

Welcome to SleepX

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Problem Statement

- According to the Statista Global Consumer Survey, people drink an average of 2-3 cups of coffee per day.
- Coffee contains Caffeine which can have a disruptive effect on your sleep.
- The most obvious effect of the stimulant is that it can make it hard for you to fall asleep.
- One study also found that caffeine can delay the timing of your body clock.
- These effects will reduce your total sleep time.

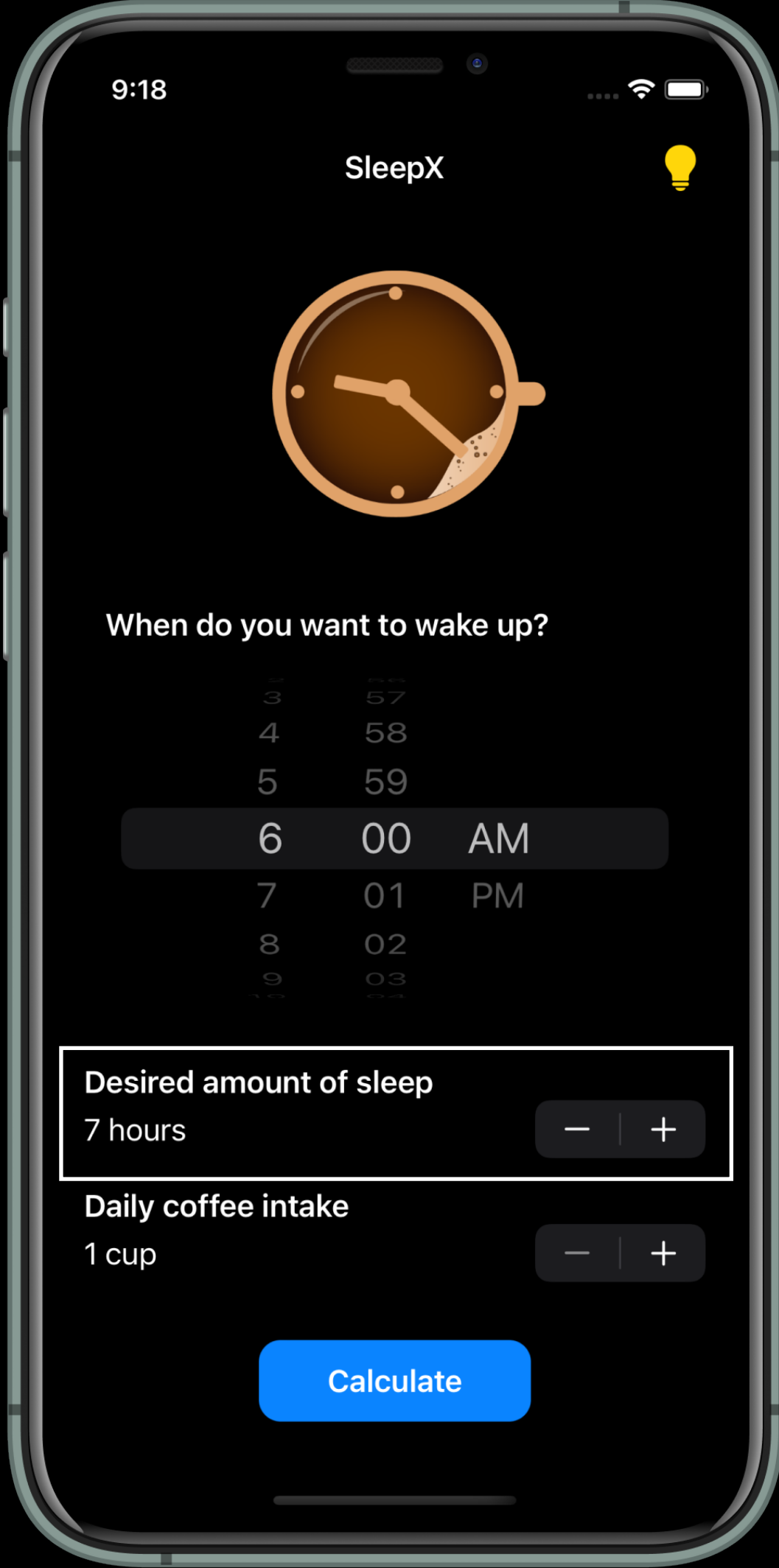
Introducing SleepX

Solution : SleepX (Sleep Prediction)

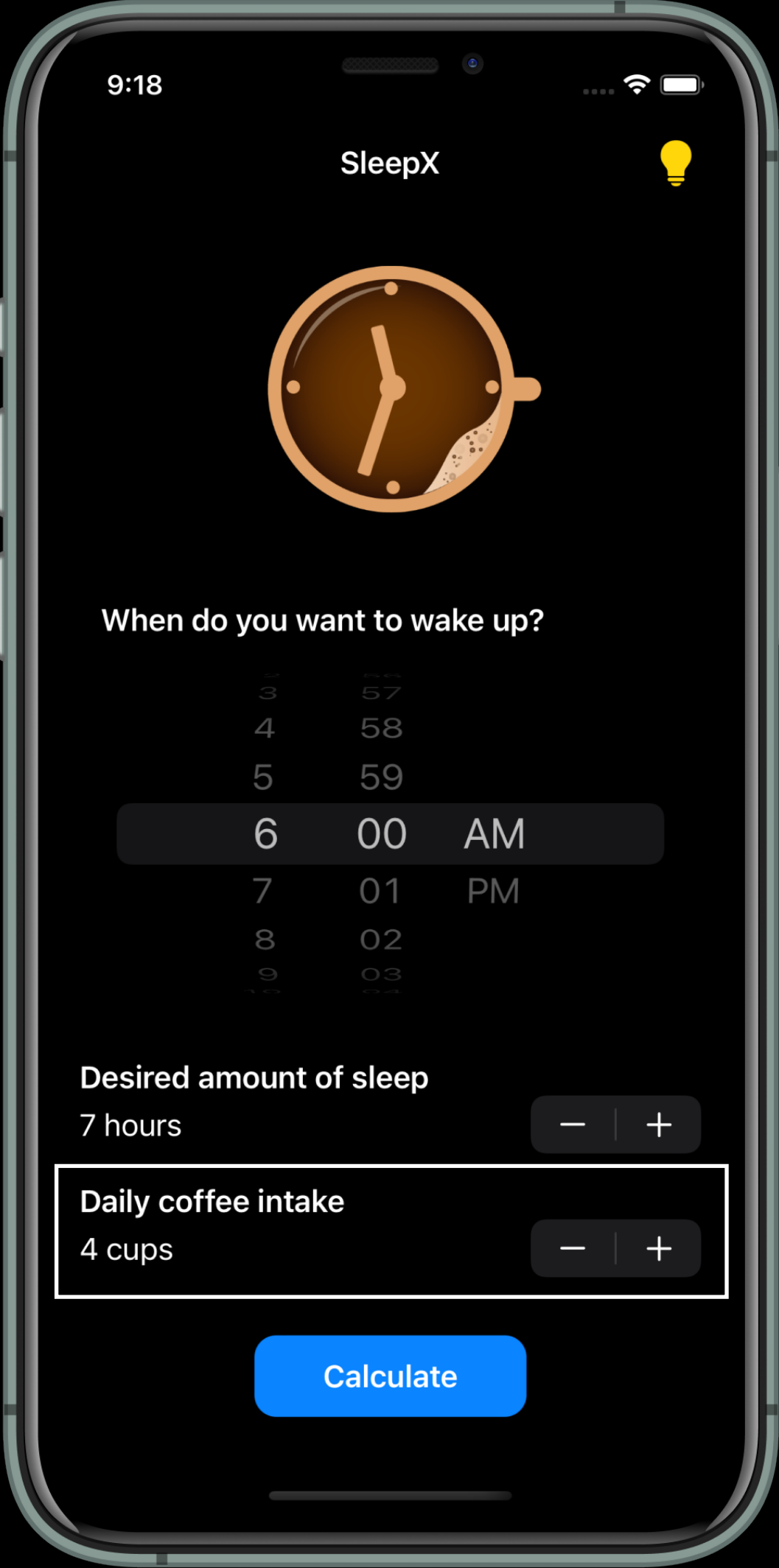
- SleepX is designed & made with Machine Learning to help the Coffee Drinkers get a better sleep by asking them 3 questions
 - Wake Up Time
 - Desired Sleep Duration
 - No. Of Cups of Coffee per Day
- After getting User Response, the values will be feed to the Core ML Model which is trained with Regression of thousands of possible answers.
- CoreML will predict the actual sleep required on the basis of user response.
- Data Source Credits: Paul Hudson
- Ideal Bedtime = WakeUp Time - (Desired Sleep Duration + ML Predicted Extra Sleep)



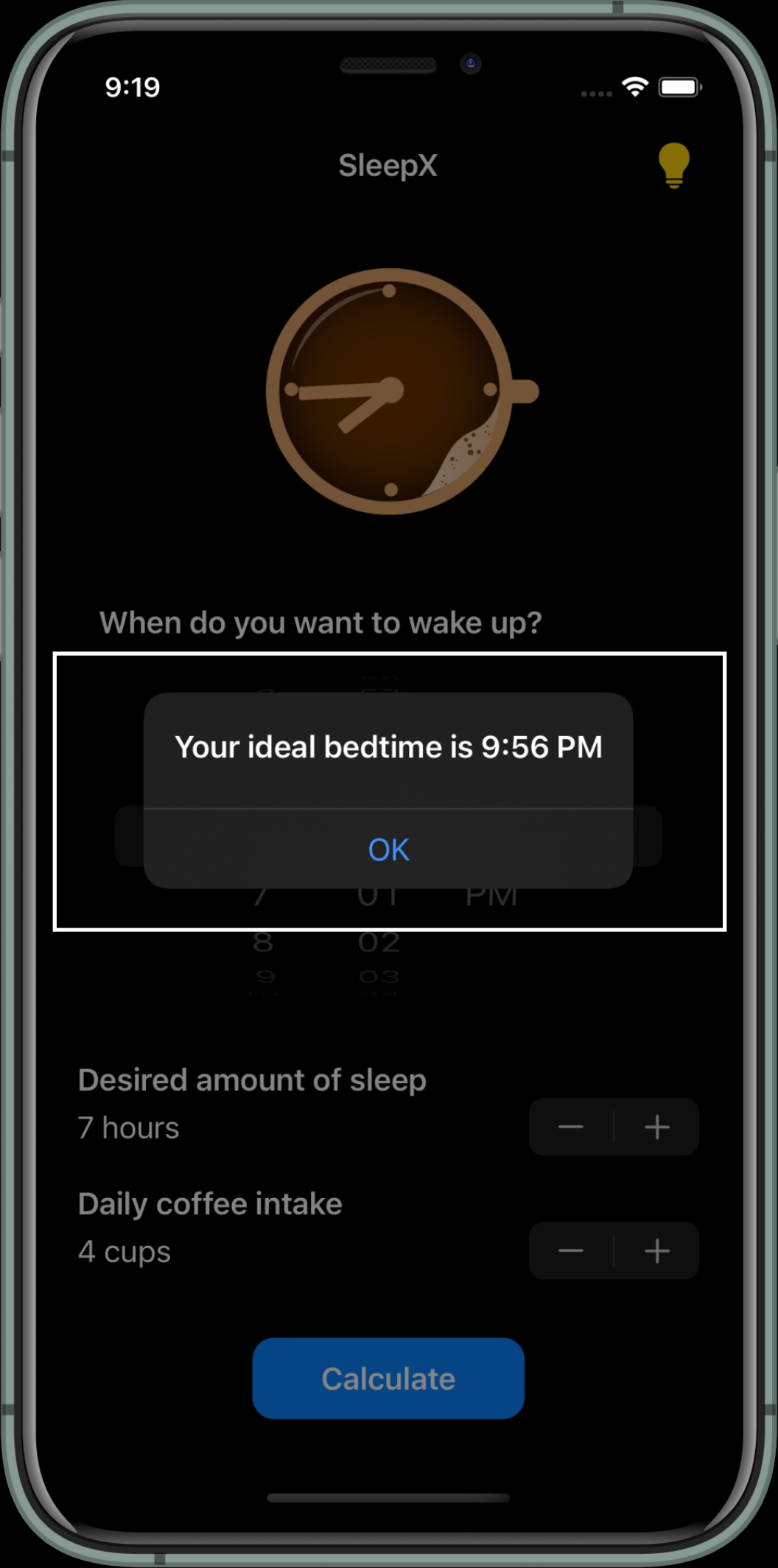
**Set
Wake Up Time**



**Set
Desired Sleep Time**



**Set
No. Of Coffee Cups**



**Get
Ideal Bedtime**

SleepWell

Thank You!