

## **PACT Analysis:**

### **People**

- Adults 18-35
- Has the luxury to purchase expensive technology
- Adults who have poor sleeping habits and sleeping disorders like Insomnia and Obstructive Sleep Apnea (OSA).

### **Activities**

- Users who have trouble sleeping.
- The app will be personalized to the user to identify the problem in which prevents the user from sleeping.
- People who are tech savvy
- Data collected from day-to-day activities
- Users claim/interested in healthy habits
- Data will be collected by Apple watches.

### **Contexts**

- Occurs during a goodnight rest
- No need of any special connectivity, just software + data collection
- **Social:** Healthy lifestyle has become a norm and to fix/improve better sleep

### **Technologies**

- Apps+watches + cellphone
- **Input:** check your email
- **Output:** active screen time is recorded
- **Communicate:** sharing results online or bring to physician
- **Content:** accurate+relevant
- What data is collected?
  - **Sleep:** sleep habits, interrupted sleep, sleep stages, activities that affect sleep, sound