Data Collection and Preprocessing Phase

Date	20 June 2024
Team ID	739813
Project Title	Optimizing Sleep Efficiency: Harnessing Machine Learning For Enhanced Restorative Rest
Maximum Marks	2 Marks

Data Collection Plan & Raw Data Sources Identification Template

Elevate your data strategy with the Data Collection plan and the Raw Data Sources report, ensuring meticulous data curation and integrity for informed decision-making in every analysis and decision-making endeavor.

Data Collection Plan Template

Section	Description
Project Overview	The project "Optimizing Sleep Efficacy: Harnessing Machine Learning for Enhanced Restorative Rest" aims to leverage machine learning algorithms to improve the quality and efficiency of sleep for individuals. By analyzing various factors such as sleep patterns, environmental conditions, and lifestyle habits, the system will provide personalized recommendations and interventions to optimize sleep quality and duration. The goal is to enhance restorative rest, promote overall well-being, and mitigate sleep-related issues such as insomnia, sleep apnea and disrupted sleep cycles.

Data Collection Plan	The dataset for sleep efficiency is to be collected. The dataset which is considered here will have the optimizing sleep efficiency. You can collect datasets from different open sources like kaggle.com, data.gov, UCI machine learning repository etc.
Raw Data Sources Identified	Kaggle.com

Raw Data Sources Template

Source Name	Description	Location/URL	Format	Size	Access Permissions
Dataset 1	The dataset which is considered here will have the optimizing sleep efficiency. You can collect datasets from different open sources like kaggle.com, data.gov, UCI machine learning repository etc.	https://www.kaggle.com/datasets/equilibriumm/sleep-efficiency	CSV	41.37 kB	Public