Exploring My Sleep Debt

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Predicting for Sleep Debt

Health Markers Used in My Analysis:

1. REM Sleep
2. Deep Sleep
3. Body Weight
4. Body Fat Percentage
5. Resting Heart Rate
6. Average Heart Rate
7. Maximum Heart Rate
8. Heart Rate Variability
9. Daily Calorie Burn

Random Forest Prediction Model

Sleep debt shrinks 14% of the time above baseline according to my model. There are a minimum of 6 features needed to determine this.

Top 15 features for predicting improvement in sleep debt.
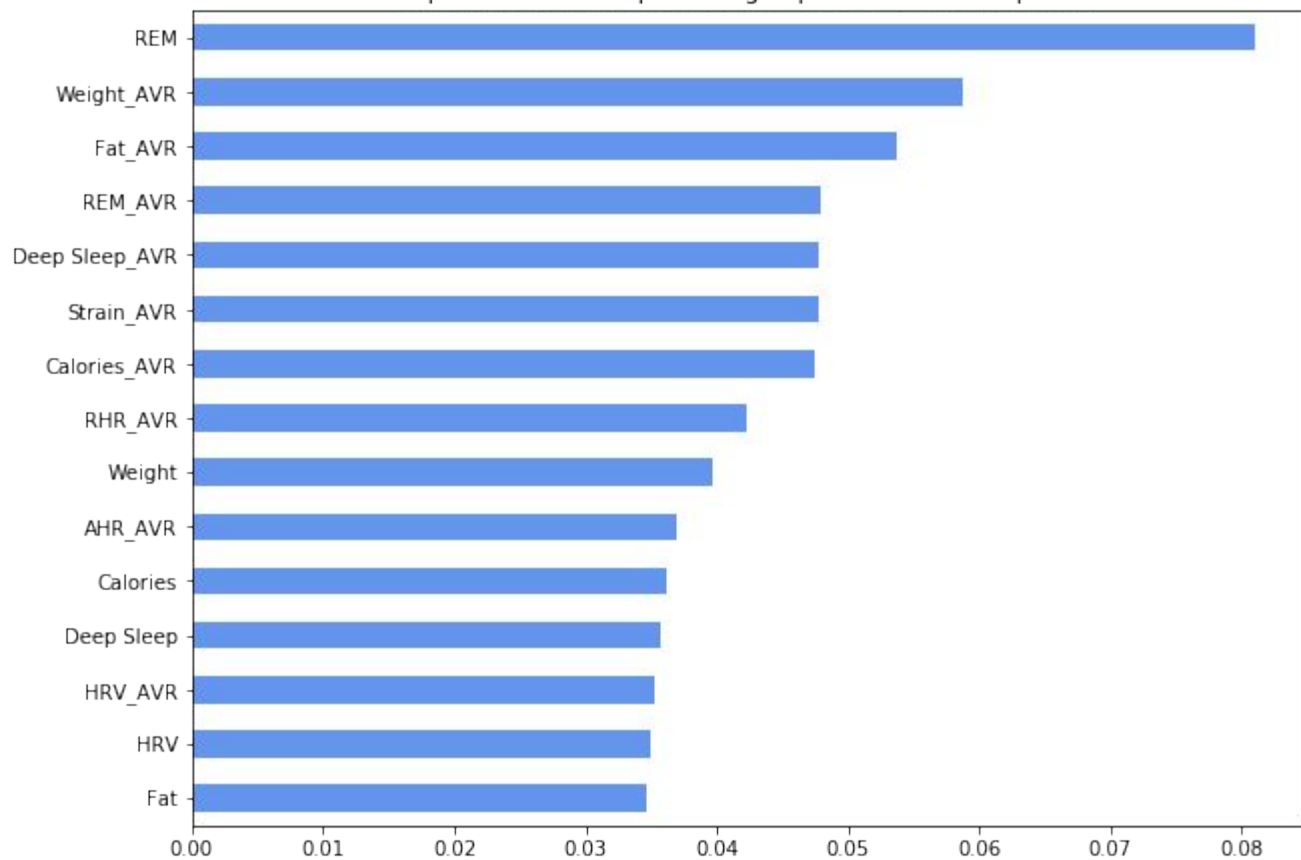
Sleep Hygiene Progress April 2018 through February 2020