

# Table of Contents



```
@article{firebase_status,  
  author = {{Firebase}},  
  title = {Firebase Status Page},  
  journal = {Firebase},  
  year = {2026},  
  url = {https://status.firebase.google.com/summary},  
  note = {Accessed: April 2026}  
}  
  
@article{krueger2024writing,  
  author = {Krueger, Scot},  
  title = {The Benefits of Writing Things Down},  
  journal = {Medium},  
  year = {2024},  
  url =  
{https://medium.com/productive-life/the-benefits-of-writing-things-down-fb29  
87bb4b3a},  
  note = {Accessed: April 2026}  
}  
  
@article{eltazy2023roundedcorners,  
  author = {Eltazy, Mohamad},  
  title = {Why Round Corners Are More Efficient for Human Consumption},  
  journal = {Medium},  
  year = {2023},  
  url =  
{https://medium.com/design-bootcamp/why-round-corners-are-more-efficient-for  
-human-consumption-20a82a2bcf39},  
  note = {Accessed: April 2026}  
}  
  
@article{cherry2025colorgreen,  
  author = {Cherry, Kendra},  
  title = {Color Psychology: Does Green Affect Mood?},  
  journal = {Verywell Mind},  
  year = {2025},  
  url = {https://www.verywellmind.com/color-psychology-green-2795817},  
  note = {Accessed: April 2026}  
}  
  
@article{rankmyapp2024ux,  
  author = {{Unknown}},  
  title = {User-Friendly: Basic Principles and How to Do It},  
  journal = {RankMyApp},  
  year = {2024},  
  url =  
{https://rankmyapp.com/en/blog/user-friendly-basic-principles-and-how-to-do-  
it/},  
  note = {Accessed: March 2026}  
}
```

```
@article{izraylevych2019animation,  
  author = {Izraylevych, Igor},  
  title = {Types of Animation for Mobile Apps},  
  journal = {Medium},  
  year = {2019},  
  url =  
  {https://igorizraylevych.medium.com/types-of-animation-for-mobile-apps-d423799f6f0},  
  note = {Accessed: March 2026}  
}  
  
@article{cherry2025green,  
  author = {Cherry, Kendra},  
  title = {Color Psychology: Does Green Affect Mood?},  
  journal = {Verywell Mind},  
  year = {2025},  
  url = {https://www.verywellmind.com/color-psychology-green-2795817},  
  note = {Accessed: March 2026}  
}  
  
@article{simarmata2026attention,  
  author = {Simarmata, Flicka Miracle},  
  title = {The Decline of Attention Span in the Digital Era},  
  journal = {Swiss German University},  
  year = {2026},  
  url =  
  {https://sgu.ac.id/the-decline-of-attention-span-in-the-digital-era/},  
  note = {Accessed: March 2026}  
}  
  
@article{mackenzie2021herbs,  
  author = {MacKenzie, Jill and Kooyman, Shirley Mah},  
  title = {Growing Herbs},  
  journal = {University of Minnesota Extension},  
  year = {2021},  
  url = {https://extension.umn.edu/vegetables/growing-herbs},  
  note = {Accessed: March 2026}  
}  
  
@article{koehler2023habits,  
  author = {Koehler, Jessica},  
  title = {Why Are Old Habits So Hard to Break?},  
  year = {2023},  
  url =  
  {https://www.psychologytoday.com/us/blog/beyond-school-walls/202304/why-are-old-habits-so-hard-to-break},  
  note = {Accessed: March 2026},  
  journal = {Psychology Today}  
}  
  
@article{cruse2022colors,
```

```
author = {Cruse, Karl},
title = {The Psychology of Colors on Social Media},
year = {2022},
url = {https://carlkruse.at/the-psychology-of-colors-on-social-
media/},
note = {Accessed: March 2026},
journal = {Karlcruse, Rummaging For The Useful}
}

@article{francis2010gardening,
author = {Francis, Robyn},
title = {Why Gardening Makes You Happy and Cures Depression},
year = {2010},
url =
{https://permaculture.com.au/why-gardening-makes-you-happy-and-cures-depress
ion},
note = {Accessed: March 2026},
journal = {Permaculture College Australia, Djanbung Gardens}
}

@article{heid2024plants,
author = {Heid, Kelly Baldwin},
title = {Can Plants Help Us Feel Less Lonely?},
year = {2024},
url =
{https://medium.com/symbiotica/can-plants-help-us-feel-less-lonely-81b68f670
efc},
note = {Accessed: March 2026},
journal = {Medium}
}

@article{carabelli2021houseplants,
author = {Carabelli, Giulia},
title = {Living with Houseplants},
year = {2021},
url =
{https://thesociologicalreview.org/magazine/september-2021/new-solidarities/
living-with-houseplants/},
note = {Accessed: March 2026},
journal = {The Sociological Review}
}

@article{Hamza2023,
title = {BeeLive: The IoT platform of Beemon monitoring and alerting system
for beehives},
journal = {Smart Agricultural Technology},
volume = {6},
pages = {100331},
year = {2023},
issn = {2772-3755},
doi = {https://doi.org/10.1016/j.atech.2023.100331},
```

```
url = {https://www.sciencedirect.com/science/article/pii/S2772375523001600},
author = {Abdelbaset S. Hamza and Rahman Tashakkori and Bejamen Underwood
and William O'Brien and Chris Campell},
keywords = {Beehive, Honey bees, Internet-of-Things (IoT)},
abstract = {Monitoring honey beehives is mainly done manually by beekeepers
to evaluate the health of their hives and determine their growth and yield.
With the emergence of Internet of Things (IoT) devices and tools, there have
been some efforts in recent years to automate such monitoring. This can
significantly benefit beekeepers as they can obtain critical data and
insight into their hives' health and performance more regularly. In this
paper, we use IoT devices and the Thingsboard dashboard to track the status
of 28 honey beehives installed in the Western region of North Carolina as
part of the Appalachian Multi-Apiary Informatics System (AppMAIS) project.
In order to acquire data from a beehive, humidity and temperature sensors,
as well as a microphone, have been placed inside the hives. In addition, a
video camera has been placed at the top of the hive's entrance to obtain
video recordings of the bees entering and leaving the hives, and a scale is
placed under the hive to report the weight. The data collected from the
sensors and peripherals installed in each of the AppMAIS hives are sent to
the Thingsboard dashboard for management and visualization. In this paper,
we report on our success with Thingsboard IoT tool to monitor honey beehives
and take advantage of their capabilities to interact with the devices as
needed to adjust operational parameters.}
}
```

```
@InProceedings{Reis2020,
  author="dos Reis, Alexandre Soares
and Gielen, Elien
and Wopereis, Ko
and Pasternak, Marcel
and Sooäär, Vaido
and Schneider, Tobias
and Duarte, Abel J.
and Malheiro, Benedita
and Justo, Jorge
and Ribeiro, Cristina
and Silva, Manuel F.
and Ferreira, Paulo
and Guedes, Pedro",
  editor="Silva, Manuel F.
and Luís Lima, José
and Reis, Luís Paulo
and Sanfeliu, Alberto
and Tardioli, Danilo",
  title="Smart Companion Pillow -- An EPS@ISEP 2019 Project",
  booktitle="Robot 2019: Fourth Iberian Robotics Conference",
  year="2020",
  publisher="Springer International Publishing",
  address="Cham",
  pages="465--476",
  abstract="This paper describes the design and development of a Smart
```

Companion Pillow, named bGuard, designed by a multinational and multidisciplinary team enrolled in the European Project Semester (EPS) at Instituto Superior de Engenharia do Porto (ISEP) in the spring of 2019. Nowadays, parents spend most of the day at work and become naturally worried about the well-being of their young children, specially babies. The aim of bGuard is to provide a 24-hour remotely accessible baby monitoring service, contributing to reduce parenting stress. The team, based on the survey of related products, as well as on marketing, sustainability, ethics and deontology analyses, developed a remotely interactive Smart Companion Pillow to monitor the baby's health and room air quality. The collected data, once it is saved on an Internet of Things (IoT) platform, becomes remotely accessible. The bGuard pillow, thanks to its shape, reduces the risk of the baby rolling from back to tummy, lowering the risk of Sudden Infant Death Syndrome (SIDS).",  
isbn="978-3-030-36150-1"  
}

```
@article{Lee2018,  
  title = "Design and Implementation of Monitoring System Architecture for Smart Bicycle Platform",  
  journal = "Procedia Computer Science",  
  volume = "134",  
  pages = "464--469",  
  year = "2018",  
  note = "The 15th International Conference on Mobile Systems and Pervasive Computing (MobiSPC 2018) / The 13th International Conference on Future Networks and Communications (FNC-2018) / Affiliated Workshops",  
  issn = "1877-0509",  
  doi = "https://doi.org/10.1016/j.procs.2018.07.182",  
  url =  
  "http://www.sciencedirect.com/science/article/pii/S1877050918311475",  
  author = "YeongKyun Lee and Jongpil Jeong",  
  keywords = "Remote monitoring, Wireless sensor network, Smart phone based monitoring, Bicycle monitoring",  
  abstract = "This paper proposes the smart phone as a central monitoring device for the bicycle and the WIFI network as a communication channel between the smart phone and the sensors. It will show how to implement the sensor boards with WIFI and relevant firmware, the software on the smart phone to communicate with the sensor boards and the evaluation results with the open source software called Goldencheetah. The knowledge in this paper is not limited to bicycles but can be expanded to any other monitoring systems using the remote sensors based on smart phone."  
}
```

```
@article{Ranjith2020,  
  title = "Prediction of Exhaust Gas Emission characteristics using Neem oil blended bio-diesel in diesel engine",  
  journal = "Materials Today: Proceedings",  
  volume = "21",  
  pages = "870 - 875",  
  year = "2020",
```

```
note = "International Conference on Recent Trends in Nanomaterials for Energy, Environmental and Engineering Applications",
issn = "2214-7853",
doi = "https://doi.org/10.1016/j.matpr.2019.07.706",
url =
"http://www.sciencedirect.com/science/article/pii/S2214785319329116",
author = "Ranjith and V. Velmurugan and S. Thanikaikarasan",
keywords = "Accelerometer, Diesel engine, Neem oil, Renewable, Alternative, Viscosity, Volatility",
abstract = "As a renewable, sustainable and alternative fuel for diesel engine, biodiesel instead of diesel has been increasingly fuelled to study its effects on engine performances and emissions. Biodiesel production is a modern and technological area for researchers due to constant increase in the prices of petroleum, diesel, and environmental advantages. Increased environmental awareness and depletion of resources are driving industry to develop viable alternative fuels from renewable resources that are environmentally more acceptable. Neem oil is a potential alternative fuel. The most detrimental properties of neem oils are its high viscosity and low volatility, and these cause several problems during their long duration usage in diesel engines. From the review it is found that the use of biodiesel leads to the substantial reduction in CO2, HC, CO and NOx emissions."
}

@article{Sobhani2018,
title = "Impact of smartphone distraction on pedestrians crossing behaviour: An application of head-mounted immersive virtual reality",
journal = "Transportation Research Part F: Traffic Psychology and Behaviour",
volume = "58",
pages = "228 - 241",
year = "2018",
issn = "1369-8478",
doi = "https://doi.org/10.1016/j.trf.2018.06.020",
url =
"http://www.sciencedirect.com/science/article/pii/S1369847818300998",
author = "Anae Sobhani and Bilal Farooq",
keywords = "Head-mounted immersive virtual reality, Pedestrian, Distracted street crossing, Multi-tasking, Smartphone use, Surrogate analysis, Smart LED lights safety treatment",
abstract = "A novel head-mounted virtual immersive/interactive reality environment (VIRE) is utilized to evaluate the behaviour of participants in three pedestrian road crossing conditions while 1) not distracted, 2) distracted with a smartphone, and 3) distracted with a smartphone with a virtually implemented safety measure on the road. Forty-two volunteers participated in our research who completed thirty successful (complete crossing) trials in blocks of ten trials for each crossing condition. For the two distracted conditions, pedestrians are engaged in a maze-solving game on a virtual smartphone, while at the same time checking the traffic for a safe crossing gap. For the proposed safety measure, smart flashing and color changing LED lights are simulated on the crosswalk to warn the
```

distracted pedestrian who initiates crossing. Surrogate safety measures as well as speed information and distraction attributes such as direction and orientation of participants head were collected and evaluated by employing a Multinomial Logit (MNL) model. Results from the model indicate that females have more dangerous crossing behaviour especially in distracted conditions; however, the smart LED treatment reduces this negative impact. Moreover, the number of times and the percentage of duration the head was facing the smartphone during a trial and a waiting time respectively increase the possibility of unsafe crossings; though, the proposed treatment reduces the safety crossing rate. Hence, our study shows that the smart LED light safety treatment indeed improves the safety of distracted pedestrians and enhances the successful crossing rate."

}

```
@article{Obayashi2020,
  title = "Pilot and Feasibility Study on Elderly Support Services Using Communicative Robots and Monitoring Sensors Integrated With Cloud Robotics",
  journal = "Clinical Therapeutics",
  year = "2020",
  issn = "0149-2918",
  doi = "https://doi.org/10.1016/j.clinthera.2020.01.001",
  url =
```

```
"http://www.sciencedirect.com/science/article/pii/S0149291820300278",
```

```
  author = "Kazuko Obayashi and Shigeru Masuyama",
  keywords = "activities of daily living, cloud robotics, communicative robot, elderly care, robotics utilization, support services",
```

```
  abstract = "Purpose
```

This pilot before-after study investigated the possible effects of communicative robots, used with a sensing system supported by cloud robotics, in caring for elderly people.

Methods

Two elderly women in nursing homes and 4 care workers participated in the trial. The overnight life rhythm assessments of the study participants and care workers were surveyed to determine when and how the robots should be integrated into care. The system consisted of the robot Sota, a noncontact vital sensor and a sheet-shaped bed sensor. Real-time sensing data and conversations between the participants and robots were sent to the servers, prompting a quick verbal response by the robot supported by cloud robotics.

Findings

Care workers devoted 3 h to the maintenance of records during their most stressful periods. Automatic recording of vital information using robot sensors can improve the quality of nursing care work. Care workers' stress levels were maximized when responding to nurse calls. Temporary responses to nurse calls by the robots may help to effectively reduce the burden on nursing care workers. Robots can stimulate elderly people to communicate more with others ( $P < 0.05$ ). Appropriate vocalization by communicative robots may prevent the deterioration of quality of life in elderly individuals.

Implications

Communicative robots, used with a sensing system, may stimulate elderly

people to activate a communication link with others and help care workers to effectively reduce the burden during the night shift. A follow-up study involving a broader research program on communicative robots and elderly care would be beneficial."

```
@article{Thapa2019,  
  title = "Study on the wintry thermal improvement of makeshift shelters  
built after Nepal earthquake 2015",  
  journal = "Energy and Buildings",  
  volume = "199",  
  pages = "62 - 71",  
  year = "2019",  
  issn = "0378-7788",  
  doi = "https://doi.org/10.1016/j.enbuild.2019.06.031",  
  url =  
"http://www.sciencedirect.com/science/article/pii/S0378778819306309",  
  author = "Rita Thapa and Hom Bahadur Rijal and Masanori Shukuya and  
Hikaru Imagawa",  
  keywords = "Nepal, Earthquake, Temporary shelters, Indoor air  
temperature, Thermal insulation, Thermal improvement",  
  abstract = "After massive earthquake 2015, thousands of Nepalese who  
lost their permanent houses by the hardest hits were forced to live in  
makeshift temporary shelters. The field measurement on indoor thermal  
environment in five shelters was conducted in one of the district hit by the  
earthquake, Lalitpur, in winter. The mean indoor and outdoor air  
temperatures during the measured nighttime were found to be 10.3 °C and 7.6  
°C, respectively, and the nocturnal indoor air temperature remained below  
the lowest acceptable temperature of 11 °C. This result assured that these  
shelters are not good for winter and must create various problems. We  
therefore analyzed the thermal characteristics of those shelters based on  
the measured results in order to seek a possible improvement. The total heat  
loss coefficient estimated per floor area in five shelters ranged from 11.3  
to 15.2 W/(m2·K); that is thermal insulation was very low. We made a simple  
numerical analysis on the variation of indoor air temperature with the  
assumption of improved thermal characteristics and thereby found that it  
needs to be reduced about 2~7 W/(m2·K) to have the indoor air temperature  
higher than 11 °C for 70% of the whole nocturnal hours. Such reduction of  
heat loss was found to be realized by adding affordable materials, e.g.,  
cellular polyethylene foam and clothes for respective walls and roof. Thus,  
the knowledge obtained from this study should hopefully be applied to actual  
improvement of indoor thermal environment in existing shelters and also to a  
development for the preparation against future disaster."  
}
```

```
@MISC{gartner2021,  
  author = "{Gartner}",  
  title = "{Gartner Magic Quadrant for Data Science and Machine Learning  
Platforms}",  
  url = "{https://www.gartner.com/en/documents/3998753}",  
  urldate = "{March 2021}",
```

```
year    = "{2021}",
address = "[Accessed in April 2021]",
}

@MISC{android41,
author  = "{Android Open Source Project}",
title   = "{Android Developers: Android 4.1 APIs}",
url     =
"{http://developer.android.com/about/versions/android-4.1.html}",
urldate = "{May 2014}",
year    = "{2014}",
address = "[Accessed in April 2017]",
}

@MISC{cloudexpo2008,
AUTHOR  = "{Cloud Expo}",
title   = "{Twenty-One Experts Define Cloud Computing}",
url     = "{http://cloudcomputing.sys-con.com/node/612375}",
urldate = "{October 2013}",
year    = "{2008}",
address = "[Accessed in April 2021]",
}

@BOOK{Bandyopadhyay2013,
title={Unsupervised Classification: Similarity Measures, Classical and
Metaheuristic Approaches, and Applications},
author={Bandyopadhyay, Sanghamitra and Saha, Sriparna},
year={2013},
isbn={978-3-642-32450-5},
publisher={Springer},
address = {Berlin, Germany},
doi = {10.1007/978-3-642-32451-2}
}

@ARTICLE{Llorente2009,
author  = "{Sotomayor, B. and Montero, Ruben S. and Llorente, I.M. and
Foster, I.}",
journal = "Internet Computing, IEEE",
title   = "{Virtual Infrastructure Management in Private and Hybrid
Clouds}",
year    = "{2009}",
month   = "{Sept}",
volume  = "{13}",
number  = "{5}",
pages   = "{14-22}",
abstract = {One of the many definitions of "cloud" is that of an
infrastructure-as-a-service (IaaS) system, in which IT infrastructure is
deployed in a provider's data center as virtual machines. With IaaS clouds'
growing popularity, tools and technologies are emerging that can transform
an organization's existing infrastructure into a private or hybrid cloud.
```

```
OpenNebula is an open source, virtual infrastructure manager that deploys virtualized services on both a local pool of resources and external IaaS clouds. Haizea, a resource lease manager, can act as a scheduling back end for OpenNebula, providing features not found in other cloud software or virtualization-based data center management software.},
  doi = {10.1109/MIC.2009.119}
}

@article{Mulder2013,
  title = "Development of a Motion System for an Advanced Sailing Simulator ",
  journal = "Procedia Engineering",
  volume = "60",
  number = "0",
  pages = "428 - 434",
  year = "2013",
  note = "6th Asia-Pacific Congress on Sports Technology (APCST) ",
  issn = "1877-7058",
  doi = "http://dx.doi.org/10.1016/j.proeng.2013.07.030",
  url =
"http://www.sciencedirect.com/science/article/pii/S1877705813010813",
  author = "Fabian A. Mulder and Jouke C. Verlinden",
  keywords = "Sailing",
  keywords = "Dinghy",
  keywords = "Virtual reality",
  keywords = "Training simulation",
  keywords = "Force feedback",
  abstract = "Abstract To train competitive sailing in a virtual setting, motion of the boat as well as haptic feedback of the sail lines is essential. When discussing virtual environments (VEs) the concept of presence is often used. In this study we develop a sailing simulator motion system to research what factors contribute to the participants' sensation of presence when sailing in a VE. The developed simulator includes the development of a mainsheet force feedback system and a novel motion platform, connected to a high-quality graphics sailing simulation. In future research, the developed system will be used to study which sail training type can be performed in simulated environments, and if the system can be used as a valid testbed for perception-action experiments."
}

@article{Mahn2006,
  title = {A BEHAVIOUR-BASED NAVIGATION SYSTEM FOR AN AUTONOMOUS INDOOR BLIMP},
  journal = {IFAC Proceedings Volumes},
  volume = {39},
  number = {16},
  pages = {837-842},
  year = {2006},
  note = {4th IFAC Symposium on Mechatronic Systems},
  issn = {1474-6670},
  doi = {https://doi.org/10.3182/20060912-3-DE-2911.00144},
```

```

url = {https://www.sciencedirect.com/science/article/pii/S1474667015342725},
author = {Manuel Mahn and Markus Kemper},
keywords = {control, indoor navigation},
abstract = {This paper describes a behaviour-based navigation system for
airborne autonomous robots. The work has been validated by controlling an
indoor blimp with a finite-state machine. It is shown that behaviour-based
navigation, especially concerning mobile robots for indoor applications, is
predestined to perform reconnaissance of unknown areas and moreover for
navigation tasks in familiar environment. Due to the inability of most
autonomous indoor aerial vehicles to carry heavy sensors, these systems lack
of metrical information and therefore the explicit localization is yet
impossible until today. The behaviour-based navigation is combined with a
variety of path-planning methods (tree-search, potential fields, etc.) using
obstacle-maps of known surroundings enabling the robot to acquire a desired
position in a correspondent cluster of rooms.}
}

```

```

@INPROCEEDINGS{Khan2018,
author={Khan, Tareq},
booktitle={2018 IEEE International Conference on Electro/Information
Technology (EIT)},
title={A Smart Wearable Gadget for Noninvasive Detection and Notification
of Diaper Moister},
year={2018},
volume={},
number={},
pages={0240-0244},
abstract={Wearing a wet diaper for a long time can be uncomfortable and
cause health issues such as diaper rash. The best way to avoid diaper rash
is to change the diaper often and as soon as possible after the baby
urinates or passes stool. Daycare caregivers or parents sometimes forget or
do not have time to manually check the diaper condition of the babies
throughout the day. In this age of smart devices, many people are busy with
their cell phones or tablets for social networking, texting, gaming, music
etc. In this project, a novel wearable gadget is developed which sends an
automatic notification to caregivers smart devices whenever the baby
urinates. The proposed wearable detects urination event noninvasively by
sensing the temperature rise on the outer surface of the diaper. The gadget
is a small size, low power, low cost and reusable electronic device that is
attached externally to the outer surface of the diaper using hook-and-loop
fasteners. The gadget can be used with any disposable diaper, thus no change
in the diaper production process or price increase is required. The
smartphone app logs the urination events and creates databases and reports.
This record can facilitate treating disease such as dehydration, where
accurate previous records of urination are required. A prototype of the
hardware gadget and a smartphone app is developed and tested.},
keywords={},
doi={10.1109/EIT.2018.8500233},
ISSN={2154-0373},
month={May},
}

```

```
@article{zhang2025,  
  title={Association Between the Time of Exposure to Electronic Screen and  
Anxiety and Depression After Controlling Demographics, Exercises, and  
Lifestyles Among University Students},  
  author={Zhang, L. and Zhao, S. and Zhao, S. and Ke, Y. and Yang, W. and  
Lei, M.},  
  journal={Neuropsychiatric Disease and Treatment},  
  volume={21},  
  pages={885--902},  
  year={2025},  
  doi={10.2147/NDT.S510287}  
}  
  
@article{rozgonjuk2018,  
  title={The association between problematic smartphone use, depression and  
anxiety symptom severity, and objectively measured smartphone use over one  
week},  
  author={Rozgonjuk, Dmitri and Levine, Jason C. and Hall, Brian J. and  
Elhai, Jon D.},  
  journal={Computers in Human Behavior},  
  volume={87},  
  pages={10--17},  
  year={2018},  
  doi={10.1016/j.chb.2018.05.019}  
}  
  
@article{pieh2025,  
  title={Smartphone screen time reduction improves mental health: A  
randomized controlled trial},  
  author={Pieh, Christoph and Humer, Elke and Hoenigl, Andreas and others},  
  journal={BMC Medicine},  
  volume={23},  
  pages={107},  
  year={2025},  
  doi={10.1186/s12916-025-03944-z}  
}  
  
@article{elhai2017,  
  title={Problematic smartphone use: A conceptual overview and systematic  
review},  
  author={Elhai, Jon D. and Dvorak, Robert D. and Levine, Jason C. and Hall,  
Brian J.},  
  journal={Journal of Affective Disorders},  
  volume={207},  
  pages={251--259},  
  year={2017}  
}  
  
@article{duke2017,  
  title={Smartphone addiction, daily interruptions and self-reported
```

```
productivity},
  author={Duke, {\ 'E}milie and Montag, Christian},
  journal={Addictive Behaviors Reports},
  volume={6},
  pages={90--95},
  year={2017}
}

@book{cirillo2006,
  title={The Pomodoro Technique},
  author={Cirillo, Francesco},
  year={2006},
  publisher={FC Garage}
}

@article{locke2002,
  title={Building a practically useful theory of goal setting and task
motivation},
  author={Locke, Edwin A. and Latham, Gary P.},
  journal={American Psychologist},
  volume={57},
  number={9},
  pages={705--717},
  year={2002}
}

@MISC{vector2025,
  author={Vector Solutions},
  title={Ethics for Engineers: Staying Compliant & Why It Matters},
  url={https://www.vectorsolutions.com/resources/blogs/ethics-for-engineers-st
aying-compliant-why-it-matters/},
  urldate={July 14},
  year={2025},
  address={[Accessed March 22, 2026]}
}

@MISC{alisatul2025,
  author={Alisatul},
  title={Engineering Ethics: Definition, Types, and Examples},
  url={https://www.uniccm.com/blog/engineering-ethics-definition-types-and-exa
mples},
  urldate={August 22},
  year={2025},
  address={[Accessed March 24, 2026]}
}

@MISC{mohn2022,
  author={Mohn, Elizabeth},
  title={Deontological Ethics},
```

```
url={https://www.ebsco.com/research-starters/religion-and-philosophy/deontol  
ogical-ethics},  
year{2022},  
address={ [Accessed March 24, 2026] }  
}
```

```
@ARTICLE{dilbar2024,  
title={THE PRINCIPLES OF DEONTOLOGICAL ETHICS},  
author={Dilbar Karimdjanovna Khasanova},  
journal={Web of Teachers: Inderscience Research},  
volume={2(5)},  
pages={56--59},  
year={2024}  
ISSN={2938-379X},  
month={May}  
}
```

```
@ARTICLE{laura2020,  
title={IoT-Based Smart Irrigation Systems: An Overview on the Recent  
Trends on Sensors and IoT Systems for Irrigation in Precision Agriculture},  
author={Laura García, Lorena Parra, Jose M.Jimenez, Jaime Lloret, and  
Pascal Lorenz},  
journal={Sensors},  
volume={20(4)},  
pages={1042},  
year={2020},  
doi={10.3390/s20041042},  
ISSN={1424-8220},  
month={February}  
}
```

```
@ARTICLE{carlos2019,  
title={Smart Water Management Platform: IoT-Based Precision Irrigation for  
Agriculture†},  
author={Carlos Kamienski, Juha-Pekka Soininen, Markus Taumberger, Ramide  
Dantas, Attilio Toscano, Tullio Salmon Cinotti, Rodrigo Filev Maia and André  
Torre Neto},  
journal={Sensors},  
volume={19(2)},  
pages={276},  
year={2019},  
doi={10.3390/s19020276},  
ISSN={1424-8220},  
month={January}  
}
```

```
@MISC{IEC60529,  
author={International Electrotechnical Commission},  
title={IP ratings},  
url={https://www.iec.ch/ip-ratings},  
urldate={January},
```

```
year{2019},
address={[Accessed March 24, 2026]}
}

@MISC{esther2023,
author={Esther Han},
title={Why Are Ethics Important in Engineering?},
url={https://online.hbs.edu/blog/post/ethics-in-engineering},
urldate={February 16},
year{2023},
address={[Accessed March 24, 2026]}
}

@ARTICLE{naomi2020,
title={Two ethical concerns about the use of persuasive technology for
vulnerable people},
author={Naomi Jacobs},
journal={Bioethics},
volume={34(5)},
pages={519-526},
year={2020},
doi={10.1111/bioe.12683},
month={June}
}

@MISC{CSDT,
author={CENTER FOR SELF-DETERMINATION THEORY},
title={Theory},
url={https://selfdeterminationtheory.org/theory/},
urldate={},
year={},
address={[Accessed March 24, 2026]}
}

@ARTICLE{jaewook2017,
title={Efficient and Security Enhanced Anonymous Authentication with Key
Agreement Scheme in Wireless Sensor Networks},
author={Jaewook Jung, Jongho Moon, Donghoon Lee and Dongho Won},
journal={Sensors},
volume={17(3)},
pages={644},
year={2017},
doi={10.3390/s17030644},
ISSN={1424-8220},
month={March}
}

@ARTICLE{luis2019,
title={Vulnerabilities in IoT Devices for Smart Home Environment},
author={Luís Costa, João Paulo Barros and Miguel Tavares},
journal={In Proceedings of the 5th International Conference on Information
```

```
Systems Security and Privacy (ICISSP 5th International Conference on Information Systems Security and Privacy)),
```

```
  volume={1},  
  pages={615--622},  
  year={2019},  
  doi={10.5220/0007583306150622},  
  ISSN={},  
  month={November}  
}
```

```
ARTICLE{rodrigo2013,  
  title={On the features and challenges of security and privacy in distributed internet of things},  
  author={Rodrigo Roman, Jianying Zhou and Javier Lopez},  
  journal={Computer Networks},  
  volume={57(10)},  
  pages={2266-2279},  
  year={2013},  
  doi={10.1016/j.comnet.2012.12.018},  
  ISSN={},  
  month={July}  
}
```

```
@techreport{iea2017_digitalisation,  
  title={Digitalisation and Energy},  
  author={{International Energy Agency}},  
  year={2017},  
  institution={IEA},  
  url={https://www.iea.org/reports/digitalisation-and-energy}  
}
```

```
@techreport{iea2023_datacentres,  
  title      = {Data Centres and Data Transmission Networks},  
  author     = {{International Energy Agency}},  
  year       = {2023},  
  institution = {IEA},  
  url        =  
{https://www.iea.org/energy-system/buildings/data-centres-and-data-transmission-networks},  
  note       = {Accessed: 2026-04-01}  
}
```

```
@MISC{blanc_verticalgarden,  
  author = "{Blanc, P.}",  
  title  = "{Vertical Garden Patrick Blanc}",  
  url    = "{https://www.verticalgardenpatrickblanc.com/}",  
  urldate = "{April 2026}",  
  year   = "{2026}",  
  address = "{[Accessed in April 2026]}",  
}
```

```
@MISC{jain_janakiram_2016,  
  author = "{Jain, R. and Janakiram, T.}",  
  title  = "{Vertical Gardening: A New Concept of Modern Era}",  
  url    =  
  "{https://www.researchgate.net/publication/295646943_Vertical_Gardening_A_Ne  
w_Concept_of_Modern_Era}",  
  urldate = "{April 2026}",  
  year    = "{2016}",  
  address = "{[Accessed in April 2026]}",  
}  
  
@MISC{growersnetwork2018,  
  author = "{Growers Network}",  
  title  = "{The History of Hydroponics}",  
  url    =  
  "{https://growersnetwork.org/cultivation/the-history-of-hydroponics-2/}",  
  urldate = "{April 2026}",  
  year    = "{2018}",  
  address = "{[Accessed in April 2026]}",  
}  
  
@ARTICLE{rajaseger2023,  
  author = "{Rajaseger, G.}",  
  title  = "{Hydroponics: current trends in sustainable crop production}",  
  journal = "{PMC}",  
  year    = "{2023}",  
  url    = "{https://pmc.ncbi.nlm.nih.gov/articles/PMC10625363/}",  
  note   = "{Accessed April 2026}",  
}  
  
@ARTICLE{lee2015,  
  author = "{Lee, M.}",  
  title  = "{Interaction with indoor plants may reduce psychological and  
physiological stress compared with mental work}",  
  journal = "{Journal of Physiological Anthropology}",  
  year    = "{2015}",  
  volume  = "{34}",  
  number  = "{21}",  
  url    = "{https://pmc.ncbi.nlm.nih.gov/articles/PMC4419447/}",  
  note   = "{Accessed April 2026}",  
}  
  
@ARTICLE{bringslimark2009,  
  author = "{Bringslimark, T. and Hartig, T. and Patil, G. G.}",  
  title  = "{The psychological benefits of indoor plants: A critical review  
of the experimental literature}",  
  journal = "{Journal of Environmental Psychology}",  
  year    = "{2009}",  
  volume  = "{29}",  
  number  = "{4}",  
  pages   = "{422-433}",
```

```
url      = "{https://doi.org/10.1016/j.jenvp.2009.05.001}",
note    = "{Accessed April 2026}",
}

@article{LyineGroup2026,
title = {2026 Guide to hydroponic lighting: How to maximize yield ROI with
targeted spectrums},
year = {2026},
url =
"https://www.lyinegroup.com/no/hydroponic-lighting-guide-dli-spectrum-roi.ht
ml",
address = "{[Accessed in March 2026]}",
author = {Lyine Group},
}

@article{Ma2021,
title = {Effects of light emitting diode lights on plant growth, development
and traits: A meta-analysis},
journal = {Scientia Horticulturae},
volume = {281},
pages = {109996},
year = {2021},
author = {Ma, Y. and Xu, A. and Cheng, Z.-M.},
}

@article{Paradiso2022,
title = {Light-Quality Manipulation to Control Plant Growth and
Photomorphogenesis in Greenhouse Horticulture: The State of the Art and the
Opportunities of Modern Light-Emitting Diode (LED) Systems},
journal = {Journal of Plant Growth Regulation},
volume = {41},
pages = {742--780},
year = {2022},
author = {Paradiso, R. and Proietti, S.},
}

@article{Rihan2020,
title = {A Novel New Light Recipe Significantly Increases the Growth and
Yield of Sweet Basil (Ocimum basilicum) Grown in a Plant Factory System},
journal = {Agronomy},
volume = {10},
number = {7},
pages = {934},
year = {2020},
author = {Rihan, H. Z. and Aldarkazali, M. and Mohamed, S. J. and McMulkin,
N. B. and Jbara, M. H. and Fuller, M. P.},
url = {https://doi.org/10.3390/agronomy10070934},
address = "{[Accessed in March 2026]}",
}

@article{PhilipsND,
```

```
title = {Why avoid white light in basil cultivation},
year = {n.d.},
url =
{https://www.lighting.philips.com/application-areas/specialist-applications/
horticulture/hortiblog/vegetables-and-fruits/why-avoid-white-light-in-basil-
cultivation},
address = {[Accessed in March 2026]},
author = {Philips},
}

@article{Olle2013,
title = {The effects of light-emitting diode lighting on greenhouse plant
growth and quality},
year = {2013},
author = {Olle, M. and Virsile, A.},
}

@article{Ali2023,
title = {Anchors of growth: The crucial role of robust roots in hydroponic
cultivation},
year = {2023},
author = {Ali, M.},
}

@article{Signore2020,
title = {Red light is effective in reducing nitrate concentration in rocket
by increasing nitrate reductase activity, and contributes to increased total
glucosinolates content},
journal = {Frontiers in Plant Science},
volume = {11},
pages = {604},
year = {2020},
author = {Signore, A. and Bell, L. and Santamaria, P. and Wagstaff, C. and
Van Labeke, M.-C.},
url = {https://doi.org/10.3389/fpls.2020.00604},
address = {[Accessed in March 2026]},
}

@article{AmazonND,
title = {AeroGarden Harvest Lite in Cream, Soil-Free Indoor Hydroponic
Garden with LED Grow Light for Year-Round Gardening of up to 6 Herbs and
Vegetables},
year = {n.d.},
url =
{https://www.amazon.com/AeroGarden-Harvest-Indoor-Garden-Hydroponic/dp/B0CTR
TJBC3?th=1},
address = {[Accessed in March 2026]},
author = {Amazon},
}

@article{Rajput2025,
```

```
title = {Design and development of aerogarden system for exotic crop
cultivation},
journal = {Ecology, Environment & Conservation},
volume = {31},
pages = {S454},
year = {2025},
author = {Rajput, A. and Babu, G. R. and Krupavathi, K. and Kiran, B. R.},
url = {https://doi.org/10.53550/EEC.2025.v31i05s.065},
address = {[Accessed in March 2026]},
}
```

```
@article{Virginia2024,
title = {Aerogarden vs Click and Grow Smart Garden: Which is better?},
year = {2024},
url = {https://howtoculinaryherbgarden.com/aerogarden-vs-click-and-grow/},
address = {[Accessed in March 2026]},
author = {Virginia},
}
```

```
@article{UN2015,
title = {Transforming our world: the 2030 Agenda for Sustainable
Development},
year = {2015},
url = {https://sdgs.un.org/2030agenda},
address = {[Accessed in March 2026]},
author = {United Nations},
}
```

```
@article{RoHS2011,
title = {RoHS Directive 2011/65/EU},
year = {2011},
url = {https://eur-lex.europa.eu/legal-
content/EN/TXT/?uri=CELEX:32011L0065},
address = {[Accessed in March 2026]},
author = {European Commission},
}
```

```
@article{WEEE2012,
title = {WEEE Directive 2012/19/EU},
year = {2012},
url = {https://eur-lex.europa.eu/legal-
content/EN/TXT/?uri=celex%3A32012L0019},
address = {[Accessed in March 2026]},
author = {European Commission},
}
```

```
@article{Missouri2026,
title = {Environmental Problems of Indoor Plants},
year = {2026},
url =
{https://www.missouribotanicalgarden.org/gardens-gardening/your-garden/help-
```

```
for-the-home-gardener/advice-tips-resources/pests-and-
problems/environmental-problems/indoor-plants},
address = {[Accessed in March 2026]},
author = {Missouri Botanical Garden},
}

@article{NDABasil2024,
title = {Production Guidelines: Basil},
year = {2024},
url =
{https://www.nda.gov.za/phocadownloadpap/Brochures_and_Production_Guidelines
/Production%20Guidelines%20%20Basil.pdf},
address = {[Accessed in March 2026]},
author = {National Department of Agriculture},
}

@article{Mauser2026,
title = {Componentes Electrónicos},
year = {2026},
url = {https://www.mauser.pt/},
address = {[Accessed in April 2026]},
author = {Mauser},
}

@article{Piguet2018,
title = {Low-Power Electronics Design},
year = {2018},
url =
{https://www.routledge.com/Low-Power-Electronics-Design/Piguet/p/book/978113
8374096},
address = {[Accessed in March 2026]},
author = {Piguet, Christian},
}

@article{Espressif2024,
title = {ESP32 Series Datasheet},
year = {2024},
url =
{https://www.espressif.com/sites/default/files/documentation/esp32_datasheet
_en.pdf},
address = {[Accessed in March 2026]},
author = {Espressif Systems},
}

@article{Ferreira2015,
title = {Irrigation management and its effects on basil growth},
year = {2015},
url = {https://doi.org/10.1016/j.agwat.2015.01.012},
address = {[Accessed in March 2026]},
author = {Ferreira, S. and others},
}
```

```
@article{Gil,  
  author = {Gil, Luis},  
  title = {Cork: a strategic material},  
  journal = {Frontiers in Chemistry},  
  year = {2014},  
  url =  
{https://www.researchgate.net/publication/261590030\_Cork\_a\_strategic\_material  
}  
}
```

```
@article{Pereira,  
  author = {Pereira, Helena},  
  title = {Cork: Biology, Production and Uses},  
  journal = {Elsevier},  
  year = {2007},  
  url =  
{https://scholar.google.com/scholar?q=Helena+Pereira+Cork+Biology+Production+and+Uses  
}  
}
```

```
@article{PLA,  
  author = {Nadia G. Khouri and others},  
  title = {Polylactic acid (PLA): Properties, synthesis, and biomedical  
applications – A review of the literature},  
  journal = {Journal of Molecular Structure}},  
  year = {2024},  
  url =  
{https://www.sciencedirect.com/science/article/pii/S0022286024007634  
}  
}
```

```
@article{cork_filament_2024,  
  title = {Additive Manufacturing of ASA–Cork Composites: Processing and  
Properties},  
  author = {Unknown},  
  journal = {Polymers},  
  year = {2024},  
  url = {https://pmc.ncbi.nlm.nih.gov/articles/PMC12694281/}  
}
```

```
@ARTICLE{sheikh2025,  
  title={Integration of smart sensors and IOT in precision agriculture:  
trends, challenges and future prospectives},  
  author={Sheikh Mansoor, Shahzad Iqbal, Simona M. Popescu,  
Song Lim Kim, Yong Suk Chung and Jeong-Ho Baek},  
  journal={Sec. Sustainable and Intelligent Phytoprotection},  
  volume={16},  
  pages={},  
  year={2025},  
  doi={10.3389/fpls.2025.1587869},
```

```
ISSN={},
month={May}
}

@ARTICLE{abdul2025,
  title={A smart IoT-based hydroponics system for small-scale household in Bangladesh},
  author={Md. Abdul Awal, Aditi Saha Pio, Mushfaka Jannat Mim, Pronab Kumar Paul Partha, Md. Abdullah Al Kafi and Shareen Farha},
  journal={Smart Agricultural Technology},
  volume={12},
  pages={2772-3755},
  year={2025},
  doi={10.1016/j.atech.2025.101163},
  ISSN={},
  month={July}
}

@ARTICLE{kebai2018,
  title={Multiple Urban Domestic Water Systems: Method for Simultaneously Stabilized Robust Control Decision},
  author={Kebai Li, Tianyi Ma and Guo Wei},
  journal={Sustainability},
  volume={10(11)},
  pages={4092},
  year={2018},
  doi={10.3390/su10114092},
  ISSN={},
  month={November}
}

@ARTICLE{eleonora2020,
  title={Resistance to Anthracnose (Colletotrichum lentis, Race 0) in Lens spp. Germplasm},
  author={Eleonora Barilli, Juan Moral, Thaïs Aznar-Fernández and Diego Rubiales},
  journal={Agronomy},
  volume={10(11)},
  pages={1799},
  year={2020},
  doi={10.3390/agronomy10111799},
  ISSN={},
  month={November}
}

@ARTICLE{munir2025,
  title={Precision agriculture in the age of AI: A systematic review of machine learning methods for crop disease detection},
  author={Munir Majdalawieh, Carla Martins, Mohammed Radi, Maher Alaraj and Shafaq Khan},
  journal={Smart Agricultural Technology},
```

```
volume={12},
pages={},
year={2025},
doi={10.1016/j.atech.2025.101491},
ISSN={},
month={December}
}
```

```
@MISC{FA02025,
author={FAO Investment Centre},
title={Urban agriculture is experiencing a growth spurt},
url={https://www.fao.org/investment-centre/latest/news/detail/urban-agriculture-is-experiencing-a-growth-spurt},
urldate={January},
year{2025},
address={ [Accessed April 11, 2026] }
}
```

```
@ARTICLE{eleonora2020,
title={Resistance to Anthracnose (Colletotrichum lentis, Race 0) in Lens spp. Germplasm},
author={Eleonora Barilli, Juan Moral, Thaïs Aznar-Fernández and Diego Rubiales},
journal={Agronomy},
volume={10(11)},
pages={1799},
year={2020},
doi={10.3390/agronomy10111799},
ISSN={},
month={November}
}
```

```
@ARTICLE{tahir2026,
title={Occurrence, challenges, and control strategies for biofilms in irrigation networks of modern agriculture},
author={Ch. Tahir Mehmood, Hira Waheed and Olivier Habimana},
journal={Journal of Agriculture and Food Research},
volume={25},
pages={},
year={2026},
doi={10.1016/j.jafr.2025.102616},
ISSN={},
month={February}
}
```

```
@ARTICLE{merlijn2022,
title={From Digital Health to Digital Well-being: Systematic Scoping Review},
author={Merlijn Smits, Chan Mi Kim, Harry van Goor and Geke D S Ludden },
journal={Journal of Medical Internet Research},
volume={24(4)},
```

```
pages={},
year={2022},
doi={10.2196/33787},
ISSN={},
month={April}
}

@ARTICLE{abdul2024,
  title={Persuasive technologies design for mental and behavioral health platforms: A scoping literature review},
  author={Abdul Rahman Idrees, Robin Kraft, Agnes Mutter, Harald Baumeister, Manfred Reichert and Rüdiger Pryss},
  journal={PLOS Digital Health},
  volume={3(5)},
  pages={},
  year={2024},
  doi={10.1371/journal.pdig.0000498},
  ISSN={},
  month={May}
}

@ARTICLE{diana2025,
  title={On-Off Childhood? A Rapid Review of the Impact of Technology on Children's Health},
  author={Diana Borges, Inês Pinto, Octávio Santos, Ivone Moura, Iara Rafaela Ferreira, Ana Paula Macedo and Adriana Taveira},
  journal={Healthcare},
  volume={13(14)},
  pages={},
  year={2025},
  doi={10.3390/healthcare13141769},
  ISSN={},
  month={July}
}

@ARTICLE{lucia2023,
  title={Modular design towards the circular economy – From 'making to unmake' to 'making to remake'},
  author={Lucia Pietroni, Alessandro Di Stefano and Daniele Galloppo},
  journal={AGATHÓN – International Journal of Architecture, Art and Design},
  volume={14},
  pages={274-283},
  year={2023},
  doi={10.19229/2464-9309/14232023},
  ISSN={2532-683X},
  month={December}
}

@ARTICLE{laura2020,
  title={IoT-Based Smart Irrigation Systems: An Overview on the Recent
```

```
Trends on Sensors and IoT Systems for Irrigation in Precision Agriculture},
  author={Laura García, Lorena Parra, Jose M. Jimenez, Jaime Lloret and
Pascal Lorenz},
  journal={Sensors},
  volume={20(4)},
  pages={},
  year={2020},
  doi={10.3390/s20041042},
  ISSN={},
  month={February}
}
```

```
@ARTICLE{khaled2022,
  title={An overview of smart irrigation systems using IoT},
  author={Khaled Obaideen, Bashria A.A. Yousef, Maryam Nooman AlMallahi,
Yong Chai Tan, Montaser Mahmoud, Hadi Jaber and Mohamad Ramadan},
  journal={Energy Nexus},
  volume={7},
  pages={},
  year={2022},
  doi={10.1016/j.nexus.2022.100124},
  ISSN={},
  month={September}
}
```

```
@ARTICLE{julie2020,
  title={Research Report: User Perceptions of Smart Home Privacy and
Security},
  author={Julie M. Haney, Susanne M. Furman and Yasemin Acar},
  journal={NIST},
  volume={},
  pages={},
  year={2020},
  doi={10.6028/NIST.IR.8330},
  ISSN={},
  month={November}
}
```

```
@article{Barbosa,
  title={Comparison of Land, Water, and Energy Requirements of Lettuce
Production Using Hydroponic vs. Conventional Agricultural Methods},
  author={Barbosa, Guilherme L and Gadelha, Francisca DA and Kublik, Natalya
and Kuzniar, Alan and Gill, Henry and Colonna, Steven and Rice, Kevin and
Morais, Melina G},
  journal={International Journal of Environmental Research and Public
Health},
  volume={12},
  number={6},
  pages={6879-6891},
  year={2015},
  publisher={MDPI},
```

```
doi={10.3390/ijerph120606879},
url={https://www.mdpi.com/1660-4601/12/6/6879}
}

@book{resh2022,
  title={Hydroponic Food Production: A Practical Guide for the Soilless
  Grower},
  author={Resh, Howard M},
  year={2022},
  publisher={CRC Press},
  edition={8th},
  address={Boca Raton, FL},
url={https://cfgreenway.com/wp-content/uploads/2025/02/Hydroponic-Food-Produ
  ction-A-Definitive-Guidebook-for-the-Advanced-Home-Gardener-and-the-
  Commercial-Hydroponic-Grower-Howard-M.-Resh-Z-Library.pdf}
}

@article{alshrouf2017hydroponics,
  title={Hydroponics, Aeroponic and Aquaponic as Compared with Conventional
  Farming},
  author={Al-Shrouf, Areej},
  journal={American Academic Scientific Research Journal for Engineering,
  Technology, and Sciences (ASRJETS)},
  volume={27},
  number={1},
  pages={247-255},
  year={2017},
url={https://www.researchgate.net/publication/318307802_Hydroponics_Aeroponi
  c_and_Aquaponic_as_Compared_with_Conventional_Farming}
}

@article{Saha2016,
  title={Growth, yield, plant quality and nutrition of basil (Ocimum
  basilicum L.) under soilless agricultural systems},
  author={Saha, Shubhadeep and Monroe, Alan and Day, Michael R},
  journal={Annals of Agricultural Sciences},
  volume={61},
  number={2},
  pages={181--186},
  year={2016},
  publisher={Elsevier},
  doi={10.1016/j.aogas.2016.10.001},
url={https://www.sciencedirect.com/science/article/pii/S0570178316300288?via
  %3Dihub}
}

@ARTICLE{AeroGardenND,
  title={AeroGarden Harvest Indoor Hydroponic Garden with LED Grow Light},
  author={Amazon},
  journal={Amazon},
  year={n.d.},
```

```
url={https://www.amazon.com/AeroGarden-Harvest-Indoor-Garden-Hydroponic/dp/B0CTRTJBC3?th=1},
  note={ [Accessed in March 2026] }
}

@ARTICLE{SmartWateringND,
  title={Smart WiFi Watering Kit for Gardens: Save Time and Water},
  author={Expert4House},
  journal={Expert4House},
  year={n.d.},
  url={https://www.expert4house.com/en/smart-electronic-devices/irrigation/tuya-smart-wifi-garden-watering-system},
  note={ [Accessed in March 2026] }
}

@ARTICLE{PlantPotND,
  title={YNNICO Flower Outdoor Planters with Drainage},
  author={Amazon},
  journal={Amazon},
  year={n.d.},
  url={https://www.amazon.com/YNNICO-Flower-Outdoor-Planters-Drainage/dp/B0C1SFXWRF},
  note={ [Accessed in March 2026] }
}

@misc{ForestAppND,
  author = {Seekrtech},
  title = {Forest: Stay focused, be present},
  year = {n.d.},
  howpublished = {\url{https://www.forestapp.cc/}},
  note = { [Accessed in March 2026] }
}

@misc{FloraAppND,
  author = {AppFinca Inc.},
  title = {Flora: Green Focus},
  year = {n.d.},
  howpublished = {\url{https://flora.appfinca.com/}},
  note = { [Accessed in March 2026] }
}

@misc{FocusToDoND,
  author = {Focus To-Do},
  title = {Focus To-Do: Pomodoro Timer & To Do List},
  year = {n.d.},
  howpublished = {\url{https://www.focustodo.cn/}},
  note = { [Accessed in March 2026] }
}
```

From:

<https://www.eps2026-wiki1.dee.isep.ipp.pt/> - **EPS@ISEP**

Permanent link:

<https://www.eps2026-wiki1.dee.isep.ipp.pt/doku.php?id=refnotes:bib>

Last update: **2026/04/12 21:06**

