Feature Specification Document

# Feature: Stress Level Detection

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## Description:

- Develop a feature to detect and report stress levels based on physiological data.  
- Provide relaxation tips based on stress level analysis.

## Requirements:

- Integrate with heart rate variability data.  
- Use machine learning to correlate physiological signals with stress.

## Timeline:

Design: 2 weeks  
Development: 6 weeks  
Testing: 2 weeks