human Computer Interaction

KEYWORDS

Sleep tracking; nutrition monitoring; health applications; personalized recommendations and insights; lifestyle intervention; survey

ACM REFERENCE FORMAT

Anna Nolda Nagele, Julian Hough, and Zara Dinnen. 2022. The Subjectivities of Wearable Sleep-Trackers - A Discourse Analysis. In Extended Abstracts of the 2022 CHI Conference on Human Factors in Computing Systems (CHI EA '22). Association for Computing Machinery, New York, NY, USA, Article 385, 1–8. https://doi.org/10.1145/3491101.3519677

Rodrigo Zenun Franco. 2017. Online Recommender System for Personalized Nutrition Advice. In Proceedings of the Eleventh ACM Conference on Recommender Systems (RecSys '17). Association for Computing Machinery, New York, NY, USA, 411–415. https://doi.org/10.1145/3109859.3109862

Hanna Schäfer, Mehdi Elahi, David Elsweiler, Georg Groh, Morgan Harvey, Bernd Ludwig, Francesco Ricci, and Alan Said. 2017. User Nutrition Modelling and Recommendation: Balancing Simplicity and Complexity. In Adjunct Publication of the 25th Conference on User Modeling, Adaptation and Personalization (UMAP '17). Association for Computing Machinery, New York, NY, USA, 93–96. https://doi.org/10.1145/3099023.3099108

Nina Reščič, Eva Valenčič, Enej Mlinarič, Barbara Koroušić Seljak, and Mitja Luštrek. 2019. Mobile nutrition monitoring for well-being. In Adjunct Proceedings of the 2019 ACM International Joint Conference on Pervasive and Ubiquitous Computing and
Proceedings of the 2019 ACM International Symposium on Wearable Computers
(UbiComp/ISWC '19 Adjunct). Association for Computing Machinery, New York, NY, USA, 1194–1197.
https://doi.org/10.1145/3341162.3347076

Zilu Liang and Bernd Ploderer. 2016. Sleep tracking in the real world: a qualitative study into barriers for improving sleep. In Proceedings of the 28th Australian Conference on Computer-Human Interaction (OzCHI '16). Association for Computing Machinery, New
York, NY, USA, 537–541.
https://doi.org/10.1145/3010915.3010988

1 INTRODUCTION

In today's fast-paced world, maintaining a balanced and healthy lifestyle has become increasingly challenging. Research has shown that sleep and diet quality strongly influence physical and mental health. Recognizing this critical need for a comprehensive tool to monitor and manage sleep and food habits effectively, to maintain overall health, ' Savor and Slumber' was developed. This application aims to address these challenges by offering a user-friendly, comprehensive, and personalized experience. The application incorporates algorithms and user-friendly interfaces to track and analyze users' sleep quality and food intake. The data-driven insights provided by the application empower users to make informed decisions to improve their overall health and well-being. We believe that the comprehensive insights and personalized recommendations provided by ' Savor and Slumber' will revolutionize the way individuals perceive and manage their overall well-being.
Project intent:

a. To create an intuitive and accessible application that allows users to effortlessly monitor and analyze their sleep patterns and food consumption.

b. To provide users with comprehensive insights into the correlation between their sleep quality and dietary choices, fostering a deeper understanding of the impact of these habits on overall health.

c. To equip users with personalized recommendations and actionable insights based on their sleep and food data, thereby empowering them to make informed decisions and cultivate healthier lifestyle habits.

Users can easily track sleep duration, quality, and environment variables. The app collects comprehensive food intake data including meals, ingredients, calories, and macros. The inputs can be through manual entries, pictographic inputs or data from synced devices. Advanced analytics then process this input data to generate personalized insights, and give science-backed or expert-backed recommendations for improving sleep hygiene and nutritional habits.

2 RELATED WORK

Previous research has demonstrated associations between sleep, diet, and health outcomes. Studies show poor sleep quality is linked to unhealthy dietary patterns and vice versa and how tracker applications can greatly help. A few existing research papers, mentioned below, have also supported the same, and helped in coming up with ideas for the application, through their valuable research and inputs. Some of them are:

Zilu Liang and Bernd Ploderer. 2016. Sleep tracking in the real world: a qualitative study into barriers for improving sleep. In Proceedings of the 28th Australian Conference on Computer-Human Interaction (OzCHI '16). Association for Computing Machinery, New

York, NY, USA, 537–541. https://doi.org/10.1145/3010915.3010988

Anna Nolda Nagele, Julian Hough, and Zara Dinnen. 2022. The Subjectivities of Wearable Sleep-Trackers - A Discourse Analysis. In Extended Abstracts of the 2022 CHI Conference on Human Factors in Computing Systems (CHI EA '22). Association for Computing Machinery, New York, NY, USA, Article 385, 1–8. https://doi.org/10.1145/3491101.3519677

Rodrigo Zenun Franco. 2017. Online Recommender System for Personalized Nutrition Advice. In Proceedings of the Eleventh ACM Conference on Recommender Systems (RecSys '17). Association for Computing Machinery, New York, NY, USA, 411–415. https://doi.org/10.1145/3109859.3109862

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3 SLEEP TRACKING FEATURES

1. User Input

Users can manually input their bedtime and waking up time, allowing the app to create a personalized sleep schedule. This information serves as a baseline for tracking sleep patterns and providing insights.

2. Core Sleep Tracking Features

The app employs advanced sensors (such as accelerometers or gyroscopes) in smartphones or wearables to monitor the user's movements during sleep. It tracks sleep duration, different sleep stages (light, deep, REM), and interruptions, providing a comprehensive overview of the user's sleep quality.

3. **Detection of Sleep Disturbances** The app utilizes algorithms to detect common sleep disturbances, such as sleep apnea, snoring, or restless leg syndrome. It provides users with alerts or summaries about potential disruptions to their sleep and offers guidance on how to address these issues.

4. **Sleep Reports and Insights** Users receive detailed reports and insights about their sleep patterns over time. This includes trends, variations in sleep stages, and recommendations for improving sleep quality. Graphs and visualizations may be used to make the information more accessible and actionable.

5. **Social and Community Features:** Users can connect with a community of fellow users to share experiences, tips, and insights. Social features may include challenges, competitions, or group goals to encourage healthy sleep habits. This community aspect fosters motivation and a sense of accountability.

6. **Mood and stress tracking:** Emotional states and stress levels can be tracked using mood specific tools which improves the user’s self

awareness and aids in better stress management.

7. Personalized tips:
By using the collected data, the system can provide tailored advice such as sleep hygiene tips and stress reducing strategies.

8. **Personalized sleep music composer:** A music composition system driven by AI that will create customized sleep playlists based on each user's preferences.

4 NUTRITION MONITORING FEATURES

1. **Food Intake Logging:** Users can log their daily food intake by entering meals manually or by scanning barcodes. The app may also support photo-based food logging, making it easier for users to track what they consume accurately.

2. Nutritional Content Analysis:
The app analyzes the nutritional content of logged foods, providing users with information on calories, macronutrients (carbohydrates, proteins, fats), vitamins, and minerals. This feature helps users understand the nutritional value of their diet.

3. Goal Setting:
Users can set personalized nutrition goals based on factors such as weight management, muscle building, or specific dietary preferences. The app provides feedback on progress, adjusts goals over time, and suggests modifications to the user's diet plan.

4. Virtual Nutritionist:
Based on the user's dietary habits and goals, the app offers personalized recommendations for achieving a balanced diet. It may suggest specific foods, recipes, or meal plans tailored to the user's nutritional needs.

5.AI-Powered Personalized Recipe Suggestions:
Using artificial intelligence, the system can recommend customized recipes for the users based on their diet choices and restrictions.

6. Smart Shopping List Generator:
The system can generate a smart shopping list for convenient and efficient grocery shopping.

5 RESEARCH FINDINGS

1. **Improved Sleep Patterns:** The app aims to improve the sleep patterns by analyzing the duration of sleep of the users and the quality.

2. Enhanced Dietary Habits:
Analyze how the application influences the nutrition choices of the users by features such as meal tracking and nutritional guidance. Experience positive changes in user's eating patterns and reduction in unhealthy food choices. This will create a positive impact overall.

3. Health Outcomes
Examine the overall health outcomes associated with improved sleep and improved dietary habits. Find correlations between the quality of sleep, food, improved habits, etc.

4. Effect on Sleep Disorders:
The application aims to reduce the sleep disorders users may face such as insomnia, sleep apnea by giving personalized recommendations. Understand if users with previously diagnosed sleep disorders saw an improvement in the condition after consistently using the application

5. **Effect on Dietary Disorders:** Understand if the app helps with the dietary disorders and the nutritional deficiencies the users may have and examine if the users with dietary disorders saw an improvement in their condition because of the app

6. Behavioral Changes Over Time:
Identify trends and patterns in the users behavior related to sleep and nutrition and find if users

show any sustainable positive changes over instant results.

7. Personalization Benefits:

Explore the effectiveness of personalized recommendations provided by the app based on individual sleep and dietary preferences, habits, and goals.

Assess user satisfaction and engagement with the personalized features, considering factors like user interface design and ease of use.

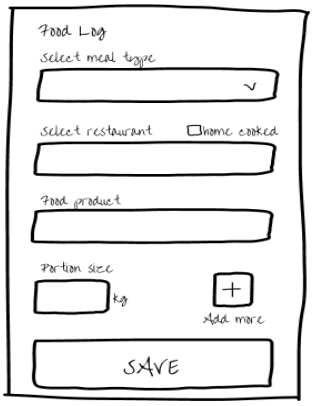
8. Future Development Needs:

Identify areas for improvement in the current app design or functionality based on user feedback and research findings.

Discuss potential enhancements or features that could be incorporated into future versions of the app to better address users' needs and optimize health outcomes.

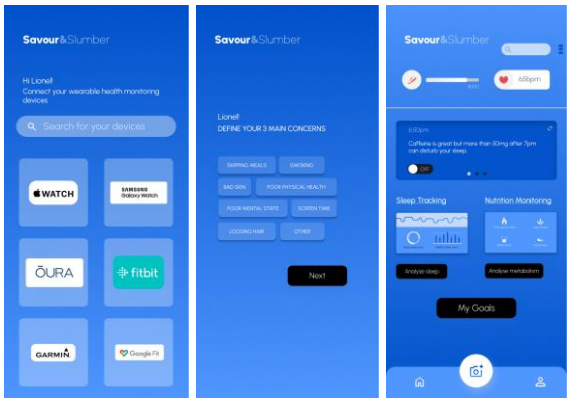
6 PROTOTYPE WIREFRAME SKETCH

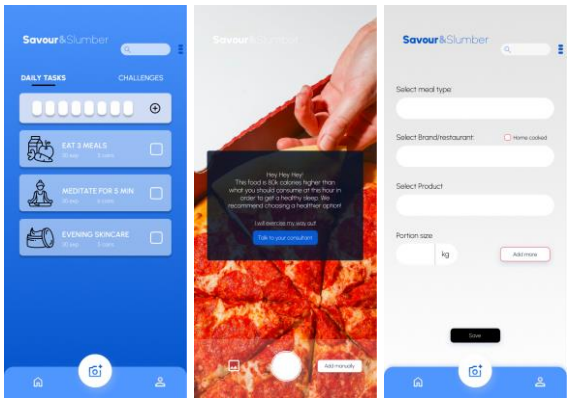
The prototype wireframe sketch designed, is as shown below:



7 FINAL SCREENS

Some of the screens designed for our application prototype, encapsulating the functionalities of our application, are shown below:





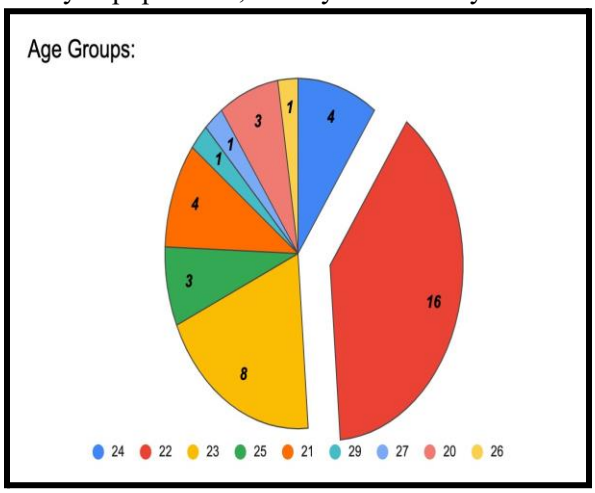
8 METHODOLOGY

In understanding the relationship between sleep and nutrition, a survey based approach was used to gather a comprehensive understanding. Quantitative data on everyday habits was collected using the survey. Ethical considerations were prioritized,and data analysis involved a combination of statistical methods for quantitative data. While acknowledging limitations such as self-reporting bias, these methodological choices aim to provide a holistic understanding of the complex dynamics between sleep and nutrition.The study involved a diverse sample of 41 participants,

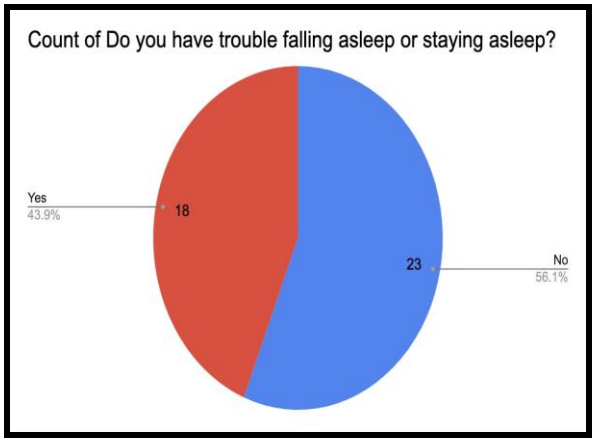
ranging in age from 20 to 30 years. The selection criteria included individuals with varying sleep durations and dietary patterns, ensuring a representative sample for a compensent. Confidentiality and anonymity were prioritized. Quantitative data were analyzed, allowing for the identification of correlations between sleep patterns and nutritional intake.

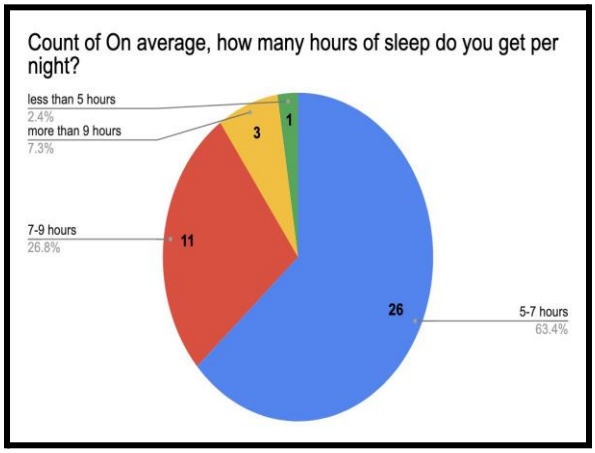
Method of Study: Surveying (41 subjects)
Survey Tool: Google Forms

The graph below represents the demographic distribution concerning age groups among participants in the survey. A substantial portion of respondents comprises individuals aged 22, constituting the largest cohort within the surveyed population, closely followed by 23.



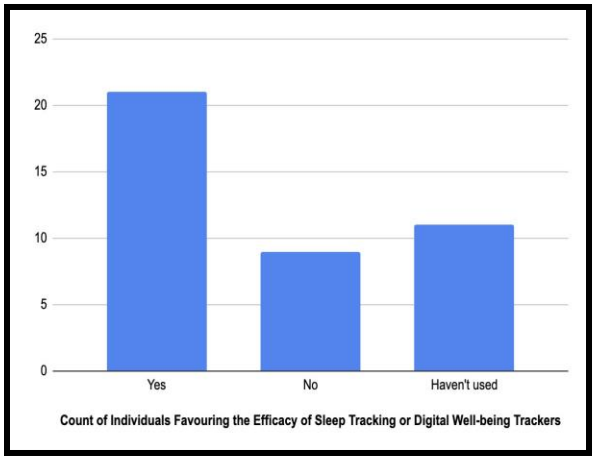
The graphical representations present the daily sleep patterns of individuals, encompassing factors like instances of difficulty initiating sleep and the average duration of sleep obtained per night.

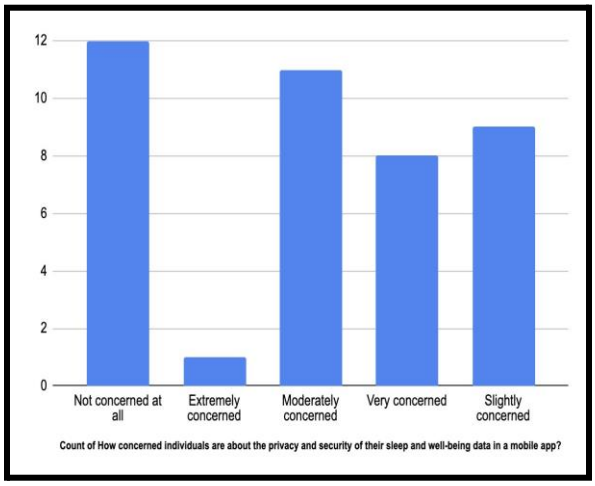




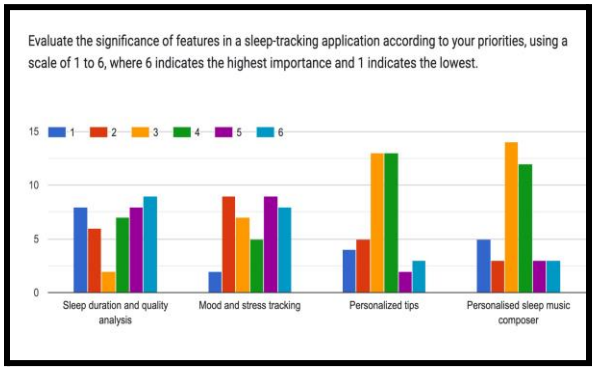
The data illustrated in the above graphs indicate that a significant portion of individuals do not report experiencing difficulty sleeping. However, a nearly equivalent percentage of respondents find it challenging to fall asleep. Regarding the average nightly sleep duration among individuals, the majority reported sleeping for 5 to 7 hours, followed closely by those who sleep for 7 to 9 hours per night.

The graphs depict user perceptions regarding the efficacy of sleep tracking and digital well-being trackers, as well as their attitudes toward data privacy and security within these applications.

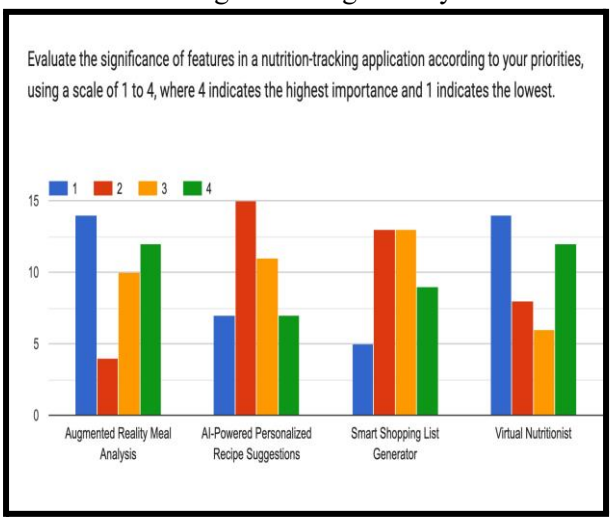




The majority of users express confidence in the efficacy of these tools, with a significant portion who have not yet utilized them showing interest. In terms of privacy concerns, a noteworthy proportion of users indicate minimal apprehension, followed by a moderate level of concern.



Analysis of User Priorities in Sleep Tracking Applications: Bar Chart Indicates Preference for Sleep Duration and Quality Analysis, with Mood and Stress Tracking Following Closely.



User Prioritization of Nutrition Tracking Application Features: The Bar Chart Analysis Reveals Augmented Reality Meal Analysis and Virtual Nutritionist as Top Preferences.

9 LIMITATIONS

Individuals have different body types and what can work and what does not work is subjective to everybody. The app may find it difficult to consider such a wide range of differences. Complexity of sleep patterns is influenced by various factors beyond our stress levels, environment, and nutrition. The app may not address every possible factor that influences sleep. Dynamic nature of nutrition science today is evolving continuously at a fast rate. The nutritional advancements keep changing and what is healthy today might not be in the future. The recommendations in the app may become outdated over time. Medical conditions:The app may not account for specific medical conditions that can impact sleep. Users with underlying health issues should seek advice from healthcare professionals rather than relying solely on the

app. There is ambiguity and uncertainty about how long a particular user will be interested in using the app. It is important to maintain user engagement inorder to get long term results. Sleep and nutrition are just two components to overall well being. There are numerous additional components that may influence our lifestyle such as fitness, career, demographics, etc.

Sample Size and Demographics : The study involved a sample of 41 individualities within a limited age range(20- 30 years), restricting the results of our findings. Including a more diverse age group and a larger sample size across different demographics might give further comprehensive insights into sleep and nutrition habits across the populations.

10 FUTURE SCOPE

1.Partnering with food services: Users can input their dietary objectives and specific meal plans prescribed by the app or virtual nutritionist. The app syncs with food services to display meals that fit within these parameters. Based on the user's sleep analysis and dietary goals, the app recommends particular meal choices that are accessible through the collaboration. Users can browse, select, and directly order these suggested meals from the food services without leaving the app. Once the order is placed, the dietary data automatically syncs with the app, allowing users to track their macronutrient intake, calories consumed, and other nutritional information seamlessly. This collaboration also creates a potential revenue stream.

2.Studying with wider Demographic: Extending the focus of our study beyond the current demographic of students or individuals aged between 21-30 to encompass all age groups offers several valuable opportunities. Including more extensive age groups allows for a more comprehensive understanding of sleep and nutrition patterns over distinctive life stages. Insights gained from older adults, teenagers, and different demographics give a wealthier dataset for examination, driving to more nuanced and custom-fitted suggestions inside the app. It could provide insights into long-term well-being patterns and can contribute significantly to preventive healthcare endeavors.

3.Data Privacy: It is exceptionally vital to preserve user trust and defend sensitive individual data. Implementing solid encryption protocols for data both in transit and at rest is necessary. This implies that all user information such as sleep patterns, dietary data, and any personal details, should be encrypted to avoid unauthorized access. Secure storage practices, such as utilizing industry-standard encryption algorithms and secure servers, should be employed. Have a well-defined plan to react to any data breaches or security occurrences. This incorporates alerting influenced users and specialists, conducting intensive examinations, and taking remedial measures. This commitment to security upgrades user certainty and cultivates long-term relationships, contributing to the app's victory and validity within the market .

4.Collaboration with Healthcare Providers: This collaboration includes consistent integration with healthcare frameworks and electronic health records. By cautiously sharing pertinent data with authorized healthcare experts, the app can offer a comprehensive perspective of a user’s well-being, sleep patterns, and dietary habits. Healthcare experts could utilize aggregated and anonymized data from the app to extract population-level insights, contributing to evidence-based research and the improvement of best practices in rest and nutrition management.

5.Sleep hygiene education: Integrating dedicated areas or modules within the app that enlighten users on the standards of good sleep hygiene. This could cover subjects like building

up a steady sleep agenda, creating a sleep conducive environment, and the impacts of innovation on sleep. Create intuitive tools or quizzes within the app to evaluate users' current sleep behaviors and give personalized proposals for enhancement. This could include self-assessment surveys or intuitively checklists to direct users toward more healthier sleep practices.

6.Reward mechanism: A section of fun and motivation for the user to lock in more effectively in their health routines. The users can create challenges or join existing ones with friends and family. These challenges might center on particular well-being objectives like achieving a certain number of hours of quality sleep per night, nutritional targets, or staying on a designated meal plan. It could display individual and group progress, encouraging healthy competition among participants to meet the set goals. Upon successful completion of the challenge, users could earn badges or rewards within the app. These may be virtual badges to mark achievements, unlocking new features, or even winning points that can be recovered for incentives or discounts from partnering with food services. These challenges make users understand their accomplishments, regions for advancement, and the impact of their efforts on their sleep and nutrition habits.

11 CONCLUSION

Savor and Slumber' transcends being a mere application; it embodies a personalized wellness companion at your fingertips. Through comprehensive sleep tracking mechanisms and nuanced nutritional monitoring, this application strives to revolutionize individuals' health routines.This app empowers users to make informed dietary choices by highlighting connections between poor sleep and unhealthy eating behaviors.

The survey-based methodology, though acknowledging its inherent limitations, provided a comprehensive understanding of user habits, preferences, and perceptions. It laid the foundation for actionable insights and tailored recommendations within the application, shaping a personalized experience aimed at enhancing individual well-being.Our app's development was meticulously shaped by user input gleaned from a survey involving 41 individuals. Integrating features like Sleep Duration and Quality Analysis, Sleep Reports, Augmented Reality Meal Analysis, Goal Setting, and Virtual Nutritionist, we ensured a personalized and tailored tool for health management, aligning with users' preferences and routines.

Looking forward, our vision includes expansive collaborations and outreach to a more diverse user base. Upholding stringent data security measures remains a top priority, while strategic partnerships with healthcare professionals promise advancements in health research and deeper insights. 'Savor and Slumber' isn't solely a technological innovation; it's a catalyst for healthier living. It serves as a pivotal step toward balanced lifestyles, aiding users in deciphering their health intricacies and fostering improved habits. Acknowledging its current strengths, we maintain a steadfast commitment to perpetual enhancement and refinement, fueled by user feedback and ongoing research endeavors.

In conclusion, 'Savor and Slumber' application stands as a testament to the symbiotic relationship between technological innovation and health management. Its potential to instigate positive behavioral changes, foster informed decisions, and pave the way for holistic health interventions signifies a promising paradigm shift in personalized health management applications. As we continue, further research and refinements will solidify its position as a pivotal tool in the pursuit of overall well-being.

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