For Average Time Taken to Sleep,

I conducted this study to deduce how long people must lay in the bed to sleep, so that we could remind them that much before their bedtime to go to the bed, so that they can meet their bedtime goals.

Calculated avg time taken to sleep by deducting total minutes asleep from total time spent in bed and then taking the average for each user (over a period of around 1 month).

So, we found out that the maximum time a person must stay in bed before sleeping is 309 minutes on average, and the minimum is 3 minutes.

We can record this data and notify the users according to their stats to head to bed on time, to ensure better sleep quality and adequate duration.