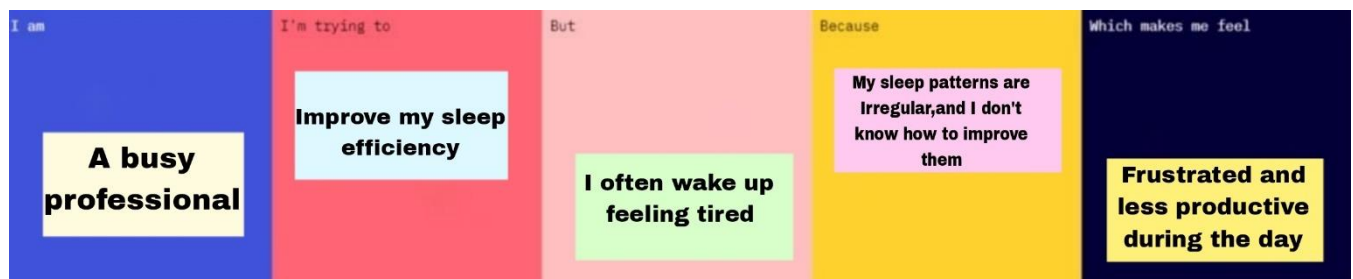


Project Initialization and Planning Phase

Date	20 June 2024
Team ID	739813
Project Name	Optimizing Sleep Efficiency: Harnessing Machine Learning For Restorative Rest
Maximum Marks	3 Marks

Define Problem Statements (Optimizing Sleep Efficiency: Harnessing Machine Learning For Restorative Rest):

In today's fast-paced world, many individuals suffer from inadequate sleep, impacting their health and productivity. Current methods for improving sleep efficiency often lack personalized insights and fail to account for individual variability in sleep patterns. This project seeks to harness the power of machine learning to optimize sleep efficiency by developing a personalized sleep monitoring and recommendation system. By analyzing individual sleep data through machine learning algorithms, this system aims to provide tailored recommendations that improve sleep quality and duration, ultimately promoting better health and well-being.



Problem Statement (PS)	I am (Customer)	I'm trying to	But	Because	Which makes me feel
I am experiencing inconsistent sleep quality.	A busy professional.	Improve my sleep efficiency.	I often wake up feeling tired.	My sleep patterns are irregular and I lack insights into how to improve them.	Frustrated and less productive during the day.
I am struggling with sleep disturbances.	A health-conscious individual	Achieve restorative sleep.	I frequently wake up at	I am unaware of the factors disrupting	Anxious about my long-term health and wellbeing.

			night and have difficult y falling back asleep.	my sleep.	
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