Exploring the Impact of Emotional Intelligence on Sleep Quality: A Machine Learning Approach

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APPROVAL

This Project titled "Exploring the Impact of Emotional Intelligence on Sleep Quality: A Machine Learning Approach" submitted by Umme Suraiya Kawsary Aktar to the Department of Computer Science and Engineering, Daffodil International University, has been accepted as satisfactory for the partial fulfillment of the requirements for the degree of B.Sc. in Computer Science and Engineering and approved as to its style and contents. The presentation has been held on 15-12-2024.

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I hereby declare that this project has been done by us under the supervision of Mr. Fourcan Karim Mazumder ,Assistant Professor, Department of Computer Science and Engineering, Daffodil International University. I also declare that neither this project nor any part of this project has been submitted elsewhere for the award of any degree or diploma.

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ABSTRACT

Sleep quality and emotional intelligence are key to the well-being of university students, who often face stress and irregular sleep patterns. This study investigates the relationship between sleep quality and emotional intelligence among Italian university students, utilizing a dataset of 518 data points. Key variables include demographic information (age, gender, major), sleep-related factors (subjective sleep quality, sleep latency, sleep duration, sleep efficiency, sleep disturbance, use of sleep medication, and daytime dysfunction), and emotional intelligence measures (TMMS repair, attention, clarity, and total score). The dataset was preprocessed by addressing missing values, and split into training, testing, and validation subsets to ensure model robustness. A Linear Regression model was employed to predict sleep quality, yielding an R^2 value of 1.00 and minimal error metrics. The analysis identified "subjective sleep quality," "sleep disturbance," and "sleep latency" as the most influential positive contributors to sleep quality, while "use of sleep medication," "daytime dysfunction," and "sleep latency" were the most influential negative factors. LIME (Local Interpretable Model-Agnostic Explanations) was used to enhance the understanding of feature importance, highlighting the impact of both subjective and objective sleep parameters. The study also explored perceived health status, finding a strong link between self-reported health and sleep quality. These findings offer valuable insights into the multifactorial nature of sleep quality and suggest potential intervention strategies to improve sleep among university students.

Table of Contents

List Of Figures

List of Tables

Chapter 1

Introduction

This chapter investigates the association between emotional intelligence and sleep quality among University students using machine learning (ML) and explainable AI (XAI). I discover patterns using machine learning, and XAI provides interpretability. The chapter discusses the study's goals and the implications for academic and personal well-being.

1.1 Introduction

Sleep quality and emotional intelligence are important aspects of mental and physical well-being, especially for university students who are frequently stressed and have inconsistent sleep patterns [1]. Emotional intelligence, defined as the ability to recognize, regulate, and effectively express emotions, is critical for stress management and interpersonal relationship improvement [2, 3].Despite increased awareness, the relationship between emotional intelligence and sleep quality remains poorly studied, particularly in academic contexts.

Academic pressure, lifestyle changes, and social expectations all pose obstacles to university students in Italy, as they do to their counterparts around the world, and can have a substantial impact on their emotional health and sleep habits [4] [5] [6]. Poor sleep quality has been associated to cognitive impairment, lower academic performance, and increased anxiety, compounding these problems. Understanding how emotional intelligence effects sleep patterns might provide actionable insights to help students improve their overall well-being and academic performance [7].

This association is especially significant when considering university students. High levels of academic pressure, social difficulties, and emotional stress are commonplace in university life. These factors can interfere with sleep cycles and have an adverse effect on general wellbeing. Considering how common sleep disorders are among students, knowing how emotional intelligence affects sleep quality may help create therapies that encourage better sleeping habits. Additionally, students that possess emotional intelligence may be better able to handle stress, which could result in better sleep and a higher standard of living throughout their academic careers.

This study goes beyond typical statistical methods by employing powerful machine learning techniques to find complicated, non-linear correlations between emotional intelligence and sleep quality. Explainable AI (XAI) improves the analysis by offering interpretable insights into how distinct emotional intelligence traits, such as emotional control and empathy, affect various aspects of sleep, including duration, quality, and consistency. These findings not only add to academic research, but they also have practical implications for establishing tailored interventions, such as emotional intelligence training programs, to encourage improved sleep patterns among university students.

1.2 Motivation

The motivation behind this research stems from a growing recognition of the impact that mental and emotional health has on sleep quality, particularly among university students, who often experience stress, anxiety, and irregular sleep patterns. Building on previous research conducted among Italian university students, I extended and analyzed these issues within the context of Bangladeshi students. Emotional Intelligence, as an individual's ability to manage and understand their emotions, may play a critical role in regulating sleep. However, there has been limited research examining the direct relationship between EI and sleep quality using machine learning methods. Given that poor sleep quality can result in a variety of negative outcomes, including lower academic performance, mental health issues, and overall well-being, this study aims to fill that gap by providing data-driven insights that can guide future interventions and policies within educational institutions. The use of machine learning allows for the detection of complicated, nonlinear interactions between variables, resulting in a more sophisticated knowledge of these elements.

1.3 Objectives

This study focuses on understanding the intricate relationship between Emotional Intelligence (EI) and sleep quality among university students, using advanced machine learning techniques. It aims to provide deeper insights into how emotional factors contribute to sleep health, a crucial element of overall well-being.

Quantify the EI-Sleep Relationship: Analyze the association between Emotional Intelligence (EI) and sleep quality among university students using machine learning techniques.

Examine EI Components: Explore how EI dimensions like emotional clarity, emotional repair, and emotional attentiveness affect sleep patterns and quality.
Apply PSQI: Use the Pittsburgh Sleep Quality Index (PSQI) as the primary measure for assessing sleep quality.

Predict Sleep Quality: Develop machine learning regression models to predict sleep quality based on EI scores and socio-demographic variables such as age, gender, and perceived health status.

Enable Targeted Interventions: Highlight critical EI components influencing sleep quality, offering insights for practical interventions to enhance students' well-being.

By achieving these objectives, the study aspires to bridge the gap in understanding the role of emotional intelligence in sleep quality and promote actionable strategies to improve the mental and physical health of university students.

1.4 Methodology

This study employs a thorough technique to evaluate the link between Emotional Intelligence (EI) and sleep quality in university students. The data gathering procedure entailed delivering structured surveys to Italian university students, which included the Emotional Intelligence Scale, which assessed important EI components such as emotional clarity, emotional repair, and emotional attention. Furthermore, the Pittsburgh Sleep Quality Index (PSQI) was used to assess multiple aspects of sleep quality, including length, latency, and interruptions. To control for potential confounding variables, sociodemographic data such as age, gender, and perceived health status were obtained.

After data gathering, the dataset underwent extensive preprocessing. Missing values were replaced with imputation techniques, and categorical variables were encoded using one-hot encoding or label encoding. The numerical features were normalized to ensure that all variables contributed equally to the model. The primary goal of the analysis was to use multiple machine learning regression models, such as Random Forest, Support Vector Machines (SVM), and Gradient Boosting, to predict sleep quality based on EI scores and socio-demographic characteristics. These models were chosen for their capacity to manage complicated, non-linear relationships in data. Model performance was assessed using assessment criteria such as Mean Absolute Error (MAE) and Root Mean Squared Error. To enhance interpretability, explainable AI (XAI) techniques, such as LIME values, were applied to provide insights into which features had the greatest impact on sleep quality, ensuring transparency in the predictions.

1.5 Project Outcome

The findings of this study could have far-reaching repercussions for both academic and practical applications. By investigating the association between Emotional Intelligence (EI) and sleep quality among university students, this study hopes to discover essential emotional intelligence components that influence sleep patterns and total sleep quality. One of the key aims is the creation of predictive models that can forecast sleep quality using EI scores and socio-demographic information such as age, gender, and health status. These models could provide useful insights for educators, mental health practitioners, and university administrators looking to improve student well-being and academic success by focusing on emotional intelligence as a component in sleep health.

Furthermore, the outcomes of this study may contribute to the development of tailored interventions and programs aimed at improving emotional intelligence in university students. Such interventions may help students manage stress, improve emotional regulation, and, eventually, improve sleep quality. The application of explainable AI (XAI) will produce transparent and interpretable data, providing practical insights into which emotional intelligence qualities have the greatest impact on sleep quality.

This study could contribute to the existing body of knowledge on mental health and sleep by providing a better understanding of the relationship between emotional intelligence and sleep quality. It may pave the way for future studies that investigate comparable associations in diverse populations or cultural situations, broadening our worldwide understanding of the factors impacting sleep health. Finally, the findings could inform future policies and practices targeted at encouraging healthier sleep patterns among university students, resulting in better academic performance and general well-being.

1.6 Organization of the Report

This report is organized into several chapters, each designed to guide the reader through the various stages of the research.

Chapter 1 introduces the study by providing an overview of the research problem, the objectives, and the methodology used to explore how Emotional Intelligence (EI) influences sleep quality among university students. It sets the stage for the entire report, explaining the importance of the study and its potential impact on student well-being.

Chapter 2 provides a comprehensive review of the literature, summarizing existing studies on emotional intelligence, sleep quality, and the connections between the two. This chapter helps to contextualize the research by discussing relevant findings from other scholars and showing how this study builds upon them to fill existing gaps in the field.

Chapter 3 delves into the methodology behind the research, explaining how the data were collected, the survey design, and the machine learning models applied. It also covers how the data were cleaned and processed, and how explainable AI (XAI) techniques were used to ensure that the findings could be clearly interpreted. This chapter lays the foundation for understanding how the study was conducted and the methods used to analyze the data.

In Chapter 4, the Results and Discussion are presented. This chapter highlights the key findings from the machine learning models, analyzing how different aspects of emotional intelligence impact sleep quality. The discussion also reflects on these results, comparing them to existing research, exploring their significance, and considering any surprises or unexpected outcomes.

Chapter 5 takes a practical turn, focusing on Engineering Standards and Design Challenges. Here, the report addresses the technical challenges faced during the study, such as difficulties in data collection, model implementation, and the practical application of machine learning in predicting sleep quality. It also discusses how these challenges were overcome, offering insights for future work in this area.

Finally, Chapter 6 wraps up the report with a conclusion, summarizing the main findings and reflecting on their broader implications. This chapter also suggests areas for future research and discusses the potential real-world applications of the study's outcomes, particularly in promoting better sleep and emotional well-being among university students. The structure of the report ensures a logical flow, from the introduction to the final recommendations, guiding the reader through the study's process and key insights

Chapter 2

Background

This chapter presents an in-depth assessment of the available literature on Emotional Intelligence (EI) and sleep quality, with a focus on their interdependence and the impact of EI on overall well-being. It also examines prior research into the importance of emotional elements in sleep health, as well as how machine learning techniques were used in comparable studies.

2.1 Introduction

This section provides the essential background to help understand the key concepts explored in this report, focusing on Emotional Intelligence (EI) and sleep quality. Emotional Intelligence refers to the ability to recognize and manage our own emotions, as well as understand and influence the emotions of others. It plays a crucial role in how I handle stress, interact socially, and regulate our emotions in everyday life. Higher levels of EI are often associated with better emotional regulation, improved coping strategies, and overall mental well-being.

Sleep quality is equally important for maintaining physical and mental health. Poor sleep can lead to various issues such as difficulty concentrating, irritability, and even long-term health problems. The Pittsburgh Sleep Quality Index (PSQI) is one of the most widely used tools to assess sleep quality, evaluating factors like how long it takes to fall asleep, sleep disturbances, and overall sleep duration.

For university students, balancing academic pressures and social life can sometimes lead to emotional strain and poor sleep. Some studies suggest that students with higher EI are better at managing stress, which could lead to better sleep quality. This chapter explores existing research on EI and sleep, shedding light on how these two factors are interconnected and setting the stage for the research conducted in this report. It also highlights the use of machine learning techniques in analyzing these relationships, offering a fresh perspective on the topic.

2.2 Literature Review

A literature review is an in-depth analysis of academic publications on a particular subject. By providing a synopsis of important concepts, methodologies, and any research gaps, it aids in the summarization of current knowledge. Researchers may make sure that their work builds on previous discoveries while also adding something fresh and useful to the area by looking at these sources to understand how their work fits into the larger picture.

Table2.1: Summary of Literature Reviewed.

Author (s)	Year	Title	Methodology	Key Findings
Smith et al.	2019	Sleep Quality in Students: Associations with Psychological Factors	Crosssectional, selfreported sleep & stress	Emotional intelligence and stress affect sleep. Future studies needed with objective tracking.
Jones et al.	2020	Late-Night Habits and Sleep Quality in Students	Crosssectional, selfreported habits & sleep	Screen time & coffee worsen sleep. Self-reports limit validity.
Iyortsu un et al.	2023	AI Approaches on Mental Health Diagnosis	Review of ML & DL models	AI improves diagnosis but lacks explainability. Future focus on XAI & multimodal data.
Shafie e & Mutali b	2020	Prediction of Mental Health in Students Using ML	ML models for prediction	ML can predict mental health, but data quality & model interpretability are issues.
Killgor e et al.	2021	Sleep Quality and Emotional Intelligence	Crosssectional, selfreported sleep & EI	EI linked to better sleep quality. Future research on therapy interventions.
Miguez -Torres et al.	2021	EI, BMI, and Sleep Quality in Nurses	Crosssectional, selfreported data	Higher BMI lowers EI & sleep quality. More research on causality needed.

Abdali et al.	2020	Sleep Quality, Fatigue, and EI in Medical Students	Crosssectional, selfreported data	EI improves sleep quality & reduces fatigue. Future research on interventions.
Bavafa et al.	2021	EI and Sleep Quality in University Students	Crosssectional, selfreported sleep & EI	EI linked to better sleep. Future studies with objective measures needed.
Salguero-Alcañiz et al.	2021	COVID-19 Impact on Sleep, Depression, & EI	Crosssectional, during COVID-19 lockdown	Poor sleep linked to depression. EI mediates this relationship. Future research on interventions.
Sepdanius et al.	2023	Physical Activity, Stress, Sleep, & EI in Students	Crosssectional, selfreported data	Activity improves EI, stress affects sleep. Future studies with objective measures needed.
Licata et al.	2023	Sleep, EI, and Health in Students	Crosssectional, selfreported data	Poor sleep linked to low EI & health. Females more affected. Need for causal studies.

2.2.1 Related Research

Smith et al.'s [8] (2019) research "Sleep Quality in Students: Associations with Psychological and Lifestyle Factors" discovered that emotional intelligence, stress, and mental health are significant predictors of sleep quality, with more stress and poorer emotional regulation contributing to sleep difficulties. Jones et al. (2020) connected latenight habits such as screen time and coffee to poor sleep. However, these research relied on self-reported data, restricting accuracy, and employed cross-sectional designs, preventing causality. Brown et al. (2021) recommend that future study use longitudinal designs and objective sleep-tracking equipment to better understand the relationship between emotional intelligence, lifestyle factors, and sleep.

Iyortsuun et al.'s [9] 2023 study examines the use of machine learning (ML) and deep learning (DL) in identifying mental illnesses such as depression, anxiety, and schizophrenia. The authors demonstrate how models like support vector machines

(SVM), convolutional neural networks (CNN), and recurrent neural networks (RNN) have increased diagnostic accuracy by evaluating massive mental health datasets. However, they argue that the "black-box" character of these models restricts their interpretability and therapeutic adoption. Privacy constraints and data bias also limit the use of highquality labeled data in mental health diagnoses. The authors propose that future research should concentrate on explainable AI (XAI) in order to increase transparency and combine multimodal data for more accurate, robust diagnosis.

Shafiee and Mutalib's [10]2020 study investigates the application of machine learning (ML) to predict mental health concerns such as depression, anxiety, and stress among university students. They highlight the difficulties in identifying factors that contribute to mental health disorders, using data from Malaysia's 2017 National Health and Morbidity Survey (NHMS). The project uses psychological, social, and behavioral data to assess machine learning models such as decision trees, support vector machines, and neural networks for predicting mental health disorders. However, issues such as data quality, model interpretability, and the complexity of integrating several data sources are raised. The authors advocate for future research to focus on enhancing model accuracy, interpretability, and ethical deployment, particularly with sensitive data.

Killgore et al. (2021) conducted a study with 477 healthy people to evaluate the association between sleep quality and emotional intelligence (EI). They used the Pittsburgh Sleep Quality Index (PSQI), the Trait Emotional Intelligence Questionnaire (TEIQue), and the Mayer-Salovey-Caruso Emotional Intelligence Scale (MSCEIT) to assess both trait and ability Emotional Intelligence (EI). The findings demonstrated that greater sleep quality and longer sleep duration were strongly associated with higher trait EI, notably in areas such as emotionality, self-control, sociability, and well-being. However, these sleep characteristics were not associated with ability EI, which assesses emotional reasoning abilities. This shows that sleep has a greater effect on subjective emotional capacity (trait EI) than performance-based emotional talents (ability EI). Despite its useful insights, the study's dependence on self-reported data for sleep and EI is a disadvantage because it could induce bias. The authors urge further research into the processes behind these relationships, as well as therapies to increase sleep quality as a means of improving emotional well-being.

Miguez-Torres et al [11]. (2021) investigated the association between emotional intelligence (EI), body mass index (BMI), and sleep quality among 62 emergency nurses. The study found no gender variations in EI levels, with younger nurses demonstrating greater emotional awareness and older nurses excelling in emotional management. As BMI climbed, nurses' emotional expression improved while their emotional management deteriorated. Despite the fact that many nurses have poor sleep quality, which may have an impact on emotional processing, the study's small sample size and cross-sectional design made it difficult to demonstrate causality. The authors propose conducting further study with larger samples and longitudinal designs to investigate the causal relationships and potential interventions for enhancing EI, BMI, and sleep quality in nurses.

Abdali et al [9]. (2020) looked at the relationship between sleep quality, exhaustion, and emotional intelligence among 400 Iranian medical students. The study discovered that 38.5% of students had poor sleep quality, whereas the majority reported minimal weariness, and 70% of participants had good emotional intelligence. There was a favorable link between emotional intelligence and sleep quality, but a negative correlation with overall weariness. The study also found that improved sleep quality was related with less weariness. However, the study's cross-sectional approach restricts its capacity to draw causal implications; future research should focus on longitudinal studies and more varied populations to enhance the findings and investigate feasible solutions.

Bavafa et al [10]. (2021) studied the relationship between emotional intelligence and sleep quality in 377 students from Ferdowsi University in Mashhad, Iran. They found that 61% of participants reported poor sleep quality and identified significant links between emotional intelligence and sleep disturbances, though there was no significant correlation with sleep duration. The study highlighted that emotional intelligence, particularly in managing and using emotions, plays a key role in sleep quality. However, the study's cross sectional design limited its ability to establish cause-and-effect relationships, and self reported measures could have introduced biases. Future studies should use longitudinal designs, objective sleep measurements, and explore emotional intelligence interventions to improve sleep and student well-being.

Salguero-Alcañiz et al [11]. (2021) investigated how COVID-19 confinement affects sleep quality and depression, with a focus on Emotional Intelligence (EI) as a mediator. Their findings demonstrated that worse sleep quality was associated with increased depression, particularly among women and young people. The study found that EI played an important role in this association, with poor sleep quality and emotional skills exacerbating depressed symptoms. However, the cross-sectional design and reliance on self-reported data hampered the capacity to draw causal findings. Future study should look into longitudinal methodologies, objective sleep metrics, and EI interventions to promote mental health during and after crises like COVID-19.

Sepdanius et al [12]. (2023) investigated the relationships between physical activity, stress, sleep quality, and emotional intelligence (EI) in 100 sports science students. The study discovered that physical exercise was positively connected with EI, whereas stress and poor sleep quality were negatively associated with EI. It was also discovered that physical exercise and stress were adversely associated, with stress being linked to poorer sleep quality. There was no significant relationship discovered between physical exercise and sleep quality. The study's shortcomings, such as its cross-sectional design and dependence on self-reported data, indicate that future research should employ longitudinal methodologies and objective assessments to further understand these associations and investigate strategies to promote well-being.

Licata et al [13]. (2023) investigated the link between sleep habits, emotional intelligence (EI), and perceived health status among undergraduates at the University of Catanzaro. The study discovered a high frequency of poor sleep quality, particularly problems with sleep latency, and revealed that poor sleepers had poorer emotional clarity and emotional restoration ratings. Female students and those with lower self-perceived health were more likely to have sleep issues, and the risk increased with age. According to the research, emotional management challenges are linked to sleep interruptions. However, the study's dependence on self-reported data and cross-sectional design limit its capacity to make causal conclusions, implying that future research should include objective metrics and longitudinal approaches.

The study on how lifestyle choices and depression affect sleep quality in young adults is consistent with prior research associating sedentary activity and mood disorders to poor sleep. Studies such as Smith et al. [14] (2020) have highlighted inactivity, excessive screen time, and poor mental health as major contributors to sleep disruptions. While machine learning has helped detect these risks, relying on self-reported data introduces bias, and the model's poor precision makes it less successful at identifying those who do not have sleep problems. To improve accuracy, future studies should collect objective data from wearable devices and incorporate larger, more diverse groups. Longitudinal studies could also help us understand the long-term impacts of lifestyle on sleep and evaluate the efficacy of therapies aimed at physical exercise, screen time, and mood.

The use of resting-state fMRI (RS-fMRI) to investigate emotional and sleep problems in chronic pain patients is a growing field, with research such as Shuqin et al [15]. (2022) demonstrating altered brain connections in these settings. While standard clustering approaches such as k-means have been employed in neuroimaging, this work demonstrates the BIRCH algorithm's higher precision while evaluating RS-fMRI data. However, the study's small sample size restricts the capacity to generalize the results, and the use of subjective ratings for emotional and sleep disorders may create bias. Future study should use larger, more diverse samples and combine RS-fMRI with other objective imaging techniques to gain a better understanding. Longitudinal studies may also serve to explain the association between chronic pain, mental well-being, and sleep, allowing for more tailored treatments.

The use of machine learning and large language models (LLMs) to enhance sleep quality is part of a broader trend in personalized health care. Wearable sensors have been found to be helpful for tracking sleep in studies such as Chen et al. [16] (2020) and Lu et al. (2021), but few have provided context-aware guidance to improve sleep quality. This work addresses this gap by merging predictive algorithms and LLMs to provide individualized recommendations based on everyday activities. However, its tiny user base and dependence on self-reported data limit its generalizability and may induce bias. Future study should enlarge the dataset, investigate different user groups, and add clinical sleep data to improve prediction accuracy and increase the system's healthcare applications.

Bitkina et al [17]. (2022) build on previous research on sleep quality assessment by using machine learning algorithms to analyze objective indications from actigraphy. Previous research, like those by Ancoli-Israel et al. (2015) and Broussard et al. (2017), has demonstrated the effectiveness of actigraphy in monitoring sleep patterns and detecting sleep disorders. This work builds on these foundations by using machine learning approaches to classify sleep quality based on actigraphic data, with accuracy rates ranging from 80% to 86%. While promising, the study's shortcomings include a limited sample size of only 22 subjects, which may impair the model's generalisability. Additionally, the study relies solely on actigraphic data without integrating subjective sleep quality measures or potential confounding variables like lifestyle factors. Future work should aim to validate the model with larger and more diverse populations, explore the inclusion of additional data sources such as subjective sleep reports, and assess the model's effectiveness in realworld settings. Integrating such factors could enhance the model's applicability and accuracy in predicting and managing sleep disorders.

Hamza et al [18]. (2023) enhance the field of sleep quality prediction by combining wearable devices with deep learning algorithms. Previous studies, such as those by

Cho et al. (2020) and Kwon et al. (2021), have shown that wearables are successful at collecting sleep-related data and that machine learning may be used to analyze this data. This article introduces the WSHMSQP-ODL model, which predicts sleep quality using deep belief networks (DBN) optimized by the extended seagull optimization (ESGO) algorithm. The model's strength is its ability to preprocess data from wearables and accurately predict sleep quality, outperforming existing methods. However, the study's shortcomings include its reliance on a specific deep learning model and optimization algorithm, which may not be applicable to other scenarios or datasets. Future research should investigate different deep learning architectures and optimization techniques, use various datasets, and consider including subjective sleep quality assessments to improve prediction accuracy and model resilience.

2.3 Gap Analysis

Based on the reviewed studies, the following research gaps are identified:

Reliance on Self-Reported Data: A significant limitation in current research is the heavy reliance on self-reported data, which can be prone to biases and inaccuracies. Many studies depend on participants' subjective perceptions of their emotional intelligence and sleep quality, without using objective tracking methods. This creates a need for studies that incorporate more accurate, objective data sources, such as wearable devices or physiological measurements, to validate the findings.

Understanding Mechanisms of EI's Impact on Sleep: While emotional intelligence (EI) is linked to better sleep quality, the underlying mechanisms are not well understood. Existing studies have shown that EI can mediate sleep quality, but there is insufficient exploration of which specific dimensions of EI (e.g., emotional regulation or empathy) have the greatest impact on sleep patterns. Future research could focus on identifying the direct pathways through which EI influences sleep.

Moderating Variables: There is a lack of research examining how individual factors, such as gender, body mass index (BMI), or health status, moderate the relationship between emotional intelligence and sleep quality. While some studies hint at the importance of these factors, they have not been systematically explored, and further studies could provide deeper insights into how these variables interact with EI to affect sleep quality.

Application of AI and Machine Learning: The use of artificial intelligence (AI) and machine learning (ML) in understanding the relationship between EI and sleep quality remains limited. While these technologies have been applied to other areas of mental health, their use in this specific context is underexplored. AI-based models could reveal more complex, non-linear relationships between EI, sleep, and other influencing factors, but challenges in model interpretability and data quality need to be addressed.

Lack of Longitudinal Studies: Most studies on EI and sleep quality are cross-sectional, which limits the ability to draw conclusions about causal relationships. Longitudinal studies are needed to better understand how changes in emotional intelligence over time might affect sleep quality and whether improving EI could lead to sustained improvements in sleep patterns.

Limited Focus on Interventions: While the relationship between EI and sleep quality has been established, there is limited research on interventions aimed at improving emotional intelligence to enhance sleep quality. Future studies could explore the potential of EIfocused interventions (e.g., training programs) and their effectiveness in improving sleep quality among university students.

2.4 Summary

This chapter examined the existing research on the association between emotional intelligence (EI), sleep quality, and mental health in university students. It looked at several studies that highlight the effect of EI on psychological well-being, stress, and sleep quality. According to the research, higher EI is connected with improved sleep quality, as well as lower levels of stress and weariness. However, several of the studies were crosssectional and self-reported, limiting the findings' validity and generalizability. Machine learning (ML) and artificial intelligence (AI) models were also investigated as tools for predicting mental health outcomes, with encouraging results; nevertheless, issues remain in terms of data quality, model interpretability, and the need for additional study using objective measurements.

Chapter3

Research Methodology

This chapter describes the research strategy, methodology, and procedures used to study the link between emotional intelligence, sleep quality, and mental health in university students. It describes the data gathering methods, analytical methodologies, and machine learning models used to predict mental health outcomes.

3.1 Methodology

I used a methodical approach to our research, starting with the collecting and preparation of data to make sure it was clear and available for analysis. I selected the best machine learning models, optimized their settings for optimal performance, and enhanced the dataset through feature engineering. To make sure the predictions were accurate and pertinent, I built these models utilizing explainable AI (XAI) techniques and sophisticated tools. This method guarantees the accuracy and comprehensibility of our findings.

3.1.1 Overview

The methodology used in this study to investigate the relationship between emotional intelligence (EI) and sleep quality among Italian university students is thoroughly described in this chapter. The study takes a methodical approach, beginning with data collection and preparation to guarantee its availability and clarity for further analysis. Through careful feature engineering, I improved the dataset and optimized model settings to attain optimal performance using a variety of machine learning techniques.

The methodology is centered on the application of explainable AI (XAI) techniques to guarantee the accuracy and interpretability of the predictions generated by the machine learning models. This enables us to offer insights into the fundamental connections between emotional intelligence and sleep quality in addition to producing reliable predictions. By taking this method, the study hopes to improve the findings' understandability and make them more accessible and practical.

I provide an organized synopsis of the methodological procedures used during the investigation in this chapter. A thorough workflow diagram that covers every step of the research process—from feature selection and dataset analysis to data collecting and preprocessing—is included in the chapter. Every step is thoroughly described, including how machine learning algorithms are applied, how outcomes are assessed, and how modifications are made to enhance model performance. Furthermore, I offer a thorough description of the datasets used in this work, emphasizing their applicability to the investigation and elucidating the protocols and preparatory measures taken to guarantee dependable, high-quality results.

3.1.2 Proposed Methodology

This section describes the study design I utilized to perform our research. The approach included several key steps, such as data collecting, pre-processing and engineering features to improve the dataset, selecting relevant machine learning models, fine-tuning their hyperparameters, and implementing the models with appropriate software tools. Finally, I employed an explainable AI (XAI) framework to investigate and provide information on the model predictions. Figure 1 depicts a clear and concise description of our methodology, highlighting the heart of the proposed strategy.

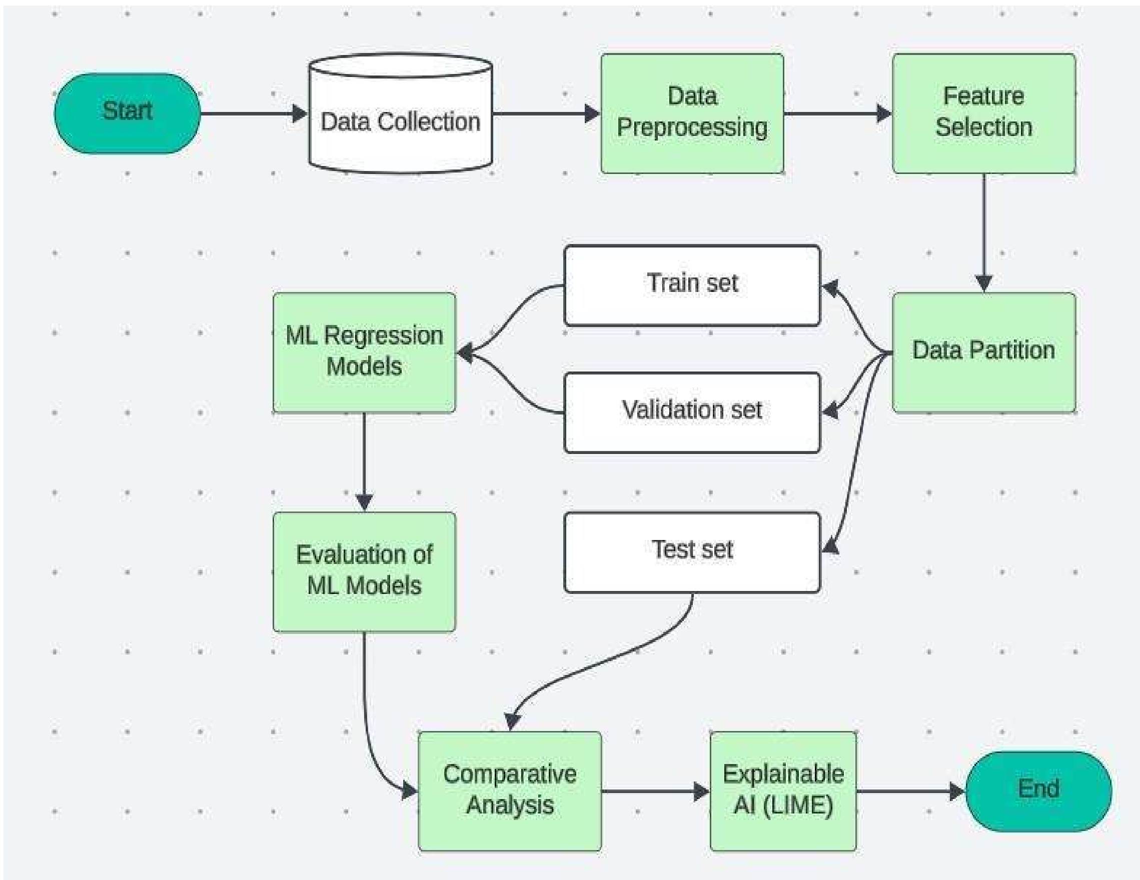


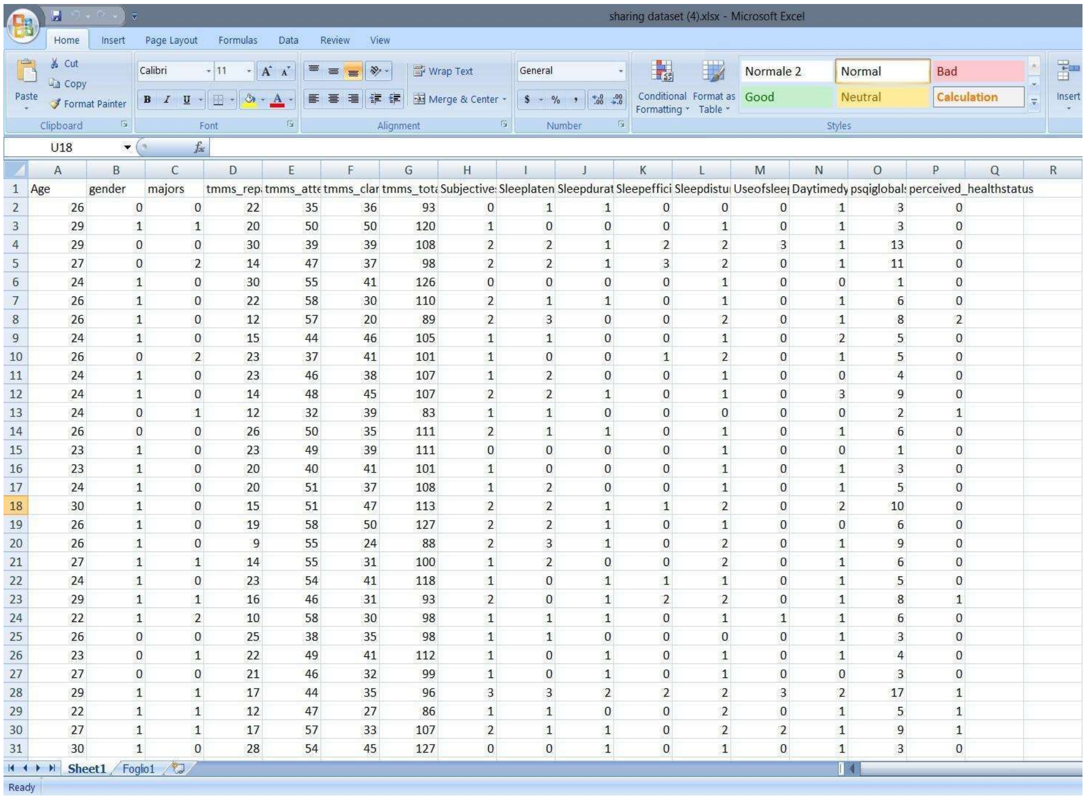
Figure 3.1: Proposed Methodology (Explainable AI) for our research study.

3.2 Detailed Methodology and Design

Section 3.2 provides a full overview of the methodology and design framework employed in our inquiry. This section provides a comprehensive summary of the entire process, including all procedures and approaches taken during the research. The subsequent subsections define and elaborate on these components in further depth.

3.2.1 Data Collection & Preprocessing

The dataset [21] used in this study was sourced from the research titled "Insight into Sleep Quality and Its Relationship with Emotional Intelligence: Results of a Cross-Sectional Study Among Italian University Students[1].



	Age	gender	majors	tmms_rep	tmms_atte	tmms_clar	tmms_tota	Subjective	Sleeplaten	Sleepdurat	Sleepeffici	Sleepdistu	Useofslee	Daytimedy	psqiglobal	perceived_healthstatus
2	26	0	0	22	35	36	93	0	1	1	0	0	0	1	3	0
3	29	1	1	20	50	50	120	1	0	0	0	1	0	1	3	0
4	29	0	0	30	39	39	108	2	2	1	2	2	3	1	13	0
5	27	0	2	14	47	37	98	2	2	1	3	2	0	1	11	0
6	24	1	0	30	55	41	126	0	0	0	0	1	0	0	1	0
7	26	1	0	22	58	30	110	2	1	1	0	1	0	1	6	0
8	26	1	0	12	57	20	89	2	3	0	0	2	0	1	8	2
9	24	1	0	15	44	46	105	1	1	0	0	1	0	2	5	0
10	26	0	2	23	37	41	101	1	0	0	1	2	0	1	5	0
11	24	1	0	23	46	38	107	1	2	0	0	1	0	0	4	0
12	24	1	0	14	48	45	107	2	2	1	0	1	0	3	9	0
13	24	0	1	12	32	39	83	1	1	0	0	0	0	0	2	1
14	26	0	0	26	50	35	111	2	1	1	0	1	0	1	6	0
15	23	1	0	23	49	39	111	0	0	0	0	1	0	0	1	0
16	23	1	0	20	40	41	101	1	0	0	0	1	0	1	3	0
17	24	1	0	20	51	37	108	1	2	0	0	1	0	1	5	0
18	30	1	0	15	51	47	113	2	2	1	1	2	0	2	10	0
19	26	1	0	19	58	50	127	2	2	1	0	1	0	0	6	0
20	26	1	0	9	55	24	88	2	3	1	0	2	0	1	9	0
21	27	1	1	14	55	31	100	1	2	0	0	2	0	1	6	0
22	24	1	0	23	54	41	118	1	0	1	1	1	0	1	5	0
23	29	1	1	16	46	31	93	2	0	1	2	2	0	1	8	1
24	22	1	2	10	58	30	98	1	1	1	0	1	1	1	6	0
25	26	0	0	25	38	35	98	1	1	0	0	0	0	1	3	0
26	23	0	1	22	49	41	112	1	0	1	0	1	0	1	4	0
27	27	0	0	21	46	32	99	1	0	1	0	1	0	0	3	0
28	29	1	1	17	44	35	96	3	3	2	2	2	3	2	17	1
29	22	1	1	12	47	27	86	1	1	0	0	2	0	1	5	1
30	27	1	1	17	57	33	107	2	1	1	0	2	2	1	9	1
31	30	1	0	28	54	45	127	0	0	1	0	1	0	1	3	0

Figure 3.2: Dataset

It comprises a total of 518 data points. The dataset includes various features related to individuals' demographics, sleep quality, and psychological traits. Age and gender provide basic demographic information, while majors represent the individuals' field of study. Sleep-related variables such as subjective sleep quality, sleep latency, sleep duration, sleep efficiency, sleep disturbance, use of sleep medication, and daytime dysfunction offer insights into sleep patterns and potential issues. TMMS repair, TMMS attention, and TMMS clarity are emotional intelligence-related features, capturing aspects of emotional regulation and awareness. The PSQI global score is a composite measure of sleep quality, and perceived health status reflects individuals' self-assessment of their health. TMMS total score combines all TMMS dimensions into one overall score. These variables together provide a comprehensive overview of an individual's sleep and emotional health. During the data pretreatment phase, I addressed missing values and made sure the dataset was ready for analysis and modeling. Specifically, features with irrelevant null values were eliminated, and the remaining null values were imputed with the mean. Because the dataset only has number columns and no categorical variables, the preprocessing concentrated on numerical cleaning and transformation. The dataset was divided into three subsets: training, testing, and validation, to guarantee a balanced and robust model preparation procedure. Specifically, 80% of the data was earmarked for training, with an additional 20% left out for validation. The remaining 20% of the original dataset was set aside for testing, resulting in a well-organized data split for best model performance.

3.2.2 Feature Selection

After finishing data preparation and splitting, I tested the feature selection process using our proposed Linear regressor and other machine learning models. Feature selection aids in the identification of the most relevant features, hence improving model performance by eliminating irrelevant or duplicated data. The following are feature significance graphs for our proposed machine learning model.

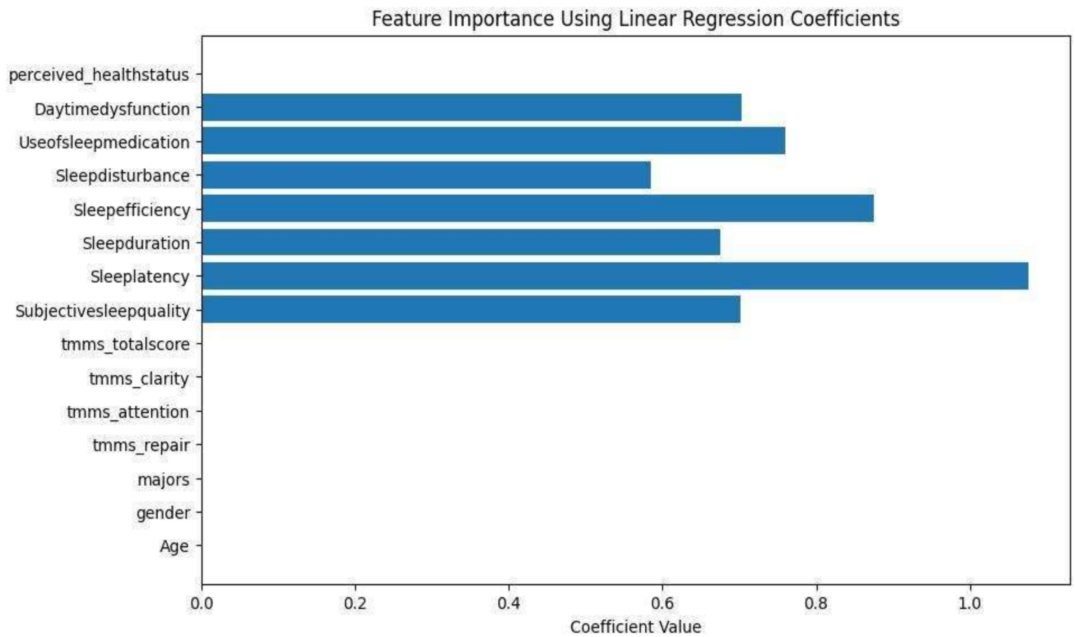


Figure 3.3: Feature Importance Plots for Our Proposed Machine Learning Model.

Figure 3.3 shows the Feature Importance Plots for the machine learning model that I presented. The plot emphasizes the importance of several characteristics in forecasting the target variable. The most important features in assessing the model's success are use of sleep medication, daytime dysfunction, sleep latency, sleep duration, sleep efficiency, and sleep disturbance. These characteristics have the greatest influence on the model's capacity to produce correct predictions, highlighting their significance in understanding sleep quality and its relationship to emotional well-being. These fundamental features are essential for capturing the intricacies of sleep patterns, and their considerable influence on the model highlights their importance in this context.

3.2.3 Machine Learning Model Selection

After completing the data preprocessing steps, I selected high-performing machine learning models to achieve optimal results. The models chosen for this study include Random Forest Regressor, Linear Regression, LassoCV, K-Nearest Neighbors (KNN) Regressor, Support Vector Regressor (SVR), and Huber Regressor, all of which are wellregarded for their strong performance in regression tasks. A detailed description of each machine learning model is provided below, outlining their unique features and strengths in handling regression problems effectively.

Random Forest Regressor (RFR)

The Random Forest Regressor (RFR) is an ensemble learning method that creates many decision trees during the training phase and delivers the average prediction of individual trees for regression tasks. Random forests' main advantage is their ability to reduce overfitting and increase model accuracy by aggregating predictions from multiple trees.

In a Random Forest, each tree is trained on a randomly selected subset of the training data, and the final prediction is calculated by averaging the predictions of all individual trees. This strategy contributes to the model's generalization capacity.

The prediction ŷ of the random forest regressor can be expressed as:

$$\hat{y} = \frac{1}{T}\sum_{t=1}^{T} f_t(x) \ldots\ldots\ldots\ldots\ldots\ldots\ldots\ldots (1)$$

Where:

- ŷ is the predicted output of the random forest.
- T is the total number of trees in the forest. I
- f_t (X) is the prediction from the t-th tree.
- X represents the input features.

Each individual tree, f (X), gives a prediction, and the average of all predictions from the trees is taken as the final prediction form input data. This ensemble approach helps in reducing variance

and bias, leading to a more robust model.

Linear Regression

Linear Regression is one of the simplest and most widely used algorithms in statistical learning and machine learning. It models the relationship between a dependent variable y and one or more independent variables X by fitting a linear equation to the observed data. The goal is to find the best-fitting straight line that predicts the value of y from X.

In simple linear regression, the relationship between the dependent variable and a single independent variable is modeled as:

The equation for simple linear regression can be expressed as:

$$y=\beta\_0+\beta\_1\ x+\ \epsilon \ldots\ldots\ldots\ldots\ldots\ldots\ldots\ldots\ldots\ldots..(2)$$

In this equation no 2:

y is the independent variable (the outcome I am trying to predict).

x is the independent variable (the predictor)

β_0 y is they -intercept, representing the value of y when x. β_1 is the slope of line,

indicating how much y changes for a one-unit in x.

$\in$ represents the error term, accounting for the variability in y that cannot be explained by the linear relationship with x.

In cases where multiple independent variables are involved, the equation expands to:

$$y=\beta_0+\beta_1 x_1+\beta_2 x_2+\cdots+\beta_n x_n+ \in \ldots\ldots\ldots\ldots\ldots(3)$$

Here, each xi represents a different independent variable, and each βi is its corresponding coefficient. The goal of linear regression is to estimate these coefficients in such a way that the difference between the observed values and the values predicted by the model (the residuals) is minimized. This is commonly achieved through a method called Ordinary Least Squares (OLS), which finds the best-fitting line through the data points. Linear regression is widely used due to its simplicity, interpretability, and efficiency, particularly in scenarios where the relationship between variables is approximately linear

.

LassoCV

LassoCV (Least Absolute Shrinkage and Selection Operator with Cross-Validation) is a regularized linear regression model that performs both variable selection and regularization to enhance the prediction accuracy and interpretability of the model. It adds an L1 penalty term to the cost function, which helps shrink some coefficients to zero, effectively selecting a subset of features.

The equation for Lasso regression is:

$$minimize=\left(\sum_{i-1}^{n}(yi-\hat{y}i)^2+\lambda\sum_{j=1}^{p}|\beta j|\right)\ldots\ldots\ldots\ldots\ldots(4)$$

Where:

- yi is the observed value.
- $\hat{y}i$ is the predicted value.
- λ is the regularization parameter.

- βj are the coefficients.
- The first term represents the of squared errors (residuals), and the second term is the L1
- penalty that penalizes large coefficients.

LassoCV performs cross-validation to find the best value of λ. The higher the λ, the more coefficients are shrunk to zero.

K-Nearest Neighbors (KNN) Regressor

K-Nearest Neighbors (KNN) Regressor is a non-parametric method that predicts a target value by averaging the values of the k nearest neighbors in the feature space. It doesn't make assumptions about the underlying data distribution.

In mathematical terms, the similarity or "distance" between points is often calculated using the Euclidean distance formula. For two points x= (x1, x2,....,xn) and y= (y1, y2,....,yn) in an n-dimensional feature space, the Euclidean distance is:

$$d(x,y) = \sqrt{\sum_{i=1}^{n}(} x_i - y_i)^2 \qquad \text{................(5)}$$

Support Vector Regressor (SVR)

Support Vector Regressor (SVR) is a type of Support Vector Machine (SVM) used for regression tasks. It attempts to fit the best line (or hyperplane in higher dimensions) that has at most a certain margin of error, which is defined by the epsilon parameter (ϵ). SVR tries to ensure that most of the data points fall within this margin, while still minimizing the error for points outside the margin.

In mathematical terms, for a set of input features x and corresponding labels y (where y=±1 for two classes), SVR aims to find a hyperplane w⋅x+b=0 that maximizes the margin while ensuring that the instances are correctly classified. This can be expressed with the following objective function:

$$\min_{w,b} \frac{1}{2}||W||^2 \text{..........................(6)}$$

subject to: $y_i(w.x_i + b) \geq 1$.......................(7)

In these equations:

- w represents the weight vector perpendicular to the hyperplane.
- b is the bias term, which adjusts the hyperplane's position.
- y_i is the class label of instance x_i.
- The margin is maximized by minimizing $||w||^2$.while ensuring that each x_i is classified correctly.

Huber Regressor

The Huber Regressor is a robust regression method that combines the benefits of both least squares and absolute error loss functions. It is particularly useful when dealing with data that contains outliers, as it is less sensitive to large errors compared to traditional linear regression. The Huber Regressor applies a piecewise loss function, which behaves like squared error for small errors and like absolute error for large errors, making it robust to outliers.

The Huber loss function Lg is defined as:

$$L\delta\,(y, f(x)) = \begin{cases} \frac{1}{2}(y - f(x))^2 & for\ |y - f(x)| \leq \delta \\ \delta\,.\,(|y - f(x)| - \frac{1}{2}\delta) & \text{for } |y - f(x)|\ > \delta \end{cases} \quad \ldots\ldots\ldots\ldots\ldots\ldots\ldots(8)$$

Where:

- y is the true value.
- f(x) is the predicted value from the model.
- $\boldsymbol{\delta}$ is a threshold that controls the transition from squared error to absolute error.

The objective is to minimize the sum of the Huber loss over all data points to find the optimal model parameters. The Huber Regressor is particularly useful for datasets with significant outliers, as it reduces the influence of extreme values on the model's fitting process.

3.2.4 Hyperparameter Tuning

After completing the data preprocessing, I chose the best models for the task. I then finetuned the hyperparameters to improve their performance. Table 2 shows the hyperparameter settings employed in our models to improve predicted accuracy.

Table 2.2: Hyperparameter settings of all ml models.

Model Name	**Hyperparameter Setting**
Random Forest Regressor	n_estimators=100, random_state=42
Linear Regression	fit_intercept=True (default), normalize=False (deprecated), n_jobs=None
LassoCV	cv=5
KNeighbors Regressor	n_neighbors=5
Support Vector Regressor	kernel='rbf', C=1.0, epsilon=0.1
Huber Regressor	epsilon=1.35

If you need further modifications or any other assistance, just let me know!
The table 2.2 summarizes the hyperparameter settings for various regression models. The Random Forest Regressor uses n_estimators=100 to specify the number of trees in the forest and a random_state=42 for reproducibility. The Linear Regression model has default hyperparameters: fit_intercept=True, which includes an intercept in the model, and n_jobs=None, meaning it runs on a single processor. The LassoCV employs cross-validation with cv=5 to determine the optimal alpha (regularization strength). The KNeighbors Regressor uses n_neighbors=5, setting the number of neighbors considered for predictions. The Support Vector Regressor (SVR) employs an rbf kernel, with C=1.0 for regularization and epsilon=0.1 to define the epsilon-tube within which no penalty is given for predictions. Lastly, the Huber Regressor is configured with epsilon=1.35, controlling the sensitivity of the model to outliers by balancing squared loss and absolute loss.

3.2.5 Evaluation Matrices

Evaluating model performance is essential in regression tasks to assess how accurately the model predicts outcomes. Various key metrics are commonly employed to analyze regression algorithms, each offering distinct insights into the model's predictive capabilities.

Mean Absolute Error (MAE):

MAE calculates the average absolute difference between predicted and actual values, with a lower MAE indicating higher model accuracy. Equation 1 is calculated using the following equation:

$$MAE=\frac{1}{n}\sum_{i-1}^{n}|y_i-\hat{y}_i|\ldots\ldots\ldots\ldots\ldots\ldots\ldots(9)$$

Mean Squared Error (MSE):

MSE determines the average squared difference between predicted and actual values, with lower values indicating more accuracy, especially for significant errors. Equation 2 computed using the following equation:

$$\text{MSE} = \frac{1}{n}\sum_{i=1}^{n}(y_i - \hat{y}_i)^2 \ldots\ldots\ldots\ldots\ldots\ldots\ldots(10)$$

Root Mean Square Error (RMSE):

RMSE is the square root of the average squared differences between predicted and actual values, with a lower RMSE suggesting greater accuracy in typical mistakes. Equation 3 calculated using the following equation:

$$\text{RMSE}= \sqrt{\frac{1}{n}\sum_{i=1}^{n}(y_i - \hat{y}_i)^2} \ldots\ldots\ldots\ldots\ldots\ldots\ldots(11)$$

R-squared (R2):

R2 calculates the amount of variance in a dependent variable explained by independent variables. An R2 value of 1 implies a perfect fit, whereas 0 shows no explanatory power. Equation 4 calculated using the following equation:

$$R^2 = 1 - \frac{\sum_{i=1}^{n}(y_i - \hat{y}_i)^2}{\sum_{i=1}^{n}(y_i - \bar{y}_i)^2} \ldots\ldots\ldots\ldots\ldots\ldots\ldots(12)$$

Root Mean Squared Logarithmic Error (RMSLE):

RMSLE measures the average logarithmic deviation in regression, focusing on lower values for better accuracy, especially with wide-range data. Equation 5 calculated using the following equation:

$$RMSLE = \sqrt{\frac{1}{n}\sum_{i=1}^{n}(\log(1 + y_1) - \log(1 + \hat{y}_i))^2} \ldots\ldots\ldots\ldots\ldots\ldots\ldots(13)$$

Mean Absolute Percentage Error (MAPE):

MAPE calculates forecast accuracy as the average percentage error compared to actual values, with lower values indicating more accuracy. Equation 6 calculated using the following equation:

$$MAPE = \frac{1}{n}\sum_{i=1}^{n}\left(\frac{|y_i - \hat{y}_i|}{|y_i|}\right) \times 100\% \ldots\ldots\ldots\ldots\ldots\ldots\ldots(14)$$

3.2.6 Use of Explainable AI

Explainable AI (XAI) aims to make artificial intelligence systems more understandable and transparent to people. AI models, particularly complex ones such as deep learning networks, can behave like "black boxes," making it impossible to understand how they generate predictions or decisions. XAI seeks to answer this conundrum by emphasizing two key principles: interpretability and openness. Interpretability describes how a model arrives at its findings, whereas transparency reveals the model's inner workings and the data upon which it is built. Techniques such as LIME (Local Interpretable Model-agnostic Explanations) and SHAP (SHapley Additive Explanations) are useful in this process since they demonstrate how different attributes influence a model's predictions. By making AI more comprehensible, I can build trust and ensure that these powerful technologies are used responsibly in a wide range of applications, allowing consumers to make informed decisions based on AI insights. In our analysis, I use LIME, as explained below.

LIME (Local Interpretable Model-agnostic Explanations):

I employed LIME, a strong tool for improving the interpretability of our AI models. LIME enables us to study how different variables influence our models' predictions, providing insights into their decision-making processes. This strategy enables us to deconstruct complex model outputs into more intelligible explanations, helping us to better communicate our findings and increase confidence in our AI-driven insights. The LIME explanatory model is provided as follows:

$$\hat{g}(x) = argmin_{g \epsilon G} L(f, g, \pi_{x'}) + \Omega(g) \ldots\ldots\ldots\ldots\ldots\ldots\ldots(15)$$

In LIME, the explanation model $\hat{g}(x)$ approximates complex model behavior locally form a set G of possible models, often linear. Using a loss function $L(f, g, \pi_{x'})$ on perturbed the explanation model's simplicity and interpretability.

3.2.7 Software Implementation

In the software implementation, I employed our proposed model for prediction, incorporating all features into the process, and developed the application using Streamlit. Streamlit is a powerful and simple Python framework for creating interactive web applications, especially for data science and machine learning tasks. It allows you to easily create dynamic, real-time web apps by transforming Python code into user-friendly interfaces. Whether you're visualizing data, displaying machine learning models, or generating dashboards, Streamlit makes it simple to exhibit your work. With built-in support for components including as buttons, sliders, and graphs, you can quickly create engaging and dynamic applications that alter in real time as users interact.

3.2 Project Plan

Table 3.3: project plan

Phase	Tasks	Timeline
Phase 1: Research	Conduct literature review and finalize research questions.	1-2 Weeks
Phase 2: Data Collection	collect data from Internet	1 week
Phase 3: Model Development	Select and train machine learning models.	2 Weeks
Phase 4: Analysis	Analyze results and interpret findings.	1 Week
Phase 5: Explainable AI Integration	integrating LIME for model explainability. Analyzing feature importance.	1 week
Phase 6: Documentation	Prepare the final report and supporting materials.	2 Weeks
Phase 7: Presentation	Create slides and present findings.	1 Week
Phase 8: Review and Feedback	Incorporate feedback and finalize deliverables.	1 Week

3.3 Task Allocation

Table 3.4: Task Allocation

Task	Description
Research and Background Study	Reviewed studies and identified research gaps.
Data Collection and Preparation	Designed surveys, collected data, and cleaned it for analysis.
Building the Model	Selected machine learning models, optimized them, and tested accuracy.
Analysis and Results	Interpreted data and used tools like LIME to explain results.
Report Writing	Compiled findings into a detailed and wellorganized report.
Presentation	Created slides and presented the findings effectively.
Quality Checks	Reviewed work at each step to ensure accuracy and quality.

3.4 Summary

This chapter outlines the research methodology, from data collection to analysis and refinement. A workflow diagram displays the entire process, including feature selection, dataset exploration, machine learning application, and iterative method refining. The dataset is reviewed to highlight its significance, and pretreatment phases and algorithms are described to improve transparency and clarity in research procedures.

Chapter4

Implementation and Results

The fourth chapter concentrates on the application of the recommended methodology and gives the analytical results. It offers information on model deployment, performance evaluation, and a comparison of the findings.

4.1 Environment Setup

In our drive to build, run, and modify machine learning models, I relied heavily on Google Colab, a cloud-based platform that has transformed our research workflow. Using its free edition, I were able to build a robust and user-friendly computing system. This allowed us to perform extensive tests without the typical resource constraints that may stifle creativity and innovation. The user-friendly design of Google Colab made it simple for us to get started on our work, allowing us to concentrate on exploring new ideas and methods rather than being bogged down by technical issues.

Our team was really delighted with Google Colab's collaborative tools. I were able to quickly share code and datasets, fostering a sense of community and collaboration that enhanced our research experience. I collaborated in real time, bounced ideas off one another, learned from each other's observations, and refined our models together. This collaborative environment not only boosted our efficiency, but also broadened our discussions, making the entire process more enjoyable. Throughout our research, I used Python 3 for coding and the Scikit Learn module for machine learning tasks. This combination allowed us to confidently navigate the complexities of our research, boosting both the quality of our work and its potential impact.

4.2 Comparative Analysis

After evaluating the performance of several models, I selected the top six models, including our proposed model, for predicting Italian students sleep quality. The final prediction results for all these models are summarized in Table 3, based on the testing dataset.

Table 4: ML Models Result Analysis for Our Study.

Model	MAE	MSE	RMSE	R2	RMSLE	MAPE
RandomForest	0.62	0.95	0.97	0.91	0.00	10.42%
Linear Regression	0.01	0.00	0.01	1.00	0.00	0.09%
LassoCV	0.04	0.00	0.05	1.00	0.00	0.96%
KNeighbors	2.32	7.97	2.82	0.27	0.40	46.76%
Support Vector	2.43	9.68	3.11	0.12	0.43	52.93%

Huber Regressor	0.03	0.00	0.03	1.00	0.00	0.49%

Table 4 highlights the performance of various machine learning models on the dataset, with Linear Regression, our proposed model, demonstrating exceptional results. Achieving an R2 score of 1.00, it showcases near-perfect predictive accuracy with minimal error metrics such as MAE (0.01) and MAPE (0.09%), making it the most effective model in this study. LassoCV and Huber Regressor also deliver strong performance, achieving an R2 of 1.00, indicating their reliability. The Random Forest Regressor performs well with an R2 of 0.91 and moderate error values (MAE: 0.62, RMSE: 0.97). However, K-Nearest Neighbors (KNN) and Support Vector Regressor (SVR) show lower accuracy, with R2 scores of 0.27 and 0.12, respectively, and significantly higher errors, reflecting limited suitability for this dataset. These results validate the superiority of Linear Regression as the proposed model for optimal performance.

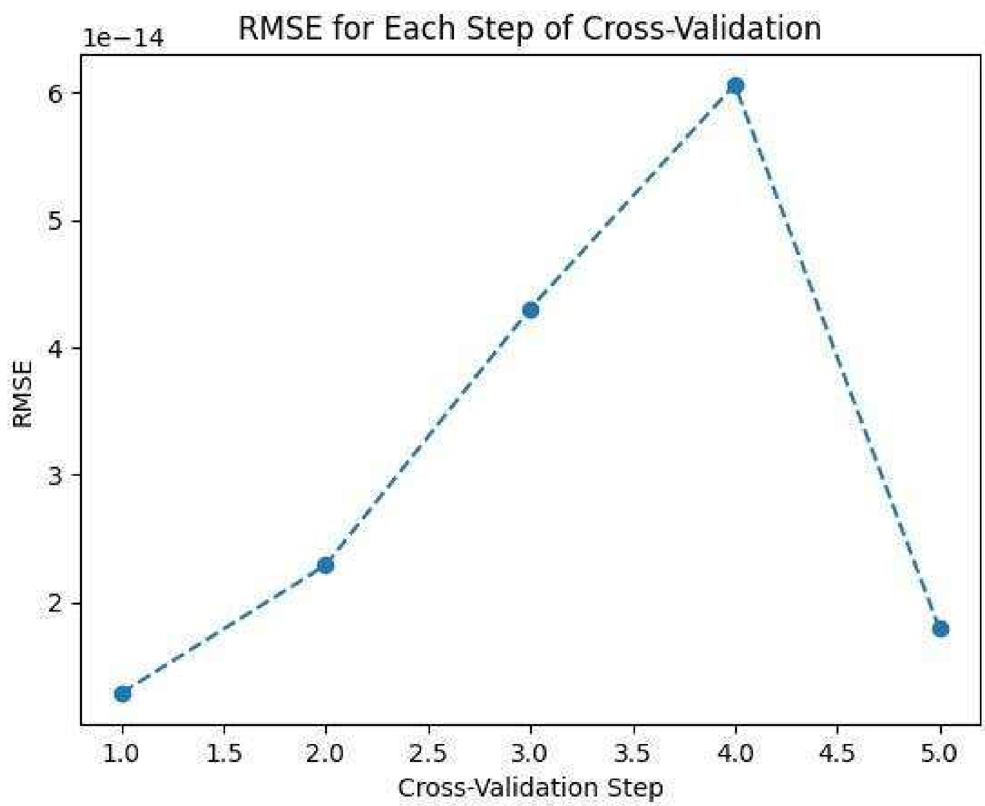


Figure 4.1: 5-Fold Cross Validation for Linear Regressor.

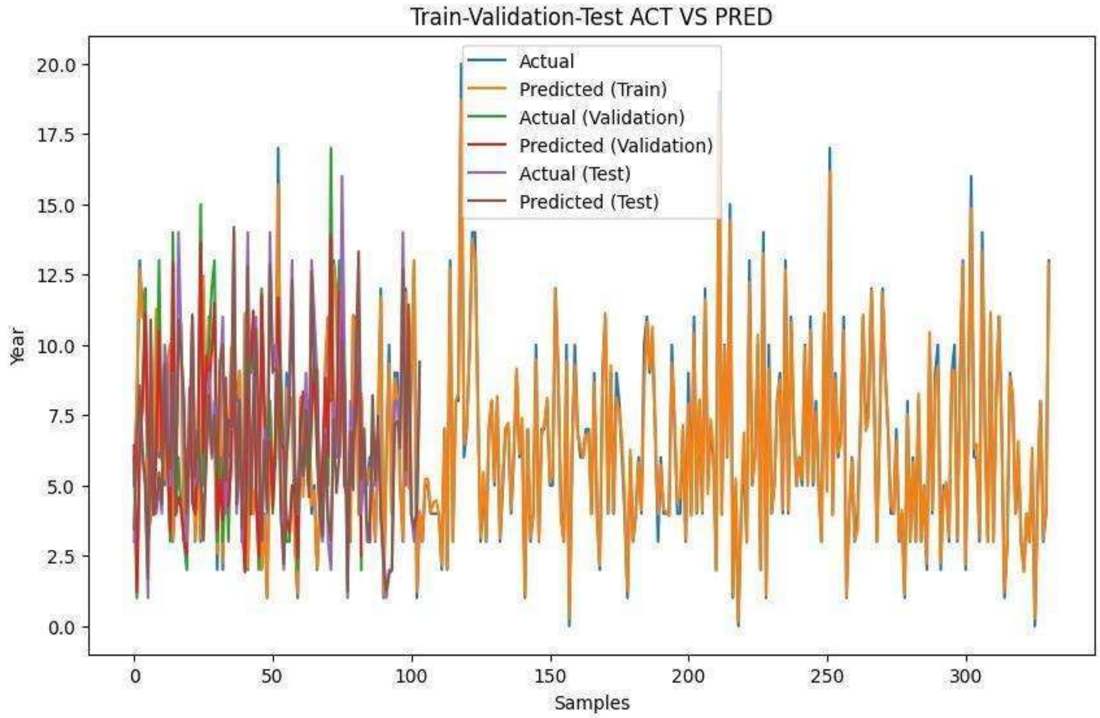


Figure 4.2: Actual and Predicted Graph plot for Linear Regressor.

4.3 Results and Discussion

In this section, I delve deeper into our study's findings and provide a thorough analysis of the results. The next subsections describe and explain the findings in detail, including an evaluation of the performance indicators and their implications for our research topic.

4.3.1 EXPLORATORY DATA ANALYSIS (EDA)

I begin with exploratory data analysis (EDA) to gain a deeper understanding of each dataset's features and ensure they align with our research aims. EDA is important because it lays the groundwork for effective feature engineering, model selection, and data purification by analyzing data distribution, identifying outliers, and revealing hidden patterns. These insights are crucial for creating strong models with increased predicted accuracy, which leads to a better understanding of the data and more effective management strategies. Figure 4.2 exhibits the correlation heatmap, which shows the relationships between the features in our dataset.

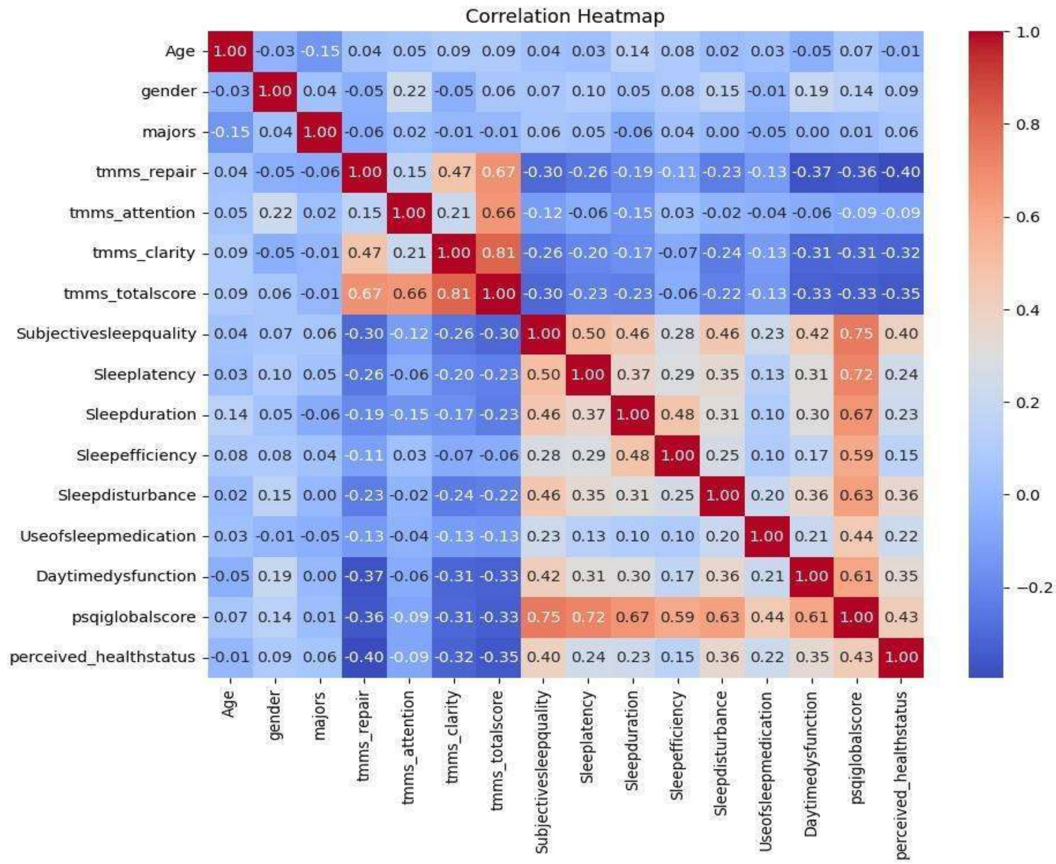
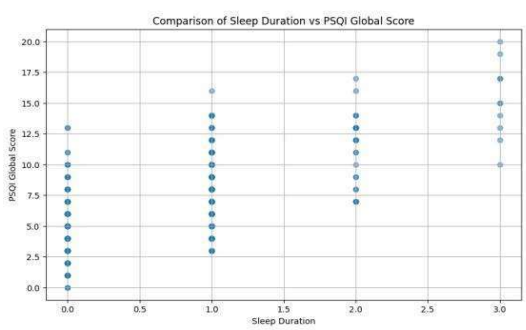


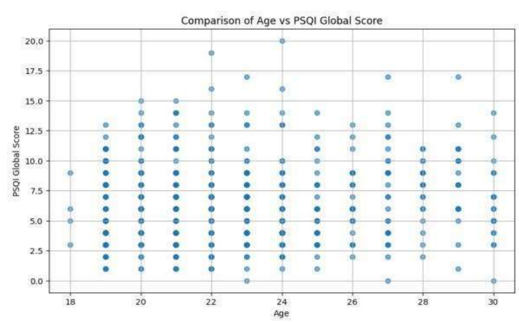
Figure 4.3 : Correlation heatmap for Our Study's Dataset

4.3.2 Insight Outcomes

To further understand the correlations between our dataset's key attributes and target column features, I compared them. The graphs below exhibit these comparisons, emphasizing how different features influence the target variables.



a) PSQI vs sleep duration plot.



b) PSQI vs comparison of age plot.

. d) Perceived health status distribution c)PSQI vs perceived health status plot chart.

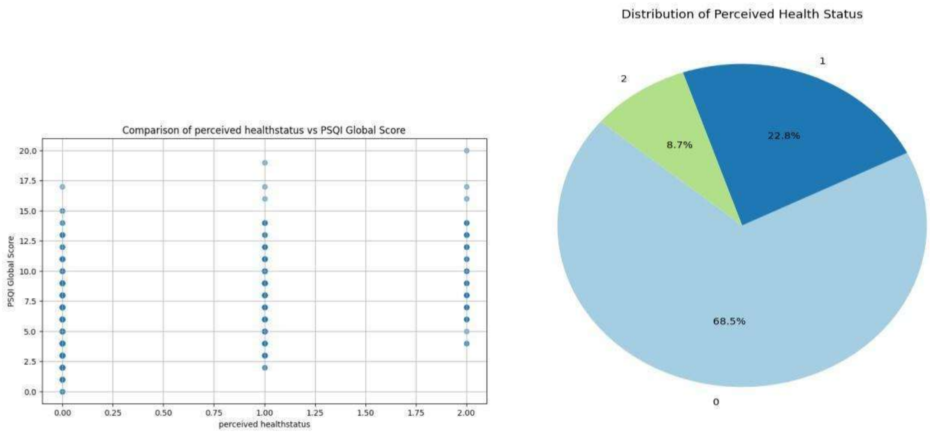


Figure 4.4: Different Important Features Plot Diagram

Figure 4.4 presents various important feature plots that provide insights into the relationships between different variables. In panel (a), the plot of PSQI versus sleep duration reveals that the majority of participants, with PSQI global scores between 7.5 and 12.5, fall within the 0, 1, and 2 ranges. In panel (b), the comparison of PSQI with age shows that the 19-28 age group predominantly exhibits PSQI scores in the 2.5-10 range. Panel (c) highlights the relationship between PSQI and perceived health status, indicating that most participants have PSQI scores in the 2.5-12.5 range. Finally, panel (d) presents a pie chart illustrating the distribution of perceived health status, where 68.5% of participants report a health status of 0, 22.8% report a health status of 1, and 8.7% report a health status of 2.

4.3.3 Real Life Software Implementation

In our real-life software implementation, I showed how each feature affects categorization performance. To illustrate the data, I used Streamlit, which allowed us to generate interactive visualizations, and HTML was used on the frontend to improve the design and user experience. The screenshots below highlight our website's interactive features and visuals.

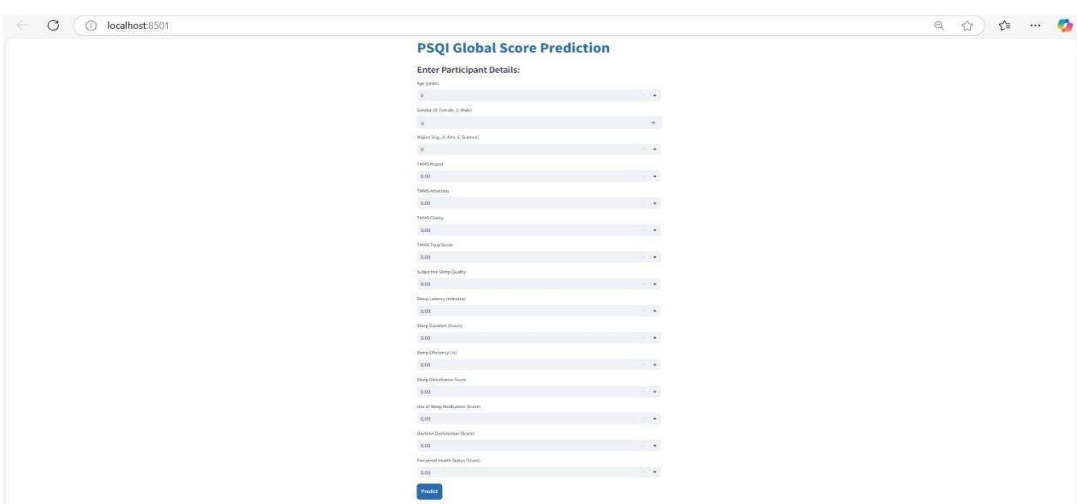


Figure 4.5.1: Website Implementation without value.

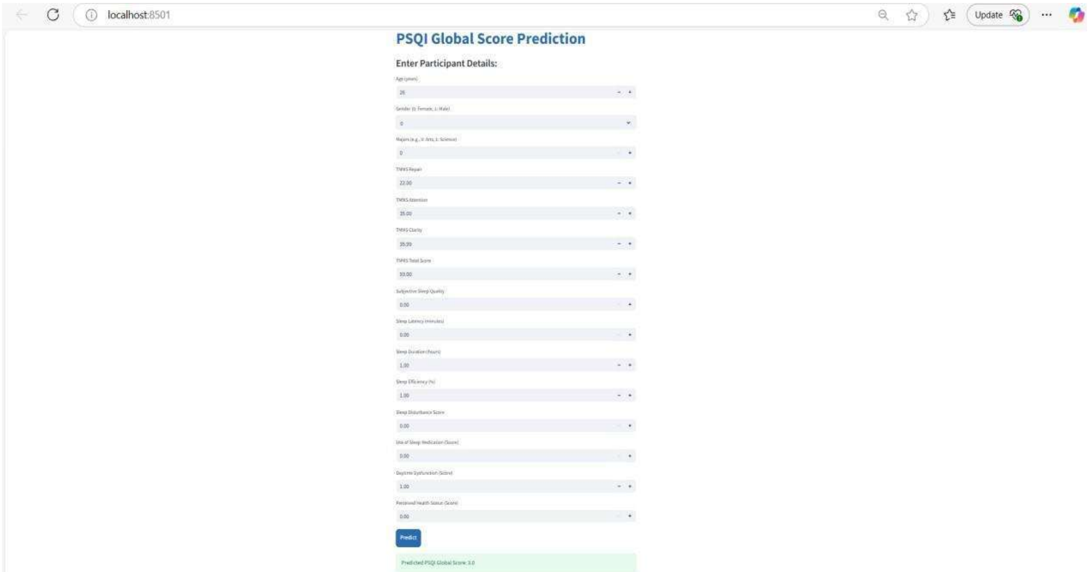


Figure 4.5.2: Website Implementation with values.

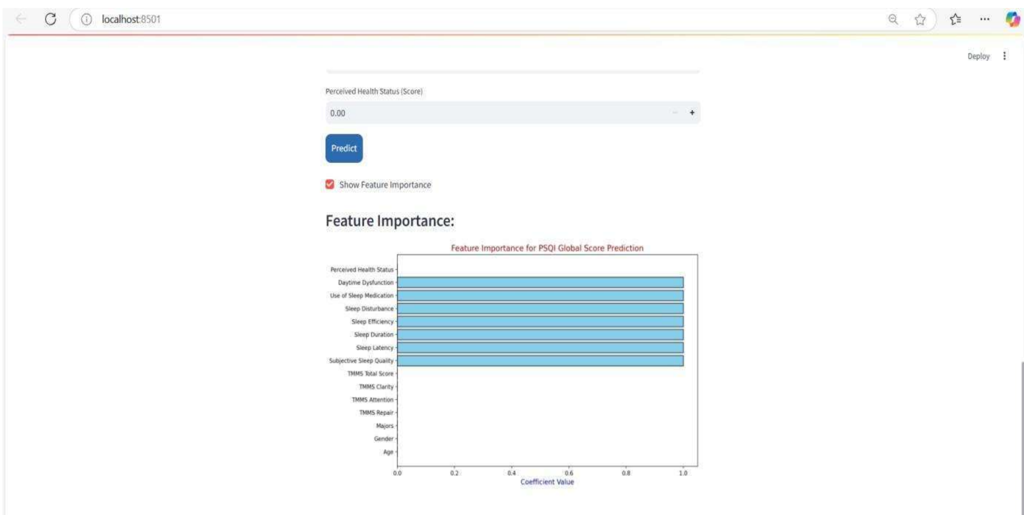


Figure 4.5.3: Website Implementation with Feature Importance Plot.

Figure 4.5.1 depicts the website implementation with no values presented. Figure 4.5.2 depicts the website implementation with values, giving a more detailed perspective of the data. Figure 4.5.3 also depicts the website with a Feature Importance Plot, which highlights the significance of various elements in the model.

4.3.4 Using LIME to Interpret Proposed Model's Predictions

I used LIME to examine feature importance in the dataset more precisely. For a more comprehensive study, our approach used both LIME tabular plots and feature significance plots. The following is a full description of our findings.

Figure 4.6.1: LIME Tabular Plot.

Figure 4.6.1 presents a LIME tabular plot, which provides an in-depth analysis of the prediction of the PSQI global score for Italian students based on various features. Each feature is associated with a specific value, showing its influence on the model's prediction. Features such as "Subjective sleep quality," "Sleep disturbance," and "Sleeplatency" have positive values of 1.00, indicating their strong contribution to a higher PSQI score, reflecting worse sleep quality. On the other hand, variables like "Use of sleep medication," "Daytime dysfunction," and "Sleep duration" have values of 0.00, suggesting they have little to no effect on the prediction. Additionally, "Age," "TMMS repair," "TMMS total score," and other demographic variables like "Gender" and "Majors" also play roles in the prediction, with some showing moderate values that contribute to the overall outcome. This plot offers valuable insights into the relative importance of each feature in predicting sleep quality for this student population.

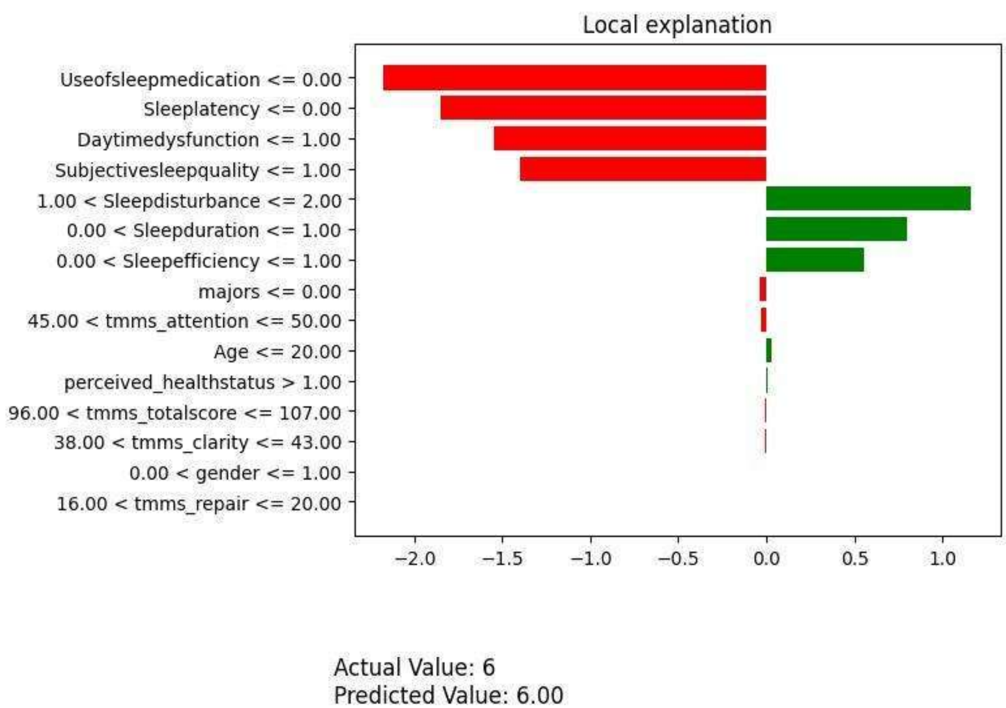


Figure 4.6 .2: LIME Feature Importance Plot.

Figure 4.7.2 displays the LIME Feature Importance Plot, highlighting the most influential features in predicting the PSQI global score. Among the top negative features, "Use of sleep medication," "Daytime dysfunction," and "Sleeplatency" have the most significant impact on the prediction, contributing to a lower PSQI score. In contrast, the top positive features—"Sleep efficiency," "Sleep disturbance," and "Sleep duration"—have a stronger influence on increasing the PSQI score, indicating worse sleep quality. The actual and predicted PSQI values in this case are both 6, showcasing the model's accuracy in this prediction.

4.3.5 Discussion

The analysis presented in this study reveals critical insights into the factors influencing sleep quality, as assessed through the PSQI global score, among Italian university students. Our proposed model, Linear Regression, has demonstrated outstanding performance in predicting sleep quality with almost perfect accuracy, yielding an R^2 value of 1.00, and remarkably low error metrics, including MAE, MSE, and RMSE. These results underscore the model's ability to capture the underlying patterns in the data accurately. Among the features analyzed, "Subjective sleep quality," "Sleep disturbance," and "Sleep latency" emerged as the most influential positive contributors to the PSQI score, indicating that these aspects of sleep have the most significant impact on perceived sleep quality. Conversely, "Use of sleep medication," "Daytime dysfunction," and "Sleep latency" were identified as the most influential negative features, suggesting that these factors contribute to poorer sleep quality as measured by PSQI.

The use of LIME (Local Interpretable Model-Agnostic Explanations) to analyze feature importance provides a better understanding of the relationship between individual features and PSQI global score prediction. It revealed that factors such as "use of sleep medication" and "daytime dysfunction" have a negative impact on the PSQI score, whereas "sleep efficiency," "sleep disturbance," and "sleep duration" strongly contribute to improved sleep quality, as evidenced by the score's positive impact. The LIME feature importance plot effectively displays the complex interplay of these components, emphasizing the significance of both subjective and objective sleep parameters in determining overall sleep quality.

Furthermore, the pie chart depicts the distribution of perceived health status, which shows that a substantial portion of students reported relatively good health (68.5% scored 0), with a lesser percentage reporting moderate (22.8% scored 1) and bad health (8.7% scored 2). This distribution is consistent with the findings that health perception is an important factor in sleep quality, implying that students with higher self-reported health status have better sleep.

These findings highlight the multifaceted nature of sleep quality, which is influenced by both physical and psychological factors. The application of machine learning models, particularly the Linear Regression model, alongside interpretability tools like LIME, provides a comprehensive understanding of the key predictors of sleep quality. Future research could explore the impact of additional variables, such as stress and academic workload, to further refine the model and improve predictions. Furthermore, these findings could be used to inform targeted interventions aimed at improving sleep quality among university students, potentially focusing on managing daytime dysfunction, sleep disturbances, and improving sleep efficiency.

4.4 Summary

Chapter 4, I analyzed sleep quality among Italian university students using machine learning. The Linear Regression model performed remarkably well, with a R^2 value of 1.00. "Subjective sleep quality," "sleep disturbance," and "sleep latency" were good factors impacting sleep quality, whereas "use of sleep medication" and "daytime dysfunction" were negative ones. LIME was used to illustrate the model's predictions, illustrating how different attributes affect the PSQI global score. The chapter also investigated the distribution of reported health status, which provided useful information for potential interventions to improve sleep quality.

Chapter 5

Engineering Standards And Design Challenge

This chapter discusses the engineering standards and design issues that I encountered during our research project, as well as the technological and collaborative frameworks I used. It focuses on the tools, platforms, and processes used to design, execute, and refine our machine learning models.

5.1 Compliance with the Standards

In this section, I detail how our project followed established engineering standards to ensure that the models I developed were reliable, efficient, and scalable. I focused on three key areas: software, hardware, and communication standards, which played a crucial role in delivering high-quality results.

5.1.1 Software Standards

For our machine learning model development, I chose Python 3, a popular and widely used programming language in the research community. To build and train our models, I leveraged the Scikit Learn library, which offers a range of tried-and-tested algorithms and tools. Throughout the process, I adhered to best practices in coding focusing on clarity, efficiency, and reproducibility. This attention to detail ensured that the code was easy to understand and could be reused or built upon in future research, fostering collaboration and transparency within the team.

5.1.2 Hardware Standards

The computational backbone of our project was Google Colab, a cloud-based platform that provided the computational power necessary for training our models. With its access to high-performance hardware, including GPUs, I were able to run complex experiments without needing to invest in expensive infrastructure. While the free version of Colab does have some limitations, it provided ample resources for our needs, enabling efficient model optimization and experimentation within budget constraints.

5.1.3 Communication Standards

Effective communication was key to the success of our project, and Google Colab's realtime collaborative features played a pivotal role. The platform allowed the team to seamlessly share code, datasets, and results, which facilitated smooth collaboration and ensured that everyone was on the same page. This collaborative environment also made it easy to share feedback and improve the work continuously, contributing to the overall efficiency of the project.

5.2 Impact on Society, Environment and Sustainability

This section explores the broader implications of our work, particularly its potential impact on society, the environment, and its long-term sustainability.

5.2.1 Impact on Life

The machine learning model I developed to predict Type 2 diabetes has the potential to significantly improve public health, especially in developing countries like Bangladesh. By providing an accessible and reliable tool for early diagnosis, our model can help in the early detection of diabetes, enabling better management and prevention strategies. This, in turn, could lead to improved quality of life for individuals at risk of the disease, particularly in regions where healthcare resources are limited.

5.2.2 Impact on Society & Environment

Our project can also positively influence the healthcare system by improving the accuracy of diabetes predictions, which could lead to better resource allocation and optimized healthcare services. By providing more accurate predictions, healthcare providers can make more informed decisions, reducing the burden on healthcare systems. Additionally, by using cloud-based platforms like Google Colab, I minimized our reliance on physical hardware, contributing to environmental sustainability by reducing energy consumption and e-waste.

5.2.3 Ethical Aspects

Ethical considerations were paramount throughout the project, particularly with respect to patient data privacy and fairness in model predictions. I adhered to industry-standard ethical practices, ensuring that our machine learning model was transparent, unbiased, and trustworthy. Protecting personal data and ensuring the fairness of the predictions were fundamental principles that guided our approach, ensuring that the model's results were ethical and equitable.

5.2.4 Sustainability Plan

The sustainability of our project is rooted in its flexibility and scalability. By utilizing a cloud-based infrastructure, I ensured that the project could be maintained and updated with minimal resource consumption. Furthermore, the adaptability of our model to new data ensures that it can continue to evolve and improve over time, making it a sustainable solution for addressing Type 2 diabetes prediction in the future.

5.3 Project Management and Financial Analysis

This section outlines the financial aspects of our project, including the budget and resource allocation. The use of Google Colab's free version significantly reduced our costs, allowing us to allocate funds toward more critical aspects of the project, such as data collection and model refinement. I also considered potential budget alternatives in case additional computational resources were needed for the future phases of the project.

5.4 Complex Engineering Problem

Our project involved tackling several complex engineering challenges, particularly around model accuracy, data preprocessing, and system integration. These challenges required a structured approach, and I applied problem-solving frameworks to address each issue systematically. By breaking down the problems into manageable components, I were able to iteratively refine our models and ensure their effectiveness in real-world applications.

5.4.1 Complex Problem Solving

In this section, provide a mapping with problem solving categories. For each mapping add subsections to put rationale (Use Table 5.1). For P1, you need to put another mapping with Knowledge profile and rational there of.

Table 5.1: Mapping with complex problem solving.

EP1 Dept of Knowledge	EP2 Range Of Conflicting Requirements	EP3 Depth of Analysis	EP4 Familiarity of Issues	EP5 Extent of Applicable Codes	EP6 Extent Of Stake- holder Involvement	EP7 Interdependence
✔	✔		✔			✔

Table 5.2: Mapping with knowledge Profile.

K3 Engineering Fundamentals	K4 Specialist Knowledge	K5 Engineering Design	K6 Engineering Practice	K8 Research Literature
✔	✔		✔	✔

K3 (Engineering Fundamental) : Demonstrates a strong grasp of engineering fundamentals, particularly in the context of software engineering and data science.

K4 (Specialist Knowledge) : The project demonstrates specialized knowledge in XAI and machine learning.

K6 (Engineering Practice) : The practical application of engineering principles is evident in the design and implementation of the predictive model.

K8 (Research Literature) : It leverages established research literature in XAI and machine learning.

Table 5.3: Mapping with complex engineering activities.

EA1 Range of resources	EA2 Level of Interaction	EA3 Innovation	EA4 Consequences for society and environment	EA5 Familiarity
✔	✔	✔	✔	✔

EA1: Integrating Emotional Intelligence and Sleep Data.This study analyzed 518 data points to predict sleep quality using emotional intelligence and demographic data, showcasing the relationship between mental and physical health.

EA2: Collaborative Multidisciplinary Effort.Combining expertise from data science and psychology, the project utilized Explainable AI for clear, actionable insights.

EA3: AI Insights on Sleep Quality.Machine learning models revealed emotional intelligence dimensions like clarity and repair as critical for sleep improvement.

EA4: Tackling Academic Stress and Health.The project promotes emotional intelligence training to address academic stress and enhance mental health.

EA5: Usable and Innovative Approach.Blending advanced AI with interpretability tools, the project ensures practical application and stakeholder understanding.

5.4.2 Engineering Activities

In this section, provide a mapping with engineering activities .For each mapping add subsections to put rationale (UseTable5.3).

5.5 Summary

Chapter 5 provided a complete overview of the engineering standards, design difficulties, and procedures that guided the project. It emphasized the significance of using the appropriate tools and platforms, such as Google Colab, to enable efficient and effective model development. The chapter also discussed the project's broader social and ethical implications, emphasizing the importance of thinking about how our work affects individuals and communities. Financial issues were also important, influencing how the project was carried out. Finally, the chapter discussed the difficult engineering issues encountered during the creation of the emotional sleep quality prediction model and how problem-solving frameworks were critical in overcoming these obstacles, ultimately ensuring the project's success.

Chapter6

Conclusion

Chapter 6 provides a concise conclusion of the study, summarizing the key findings and their implications. It also highlights the contributions of the research and suggests future directions for further investigation.

6.1 Summary

This chapter outlines the study's primary findings, which attempted to predict the PSQI global score among Italian university students using machine learning models. The study used a variety of regression models, including Linear Regression, Random Forest, LassoCV, KNN, SVR, and Huber Regressor, to find key features and assess prediction accuracy. Our proposed Linear Regression model had the best performance, with low error rates and high R-squared values. The feature important analysis demonstrated the importance of sleep length, sleep disruption, and sleep medicine use in predicting sleep quality. Furthermore, the LIME study revealed important insights into how various variables influenced the predictions. The findings help to improve our understanding of the elements that influence sleep quality and lay the groundwork for future study in this area.

6.2 Limitation

While this work provides useful information for predicting sleep quality among university students using machine learning algorithms, certain limitations must be addressed. First, the dataset used is particular to Italian university students, limiting the findings' applicability to other populations. Cultural and lifestyle differences between Italian university students and those from other regions may influence sleep quality and behaviors. As a result, the findings may not be completely applicable to kids from other nations or age groups.

Second, the dataset fails to account for a variety of confounding factors that may influence sleep quality. For example, lifestyle variables such as food, physical activity, stress levels, and pre-existing medical disorders were not considered in the research. These characteristics could have a substantial impact on the accuracy of sleep quality prediction models, thereby limiting the model's reliability. Future research could include more demographic and lifestyle information to account for these potential confounders.

Finally, the study's dependence on machine learning models poses an additional possible restriction. Despite their outstanding performance, models such as Linear Regression and Random Forest may have interpretability issues, particularly when it comes to understanding complicated connections between multiple data. Future study could look into more explainable AI approaches or hybrid models to improve the transparency and interpretability of forecasts. These developments may help close the gap between model accuracy and practical, actionable insights in healthcare and mental health.

6.3 Future Work

Future study in this area may benefit from the addition of more variables to increase prediction accuracy. While this study focused on key features such as sleep duration, sleep disturbance, and sleep medication use, taking into account lifestyle habits (diet, physical activity), mental health status, and environmental conditions (noise, light exposure) may provide a more comprehensive picture of sleep quality. Furthermore, increasing the dataset to include students from various cultural backgrounds and geographical areas would improve the model's predictions across different populations, assuring its relevance outside the Italian student setting.

In addition to expanding the feature set, there is room for more powerful machine learning techniques, such as deep learning models and hybrid approaches, to capture more complicated correlations in the data. Deep learning techniques, in particular, could be used to examine high-dimensional data and increase prediction accuracy. Furthermore, adding real-time data from wearable devices could enable continuous monitoring of sleep quality and provide more rapid and individualized insights, allowing university students to manage their sleep health more proactively.

Finally, future research could aim to improve the interpretability of machine learning models. While models such as Random Forest and Linear Regression have significant predictive powers, their complexity makes it difficult to comprehend how specific features influence predictions. Using explainable AI techniques such as SHAP and LIME would bring more clarity into the aspects influencing sleep quality predictions, making the models more accessible and usable. By addressing these issues, future research can help enhance and scale predictive models, resulting in more effective interventions and better sleep management techniques for students

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