

# Privacy Policy - Stress Sense

## Last Updated

March 2025

## 1. Introduction

Welcome to Stress Sense. Your privacy is important to us, and this policy explains how we collect, use, and protect your data.

## 2. Information We Collect

We collect the following information to improve your experience:

- Mood ratings and emotional well-being data
- Sleep patterns and quality
- Work hours and stress indicators
- Any additional information you choose to provide

## 3. How We Use Your Data

We use your data to:

- Provide stress level predictions
- Improve our machine learning model
- Enhance the user experience
- Send helpful insights and recommendations

## 4. Data Protection & Security

We use industry-standard encryption and security measures to protect your data. Your data is not shared with third parties without your consent.

## 5. Contact Us

If you have any concerns or questions, please email us at [support@stresssense.com](mailto:support@stresssense.com)