

**UNIVERSITY OF
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INFORMATICS INSTITUTE OF TECHNOLOGY

in collaboration with

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Smart Sleep Scheduling

Thesis

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Abstract

The purpose of this research is to understand the effectiveness of incorporating machine learning and data obtained from wearable devices to provide users the means to improve sleep quality. Sleep deprivation has been a prevailing issues among college students and workers. Hence to improve the prevailing issue machine learning and wearable devices were used to suggest bedtime and wake up time to improve sleep duration to match the standards of the sleep durations suggested by health organisations across the globe.

Keywords: Machine Learning, Sleep Deprivation, Sleep Quality