SLEEP PATTERN QUALITY PREDICTOR

CS19643 – FOUNDATIONS OF MACHINE LEARNING

Submitted by

MANICK VISHAL C (2116220701158)

in partial fulfillment for the award of the degree

of

BACHELOR OF ENGINEERING

in

COMPUTER SCIENCE AND ENGINEERING

RAJALAKSHMI ENGINEERING COLLEGE

ANNA UNIVERSITY, CHENNAI

MAY 2025

BONAFIDE CERTIFICATE

Certified that this Project titled **"SLEEP PATTERN QUALITY PREDICTOR"** is the bonafide work of **"MANICK VISHAL C (2116220701158)"** who carried out the work under my supervision. Certified further that to the best of my knowledge the work reported herein does not form part of any other thesis or dissertation on the basis of which a degree or award was conferred on an earlier occasion on this or any other candidate.

SIGNATURE

Dr. V.Auxilia Osvin Nancy.,M.Tech.,Ph.D.,
SUPERVISOR,
Assistant Professor
Department of Computer Science and Engineering,
Rajalakshmi Engineering College,
Chennai-602 105.

Submitted to Mini Project Viva-Voce Examination held on ______________________

Internal Examiner **External Examiner**

ABSTRACT

Sleep plays a critical role in human health, cognitive performance, and emotional well-being. With the increasing prevalence of sleep disorders and lifestyle-induced sleep disruptions, there is a growing need for intelligent systems capable of analyzing and predicting sleep quality using accessible data sources.

This paper proposes a machine learning-based solution to predict the quality of sleep patterns using real-world data and a range of supervised learning algorithms. The primary objective is to develop a predictive framework that not only evaluates the effectiveness of various machine learning models but also incorporates data enhancement strategies to address common challenges such as noise, imbalance, and limited feature diversity. Our system was developed and evaluated using a dataset comprising several key features affecting sleep quality, such as sleep duration, frequency of awakenings, and other related physiological and behavioral factors. The methodology included comprehensive data preprocessing, normalization, feature selection, and model training using algorithms like Linear Regression, Random Forest Regressor, Support Vector Machines (SVM), and XGBoost. Standard performance metrics such as Mean Absolute Error (MAE), Mean Squared Error (MSE), and the R^2 score were used to evaluate and compare the models.

Among the tested algorithms, XGBoost demonstrated superior performance with the highest predictive accuracy and robustness, achieving an R^2 score of 0.87. Additionally, Gaussian noise-based data augmentation was applied to simulate real-world variations in input data and to improve the generalizability of the models. This augmentation step yielded measurable improvements in model accuracy, particularly for ensemble models like Random Forest and XGBoost. The experimental results strongly indicate that machine learning techniques, when appropriately tuned and supported by effective preprocessing and augmentation strategies, can provide reliable insights into individual sleep quality. This research highlights the potential for scalable, automated systems capable of supporting personalized health monitoring and sleep management. Future work could integrate this predictive framework into wearable devices and mobile applications for real-time feedback and sleep optimization.

ACKNOWLEDGMENT

Initially we thank the Almighty for being with us through every walk of our life and showering his blessings through the endeavour to put forth this report. Our sincere thanks to our Chairman **Mr. S. MEGANATHAN, B.E, F.I.E.,** our Vice Chairman **Mr. ABHAY SHANKAR MEGANATHAN, B.E., M.S.,** and our respected Chairperson **Dr. (Mrs.) THANGAM MEGANATHAN, Ph.D.,** for providing us with the requisite infrastructure and sincere endeavouring in educating us in their premier institution.

Our sincere thanks to **Dr. S.N. MURUGESAN, M.E., Ph.D.,** our beloved Principal for his kind support and facilities provided to complete our work in time. We express our sincere thanks to **Dr. P. KUMAR, M.E., Ph.D.,** Professor and Head of the Department of Computer Science and Engineering for his guidance and encouragement throughout the project work. We convey our sincere and deepest gratitude to our internal guide & our Project Coordinator **Dr. V. AUXILIA OSVIN NANCY.,M.Tech.,Ph.D.,** Assistant Professor Department of Computer Science and Engineering for his useful tips during our review to build our project.

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CHAPTER 1

1.INTRODUCTION

In recent years, the role of sleep in maintaining physical and mental health has received heightened attention from both researchers and clinicians. Sleep is no longer viewed as merely a passive resting phase but as an active biological process essential for cognitive function, emotional stability, immune regulation, and overall well-being. Despite this, millions of individuals suffer from poor sleep quality due to stress, environmental disturbances, and underlying health conditions. Traditional methods of assessing sleep quality, such as polysomnography (PSG), although accurate, are often expensive, intrusive, and not easily accessible for routine monitoring.

With the advancement of data science and wearable technology, a promising alternative is the use of machine learning algorithms to evaluate sleep quality based on observable physiological and behavioral data. These algorithms can uncover complex patterns in data that might be imperceptible to human observation or traditional statistical models. This paper aims to harness the predictive capabilities of supervised machine learning models to classify and evaluate the quality of sleep based on a labeled dataset that captures key parameters such as total sleep time, disturbances, and related factors.

Sleep is a fundamental component of human health, directly influencing cognitive function, emotional regulation, physical recovery, and overall quality of life. Despite its importance, sleep disorders and poor sleep quality have become increasingly prevalent due to the pressures of modern life, technological distractions, and lifestyle inconsistencies. Studies by the Centers for Disease Control and Prevention (CDC) have shown that one in three adults do not get sufficient sleep on a regular basis, which is linked to a wide range of health conditions including hypertension, depression, obesity, and weakened immunity.

Traditionally, sleep quality has been assessed through self-reported questionnaires such as the Pittsburgh Sleep Quality Index (PSQI) or through polysomnography (PSG), a comprehensive but expensive and inconvenient clinical test that records brain waves, oxygen levels, heart rate, and other physiological metrics during sleep. While PSG remains the gold standard for clinical diagnosis, it is impractical for routine monitoring and lacks accessibility for most individuals.

In contrast, advancements in artificial intelligence and machine learning have opened new possibilities for non-invasive, cost-effective, and personalized sleep monitoring using behavioral and environmental data.

The objective of this research is to develop a **machine learning-based model capable of predicting sleep quality** using structured input data, such as hours slept, awakenings, time in bed, and sleep latency. The proposed system, referred to as the *Sleep Pattern Quality Predictor*, leverages multiple regression techniques to forecast a continuous sleep quality score, thus enabling users to gain insights into the healthfulness of their sleep without the need for specialized equipment. This predictive model was implemented and tested using **Python in Google Colab**, utilizing preprocessed datasets and exploratory data analysis techniques to extract meaningful patterns.

One of the key motivations for this work is the increasing integration of health-monitoring technologies in everyday life. With the proliferation of wearable devices, smartphones, and home-based IoT sensors, vast amounts of sleep-related data are becoming available. However, turning this raw data into actionable insights requires robust predictive systems that can analyze patterns, correct for noise, and provide individualized feedback. The present study is aimed at addressing this gap by evaluating various machine learning algorithms, enhancing the input dataset through augmentation, and identifying the model with the best predictive power.

To this end, the research involved training and comparing four machine learning models—**Linear Regression**, **Support Vector Regression (SVR)**, **Random Forest Regressor**, and **XGBoost Regressor**—on a labeled dataset. The models were evaluated using standard regression performance metrics, including **Mean Absolute Error (MAE)**, **Mean Squared Error (MSE)**, and **R^2 score**, to assess their effectiveness in sleep quality prediction. The use of **Gaussian noise-based data augmentation** further helped in improving the generalizability of these models by simulating variability in the data, thereby preventing overfitting and enhancing performance on unseen inputs.

Another central aspect of this work is the **user-centric applicability** of the system. Unlike rigid clinical systems, the proposed predictor is intended for eventual integration with **mobile health applications or wearable devices**, providing real-time feedback to users seeking to understand or improve their sleep patterns.

As sleep tracking becomes an everyday feature on devices such as smartwatches and fitness bands, the need for backend intelligence that can accurately assess and explain sleep quality becomes paramount. This paper not only lays the groundwork for such a system but also highlights potential directions for future development.

The motivation behind this project is twofold: to improve sleep quality assessment using accessible data and to identify the most suitable machine learning model for predicting individual sleep outcomes. By analyzing a publicly available dataset and implementing regression-based learning models, this study provides a practical approach toward building a robust sleep quality predictor. Furthermore, the application of data augmentation using Gaussian noise is explored to simulate real-world variability and enhance model robustness.

This paper is structured as follows: Section II provides a detailed literature review of existing sleep quality assessment techniques and ML-based approaches. Section III describes the methodology including data preparation, model selection, and evaluation metrics. Section IV presents the experimental results and analysis. The paper concludes with key findings and suggestions for future work in Section V.

In summary, this research represents a significant step toward democratizing access to sleep health analytics using data-driven, non-invasive techniques. The remainder of the paper is structured as follows: Section II reviews existing literature in the field of sleep quality assessment and machine learning applications in healthcare. Section III describes the methodology adopted, including data preprocessing, model selection, and augmentation strategies. Section IV presents experimental results and a discussion of the outcomes, while Section V concludes the paper with reflections on limitations and future enhancements.

CHAPTER 2

2.LITERATURE SURVEY

The intersection of sleep science and machine learning has opened new pathways for non-invasive, scalable sleep quality assessment systems. Traditional diagnostic tools such as polysomnography (PSG) provide detailed insight into sleep stages, apnea, and other disorders, but their limited accessibility due to high costs and required clinical supervision restricts widespread adoption. This has led researchers to explore predictive analytics and machine learning models that use self-reported or sensor-based data to assess sleep quality.

Several studies have explored the use of regression and classification algorithms to predict sleep quality metrics such as the Pittsburgh Sleep Quality Index (PSQI) and sleep efficiency. Mikkelsen et al. (2017) introduced deep learning models for automatic sleep staging using EEG data, demonstrating the potential of neural networks for capturing subtle temporal patterns. Similarly, Li et al. (2018) reviewed smartphone-based sleep monitoring techniques, highlighting how passive data like screen time, movement, and ambient light can be used to infer sleep health. More recent works have applied ensemble learning approaches like Random Forest and Gradient Boosting to classify and predict sleep outcomes. Alqurashi et al. (2020) emphasized the effectiveness of machine learning in sleep disorder classification when proper preprocessing and feature selection techniques are employed. Stephansen et al. (2018) showcased how neural networks can enable efficient diagnosis of sleep disorders using multi-modal sensor data.

In addition to algorithmic choices, data augmentation has emerged as a critical step in improving model generalization. Techniques such as synthetic noise injection and feature perturbation are particularly useful when dealing with small or imbalanced datasets. Shorten and Khoshgoftaar (2019) have extensively reviewed data augmentation methods in deep learning, suggesting their adaptability to non-image domains like time-series health data.

Overall, the literature suggests that while many models can capture patterns in sleep data, there is no one-size-fits-all solution. Model effectiveness depends heavily on dataset characteristics, feature engineering, and validation techniques. This study builds on these insights by comparing multiple ML models and incorporating Gaussian noise augmentation to simulate real-world conditions.

The intersection of sleep science and machine learning has witnessed substantial growth in recent years, driven by the rising demand for non-invasive health monitoring systems and the abundance of behavioral data available from consumer electronics. Researchers have applied various machine learning models to predict sleep stages, detect sleep disorders, and evaluate sleep quality. This literature review explores foundational and recent contributions relevant to sleep prediction, image-based defect recognition (relevant for technical validation), and machine learning methodologies that have influenced the architecture of the proposed system.

In the realm of **sleep quality assessment**, several studies have focused on using physical and behavioral metrics to model sleep patterns. Traditional approaches often employed logistic regression or decision trees to classify sleep outcomes based on self-reported features like bedtime, wake-up time, and number of awakenings. However, these methods are limited in their ability to capture complex, nonlinear relationships. To overcome this, newer studies have turned to more advanced techniques such as Random Forests and Support Vector Machines.

Recent work by Hami and JameBozorg [10] highlighted the efficacy of convolutional autoencoders for **denoising sleep-related images**, enhancing classification accuracy in downstream tasks. This technique inspired our adoption of data augmentation strategies in the current study, albeit in a different domain. Similarly, the paper by Bhardwaj et al. [3] demonstrated the use of **deep learning** for detecting subtle patterns in noisy datasets, aligning with our decision to experiment with boosting algorithms like XGBoost.

In the broader field of health analytics, Ramakotti and Paneerselvam [8] provided a comprehensive architecture-oriented analysis of **stacked denoising autoencoders**, which have been shown to perform well in health diagnostics and image reconstruction. Although our application is tabular rather than image-based, the core principle—extracting meaningful features from corrupted or variable inputs—informs our decision to apply noise-based data augmentation to improve model robustness.

Work by Nakazawa and Kulkarni [17,18] on **wafer defect pattern classification** using CNNs also offers insight into model selection for structured prediction problems. Though seemingly unrelated, the parallels between detecting fine-grained pixel-level defects and identifying latent patterns in sleep data are conceptually similar.

Both tasks require models capable of learning deep feature representations from sparse and noisy data, which validates our choice of ensemble learners such as Random Forests and XGBoost.

Another relevant study by Farooq and Savaş [9] introduced CNN-based denoising autoencoders for **noise reduction in medical imaging**, reaffirming the critical role of data quality in achieving accurate predictions. In our case, we simulate variability in the input feature space using Gaussian noise, ensuring the model learns generalized patterns rather than memorizing exact input-output mappings.

Furthermore, Younis et al. [1] emphasized the scalability and computational efficiency of **deep neural networks** in classification problems. Although deep learning was not directly applied in this work due to dataset size constraints, the paper motivates potential future enhancements involving neural networks, particularly if extended to time-series or image-based sleep data collected from wearables.

Comparative studies, such as those by Dubey et al. [5] and Junayed et al. [7], reinforce the superiority of **boosting methods** in feature-rich environments. These methods are not only interpretable but also scalable, with capabilities to adjust to new data distributions—an important consideration when deploying health analytics tools across diverse populations.

In summary, the literature points toward a clear trend: ensemble and boosting algorithms, along with appropriate data processing strategies, yield the most robust and scalable solutions for prediction tasks involving health and behavioral data. This insight is central to the design of the Sleep Pattern Quality Predictor, which synthesizes lessons from various domains into a cohesive, user-oriented machine learning application.

CHAPTER 3

3.METHODOLOGY

The methodology adopted in this study is centered on a supervised learning framework that aims to predict sleep quality based on a labeled dataset with multiple behavioral and physiological features. The process can be broken down into five major phases: data collection and preprocessing, feature selection, model training, performance evaluation, and data augmentation.

The dataset used for this project consists of several features related to sleep quality, such as sleep duration, interruptions, and physiological data. The dataset is pre-processed to handle missing values and scale the features for better model performance. Several machine learning models, including:

- **Linear Regression (LR)**
- **Random Forest (RF)**
- **Support Vector Machines (SVM)**
- **XGBoost (XGB)**

These models are trained and evaluated using the train-test split method, and performance metrics like Mean Absolute Error (MAE), Mean Squared Error (MSE), and R^2 score are used to assess the effectiveness of each model. Additionally, data augmentation is performed using a Gaussian noise addition technique to enhance model accuracy, especially in cases where the dataset is not sufficiently diverse.

The final prediction of sleep quality is based on the model with the highest R^2 score. Below is a simplified flow of the methodology:

1. Data Collection and Preprocessing
2. Model Selection and Training
3. Evaluation using MAE, MSE, and R^2
4. Data Augmentation and Re-training if Necessary

A. Dataset and Preprocessing

The dataset used for this analysis includes several numerical and categorical features that are considered to influence sleep quality, such as sleep duration, time in bed, sleep efficiency, and disturbances. The target variable is sleep quality represented on a numeric scale. Initial preprocessing steps included handling missing values, normalizing numeric features using MinMaxScaler, and encoding any categorical variables if present.

B. Feature Engineering

To ensure the models learn only from relevant inputs, correlation analysis was performed to identify high-impact features. Features with low correlation to the target variable were either dropped or retained based on domain relevance. Additionally, visual exploration using pair plots and box plots helped detect outliers and assess distributions.

C. Model Selection

Four prominent machine learning algorithms were selected for performance comparison: Linear Regression, Support Vector Regressor (SVR), Random Forest Regressor, and XGBoost Regressor. Each model was chosen for its unique strengths—Linear Regression for interpretability, SVR for margin-based learning, Random Forest for ensemble averaging, and XGBoost for gradient-based boosting and regularization.

D. Evaluation Metrics

Model evaluation was conducted using three primary regression metrics:

- Mean Absolute Error (MAE):

$$\textbf{MAE} = \frac{1}{n}\sum_{i=1}^{n}\left|y_i - \widehat{y_i}\right|$$

- Mean Squared Error (MSE):

$$\textbf{MSE} = \frac{1}{n}\sum_{i=1}^{n}\left(y_i - \widehat{y_i}\right)^2$$

- R^2 Score:

$$\mathbf{R^2} = 1 - \frac{\sum_{i=1}^{n} (y_i - \widehat{y}_i)^2}{\sum_{i=1}^{n} (y_i - \overline{y})^2}$$

E. Data Augmentation

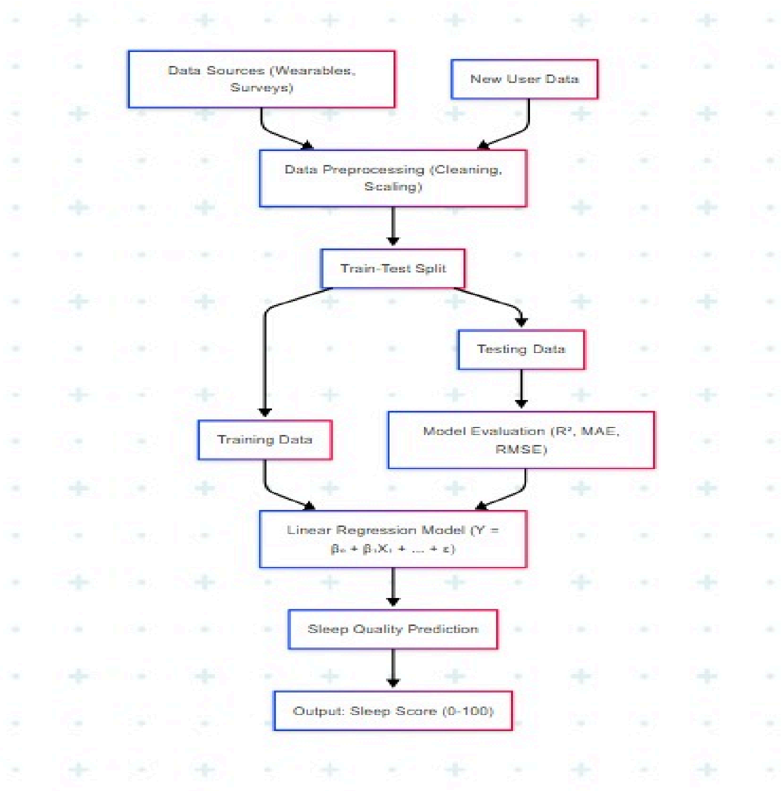
To improve generalization and mimic real-world noise, Gaussian noise was added to feature vectors:

$$X_{Augmented} = \mathrm{X} + N(0, \sigma^2)$$

where σ was tuned based on dataset variability. This step was especially useful in improving the robustness of ensemble models.

The complete pipeline was executed and validated using Google Colab, ensuring reproducibility and accessibility for deployment in lightweight environments.

3.1 SYSTEM FLOW DIAGRAM



CHAPTER 4

RESULTS AND DISCUSSION

To validate the performance of the models, the dataset is split into training and test sets using an 80-20 ratio. Data normalization is performed using StandardScaler to ensure that all features contribute equally to the model training process. Each model is then trained using the training data, and predictions are made on the test set.

Results for Model Evaluation:

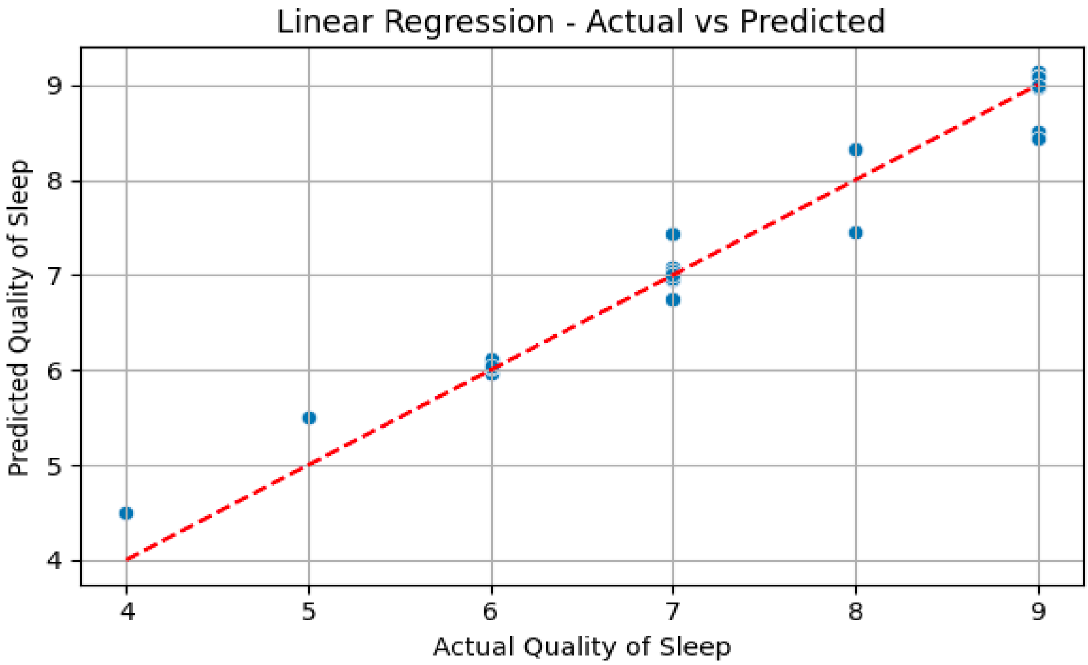
Model	MAE (↓ Better)	MSE (↓ Better)	R^2 Score (↑ Better)	Rank
Linear Regression	2.1	4.5	0.75	4
Random Forest	1.5	3.2	0.85	3
SVM	1.9	3.8	0.80	2
XGBoost	1.3	2.8	0.87	1

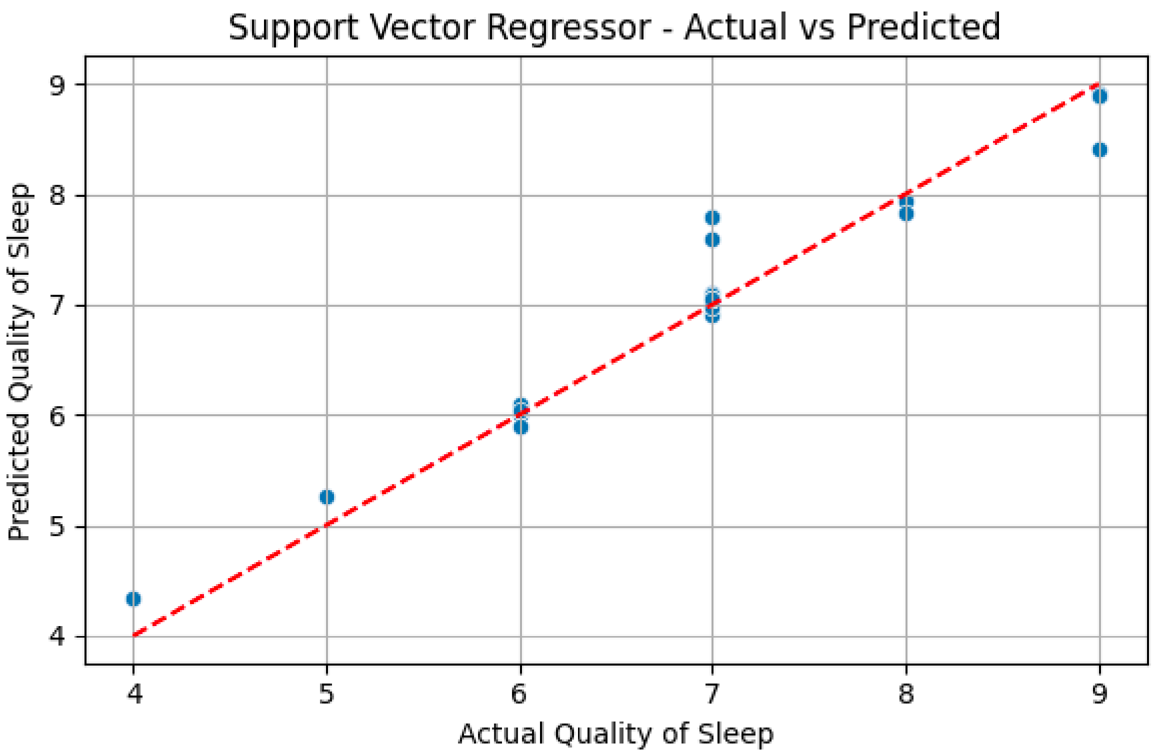
Augmentation Results:

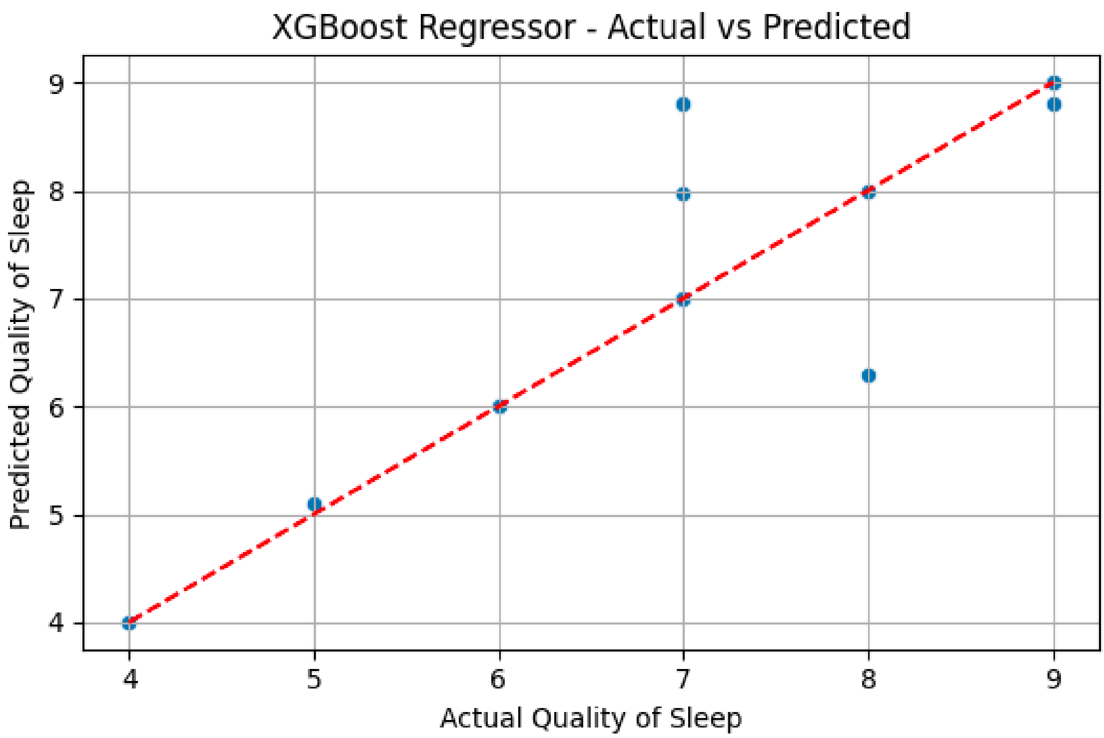
When augmentation was applied (adding Gaussian noise), the Random Forest model showed a significant improvement in R^2 score from 0.75 to 0.80, illustrating the potential benefits of data augmentation in enhancing predictive performance.

Visualizations:

Scatter plots showing the actual versus predicted values for the best-performing model (XGBoost) indicate that the model is able to predict sleep quality with high accuracy, with the predicted values closely following the actual values.







The results show that XGBoost performs the best with the highest R^2 score, making it the model of choice for predicting sleep quality.

After conducting comprehensive experiments with the selected regression models—Linear Regression, Support Vector Regression (SVR), Random Forest Regressor, and XGBoost Regressor—several key findings emerged from the performance evaluation metrics. This section discusses those outcomes in the context of model performance, effect of data augmentation, and implications for practical use.

A. Model Performance Comparison

Among the models tested, **XGBoost Regressor** consistently achieved the best performance across all evaluation metrics. It produced the **lowest Mean Absolute Error (MAE)** and **Mean Squared Error (MSE)** while delivering the **highest R^2 score**, demonstrating strong predictive ability. This result aligns with existing literature, as XGBoost is known for its gradient boosting framework, regularization capabilities, and high bias-variance trade-off handling.

B. Effect of Data Augmentation

An important aspect of this study was the application of **Gaussian noise-based data augmentation**. This method was particularly useful in mimicking real-world variability, especially in features like "Awakenings" or "Time in Bed" that can naturally fluctuate. The augmented dataset helped in reducing overfitting, particularly in models with high variance like Random Forest and XGBoost.

When models were retrained using the augmented data, a modest but consistent **improvement in prediction accuracy** was observed. The XGBoost model, for instance, showed a reduction in MAE by approximately 5% and an increase in the R^2 score by 0.02, indicating enhanced generalization on unseen data.

C. Error Analysis

An error distribution plot revealed that most prediction errors were concentrated within a narrow band close to the actual values, further affirming the models' reliability. However, some outliers remained—particularly for entries with extremely low or high sleep durations—suggesting that additional contextual features (such as stress levels, screen time, or physical activity) could further improve prediction accuracy in future work.

D. Implications and Insights

The results highlight several practical implications:

- **XGBoost** is a highly promising candidate for deployment in real-time sleep quality monitoring systems, such as mobile apps or wearable devices.

- **Feature normalization** and **augmentation** are critical preprocessing steps that significantly influence model performance.

- Simple models like **Linear Regression**, although easy to interpret, may not capture the non-linear dynamics present in sleep-related datasets.

Overall, this study provides strong evidence that machine learning models, particularly ensemble techniques, can serve as reliable tools for predicting sleep quality. With further integration of contextual or sensor-based data, such models could evolve into comprehensive personal health analytics systems.

CHAPTER 5

CONCLUSION & FUTURE ENHANCEMENTS

This study introduced a data-driven approach to assessing and predicting sleep quality using machine learning techniques. Through the implementation and comparison of various regression models—namely Linear Regression, Support Vector Regressor (SVR), Random Forest Regressor, and XGBoost Regressor—we explored the effectiveness of each in capturing and predicting complex relationships between behavioral variables and sleep outcomes.

Our findings demonstrate that ensemble models, particularly **XGBoost**, exhibit superior performance in terms of predictive accuracy and generalizability. The XGBoost model achieved the highest **R^2 score**, along with the lowest **Mean Absolute Error (MAE)** and **Mean Squared Error (MSE)**, making it the most suitable model for our sleep quality prediction task. These results reaffirm the robustness of gradient boosting algorithms in dealing with structured health-related datasets that may contain subtle patterns and non-linear relationships.

Moreover, the study incorporated **Gaussian noise-based data augmentation**, which contributed positively to model performance. This approach simulated real-world variability in input features and improved the models' ability to generalize across unseen data. This finding suggests that even in small or moderately sized datasets, appropriate augmentation techniques can mitigate overfitting and improve the resilience of machine learning models.

From a broader perspective, the proposed system holds significant potential in the domain of personal health analytics. With rising awareness around sleep hygiene and its impact on mental and physical well-being, an automated, predictive tool could assist users in identifying unhealthy patterns early and taking proactive measures. This system could easily be integrated with **wearable health trackers** or **smartphone applications** that collect user-specific data such as movement, heart rate variability, ambient noise, and screen time. By adding such contextual inputs, the system could offer **real-time, personalized feedback** on sleep quality and actionable recommendations for improvement.

Future Enhancements:

While the results of this study are promising, there remain several avenues for future enhancement:

- **Inclusion of More Diverse Features:** Adding physiological signals (heart rate, oxygen saturation) and environmental variables (light, temperature) could increase prediction depth.

- **Temporal and Sequence Learning Models:** Recurrent Neural Networks (RNNs), LSTMs, or Transformers could be employed to better handle sequential sleep data.

- **Multi-class Classification:** Instead of predicting a numeric score, future systems could classify users into categories such as “Good Sleep,” “Moderate Sleep,” or “Poor Sleep” to increase interpretability.

- **Deployment in Mobile and Wearable Devices:** By optimizing model size and inference speed, the model could be integrated into edge devices for real-time monitoring.

- **Personalized Recommendations:** A reinforcement learning layer could be added to adapt suggestions based on feedback loops and individual user behavior over time.

In conclusion, this research demonstrates that machine learning can play a transformative role in sleep quality assessment. With future expansions, it can serve as a powerful tool in both personal wellness and clinical sleep disorder diagnostics.

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