

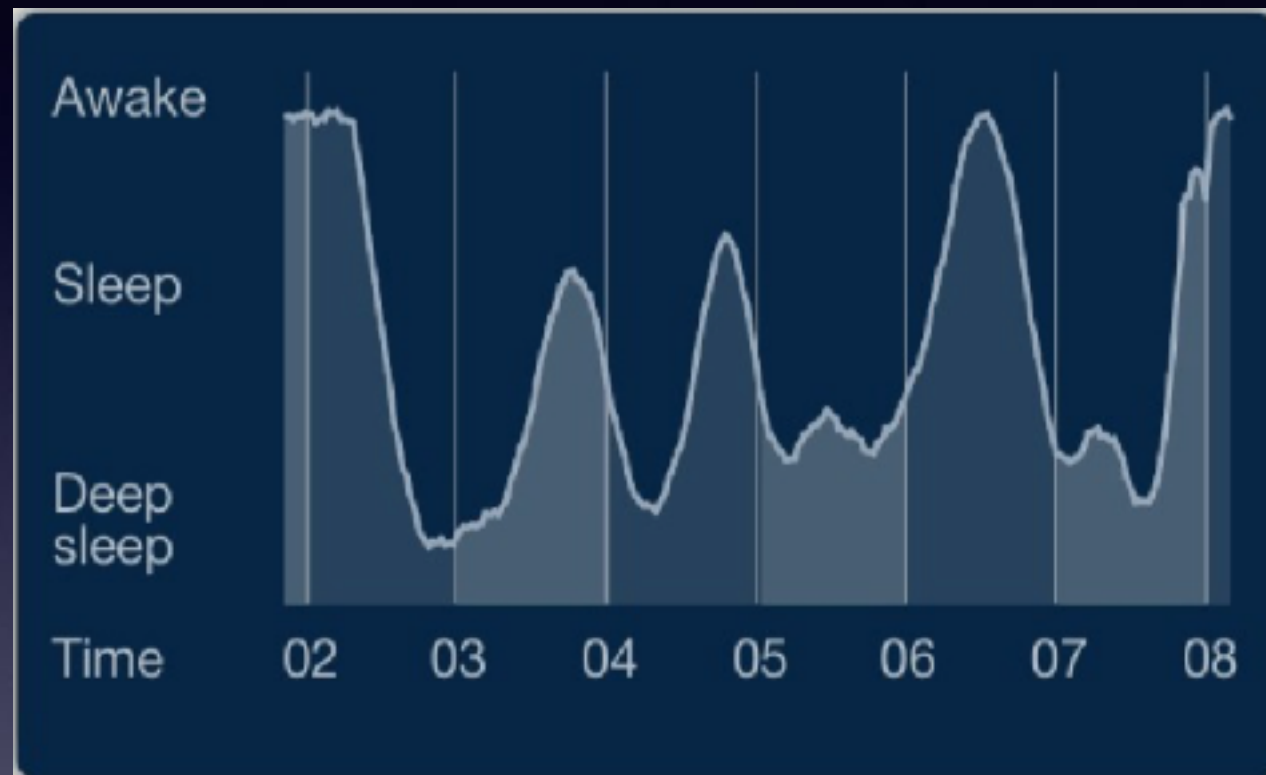
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Presented by:

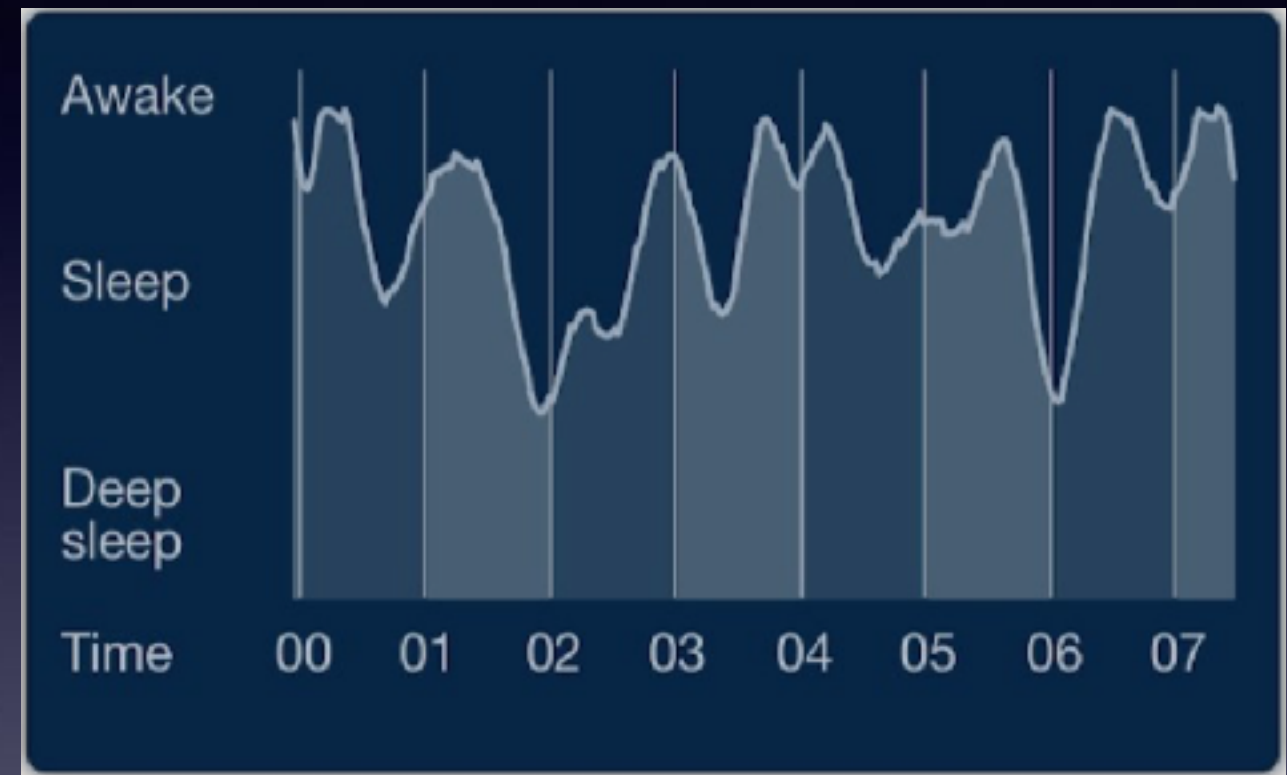
- Aishwarya Srikanth
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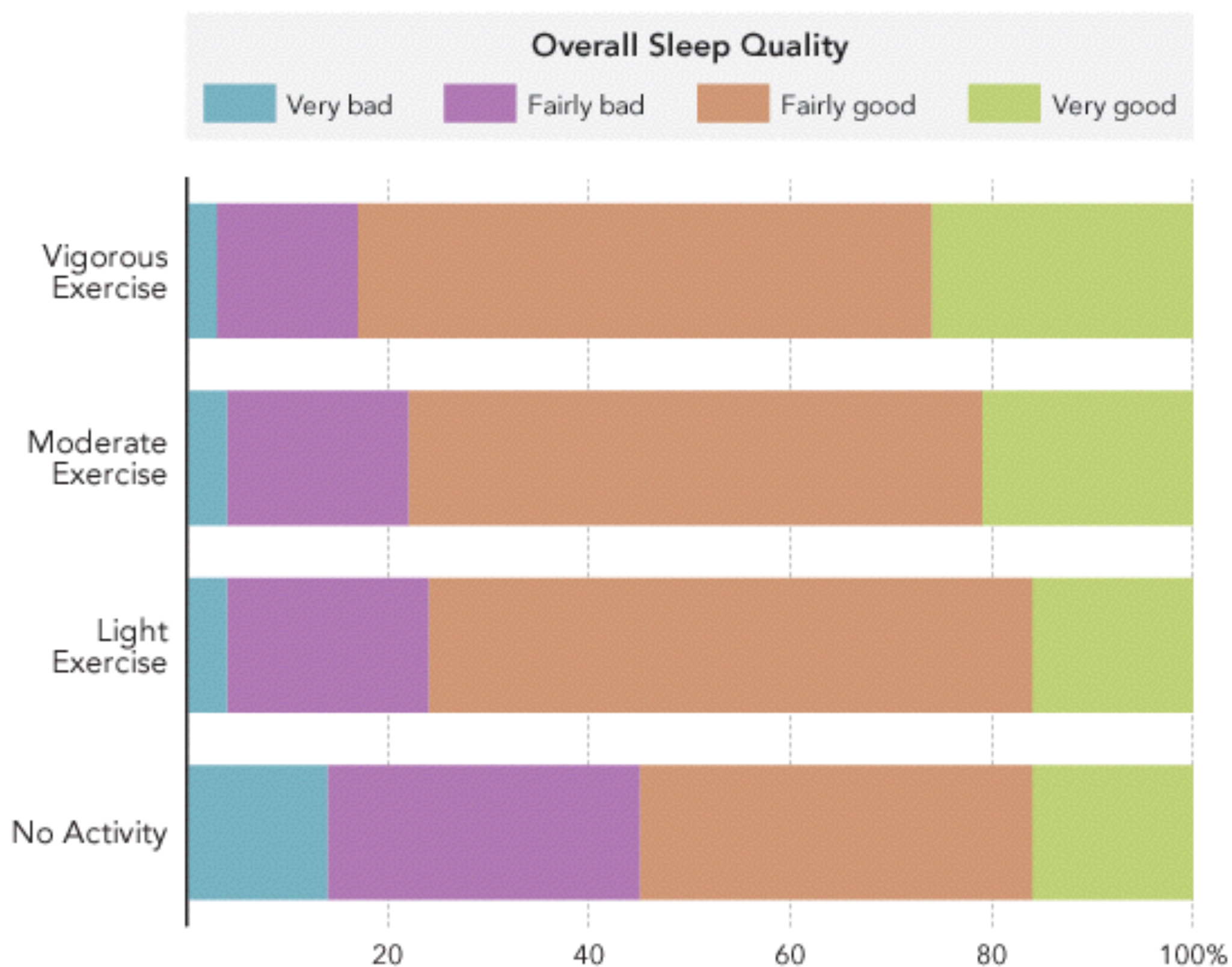
Proper Sleep



Improper Sleep

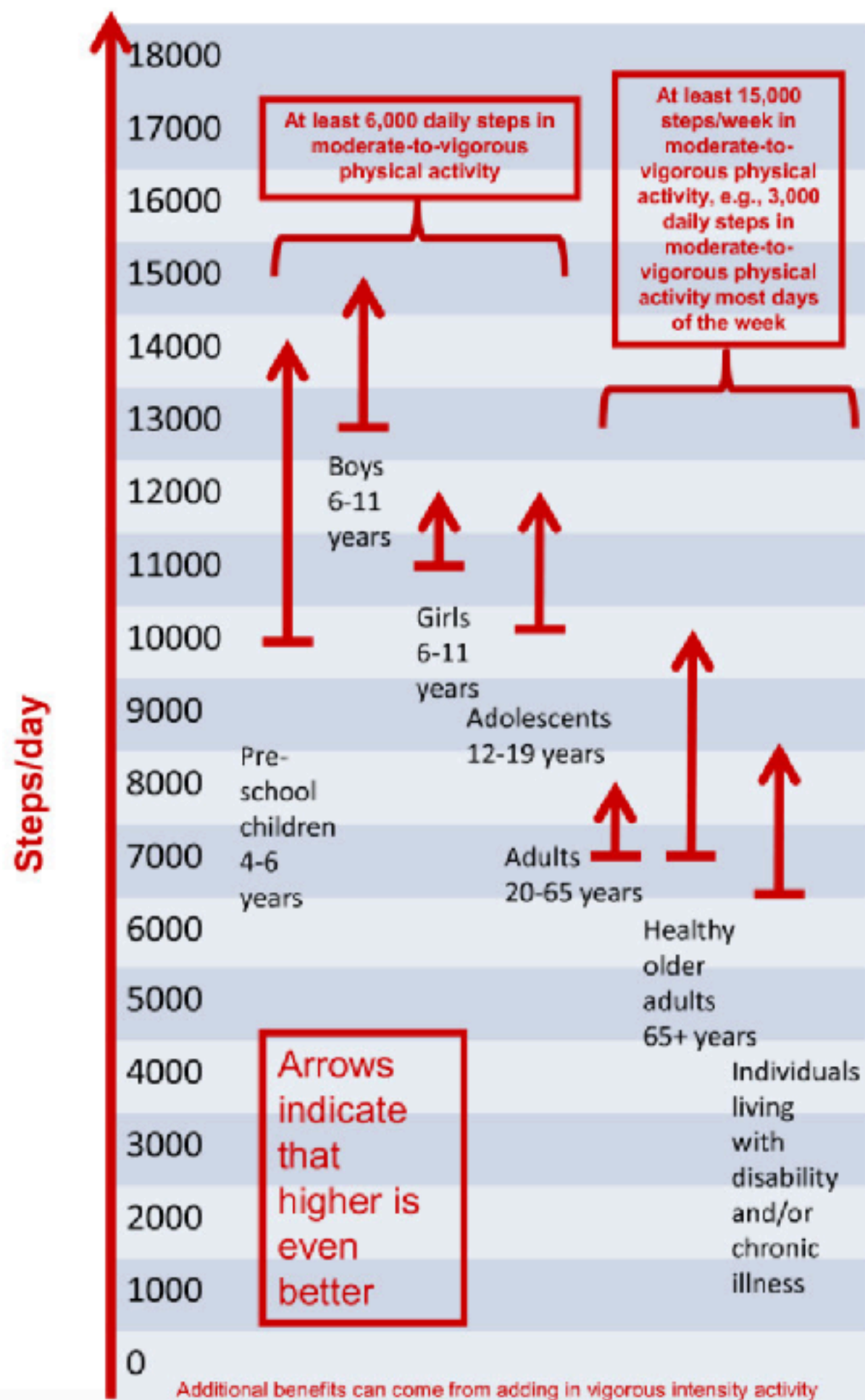


Exercise Is Good For Sleep



Source: National Sleep Foundation

THE HUFFINGTON POST



Underweight	15–19.9
Normal weight	20–24.9
Overweight	25–29.9
Preobesity	
Class I obesity	30–34.9
Class II obesity	35–39.9
Class III obesity	≥40
Abbreviation: BMI, body mass index	

Categories of BMI

Table 2: The National Sleep Foundation's recommended amount of sleep per age group [12].

Newborns	0–3 months	14–17 hours
Infants	4–11 months	12–15 hours
Toddlers	1–2 years	11–14 hours
Preschoolers	3–5 years	10–13 hours
School-age Children	6–13 years	9–11 hours
Teenagers	14–17 years	8–10 hours
Younger adults	18–25 years	7–9 hours
Adults	26–64 years	7–9 hours
Older adults	65+ years	7–8 hours

FUTURE WORK

Anomaly Detection from Improper Sleep classification

References

(1) The National Sleep Foundation's recommended amount of sleep per age.

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(3) Steps/day scale schematic linked to time spent.

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(4) Proper and Improper Sleep Graphs.

<https://www.wareable.com/fitness-trackers/sleep-monitors-explained-more-deep-sleep>

(5) Relation between Exercise and Sleep.

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