Abstract

The bachelor thesis discusses sleep monitoring using applications available on a platform of mobile devices with the operating system iOS. In the theoretical part, the author describes non-medical methods in the quality of sleep monitoring and the term sleep-tracking is also defined. Furthermore, this work introduces some limits to self-tracking. The empirical part of the thesis is based on author´s own documented results. In the research, some applications with sleep monitoring functions are tested. Firstly, the main interest is oriented toward the properties of these applications. Secondly, the thesis examines specific functions, data, or their validity. The data are gained from continual testing of the mobile applications. The main target is to critically evaluate of these applications and assess whether the evaluated information can be somehow beneficial to the user.

Keywords

sleep, sleep monitoring, sleep-tracking, sleep quality, application, smartphone, iOS