

CABbAGE

An AI Generated Pink Noise Approach to Improve Sleep

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Abstract

The CABbAGE project aims to improve sleep though using a AI generated pink noise, variable frequency noise generated to promote better sleep. Given the novel research surrounding sleep and white/pink noise. As a type of pink noise, through personal findings the project aims to experiment with podcast-like noise and compare it sleep-performance of standard white and pink noise. To generate the audio, CABbAGE uses a range of generative techniques like LSTM and Markov Models trained on a variety of seed data ranging from Science and Tech, Zen and Nature and Sports.

Motivation

Sam likes noise while he sleeps so he likes idea.

Generative Approaches

We used Markov model and a LSTM approach for various auto generated noise.

Markov Model

The work and science behind this.

LSTM Approach

The work and science behind this as well.

Other Cognitive Technologies

We used IBM Watson technologists that made it easy to convert text to speech and vise versa. This allowed us to traing the models easier by importing podcast audio into the model as plain text after watson tranformation process finished.

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health goth. Raclette woke gastropub, locavore tumblr bespoke tumeric.

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Application

The application was integral to providing a usable interface to the audio.

Something something. maybe write a bit about electron

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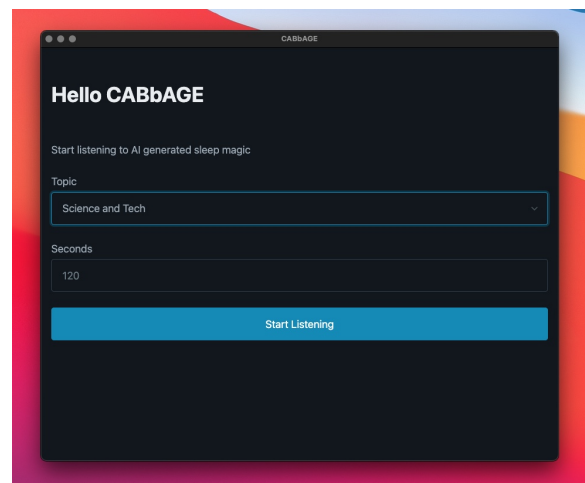


Figure 1: Image

References

1. something
2. somethign else
3. <https://www.webmd.com/sleep-disorders/pink-noise-sleep>