Name: Irhamul Islam Roll:1907093

1. [Unobtrusive Sleep Monitoring using Smartphones](https://ieeexplore.ieee.org/document/6563918)

The paper talks about a method called Best Effort Sleep (BES) model for measuring sleep duration using smartphones in an unobtrusive manner.Other existing methods require users to wear devices where BES infers sleep duration based on smartphone usage patterns and observing situations. The model uses a sensor-based inference algorithm to predict sleep duration by various factors such as smartphone usage and environmental hints like silence and darkness.

2. [BeWell: A Smartphone Application to Monitor, Model and Promote Wellbeing](https://www.semanticscholar.org/paper/Bewell%3A-A-smartphone-application-to-monitor%2C-model-Lane-Mohammod/158dad9eaa0461e6e5d404ea91de7a547640cb7d)

BeWell, an automated application designed for Android smartphones which aims to track various aspects of individuals' wellbeing, including sleep, physical activity, and social interactions, using sensors embedded in smartphones. The application offers intelligent feedback to promote better health and empower individuals to improve their overall wellbeing. The study presents the design, implementation, and evaluation of BeWell, demonstrating its feasibility in monitoring health.

3. [HealthGear: Automatic Sleep Apnea Detection and Monitoring with a Mobile Phone](https://www.researchgate.net/publication/42803110_HealthGear_Automatic_Sleep_Apnea_Detection_and_Monitoring_with_a_Mobile_Phone)

The paper discusses HealthGear, a real-time wearable system designed for monitoring, visualizing, and analyzing physiological signals. HealthGear has non-invasive physiological sensors wirelessly connected to a cell phone via Bluetooth. This stores, transmits, and analyzes the physiological data, presenting it to the user in an understandable format. The focus of the paper is on implementing HealthGear using a blood oximeter to monitor blood oxygen levels and pulse during sleep. Also, the paper describes two algorithms for automatically detecting sleep apnea events.