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Mortal Stress Discovery Grounded on Sleeping Habits Using Machine Learning with Random Forest Classifier

Mohammed Asad [1] **, *Mohammed Habeeb*** [2]**, *Mirza Mushraf Baig*** [3]

Department of IT, Nawab Shah Alam Khan College of Engineering and Technology, Hyderabad, India
Email: Mohdbhaiya123@gmail.com

A B S T R A C T

In contemporary society, stress is a common issue that profoundly affects both physical and internal health. This exploration introduces a new approach for detecting mortal stress situations through the analysis of sleeping habits using the Random Forest Classifier in Python. The study aims to produce a dependable stress discovery system that offers precious perceptivity into individualities' stress situations, enabling timely interventions and better internal health. The dataset includes colorful parameters related to sleep and stress, similar as snoring range, respiration rate, body temperature, branch movement rate, blood oxygen situations, eye movement, sleep duration, heart rate, and stress situations distributed into five classes. These parameters allow for a comprehensive analysis of the relationship between sleep patterns and stress situations. The Random Forest Classifier was chosen for its capability to handle complex data connections and high prophetic delicacy. The model achieved a Training score of 100 and a Test score of 97, indicating its robustness and effectiveness. This system has broad operations, from particular health monitoring to medical exploration, empowering individualities to take visionary measures to reduce stress and ameliorate sleep quality.

Keywords: Stress, Random Forest Classifier, Python, Sleep

1. INTRODUCTION

Stress is a abecedarian aspect of mortal actuality, representing a complex response to external and internal pressures that disrupt physical, emotional, or cerebral stability. Diurnal life presents multitudinous stressors, including work pressures, particular connections, fiscal enterprises, and health issues. While stress is a natural survival medium that prepares the body for fight- or- flight responses, habitual or inordinate stress can negatively affect overall health. The mortal body's response to stress involves a series of physiological and hormonal responses, frequently called the stress response. During stressful situations, the adrenal glands release hormones like cortisol and adrenaline, adding heart rate, blood pressure, heightened senses, and turning energy to essential functions. While short- term stress can be salutary, habitual stress can lead to health issues similar as internal health conditions, cardiovascular problems, vulnerable system repression, and bloodied cognitive function. Effective stress operation is pivotal for maintaining physical and internal well- being, making it essential to identify stress patterns and triggers and employ effective managing strategies.

2. Literature Survey

Sleep, Sleep diseases, and Stress

The commerce between sleep and stress involves complex physiological, hormonal, and neuronal mechanisms. Activation of the hypothalamic- pituitary- adrenal (HPA) axis, a crucial neuroendocrine stress system, is associated with changes in sleep patterns. Understanding these mechanisms can help develop effective interventions for stress- convinced sleep diseases. Studies have shown that stress- related wakefulness can produce a vicious cycle by continuously cranking the HPA system. Feting the close relationship between sleep and stress systems is pivotal for advancing remedial approaches for sleep diseases.

3.Methodology

This study employs the Random Forest Classifier to predict stress levels based on sleeping habits. The methodology includes data collection, preprocessing, feature selection, model training, and evaluation.

3.1 Data Collection

The dataset used for this study includes parameters related to sleep and stress, such as snoring range, respiration rate, body temperature, limb movement rate, blood oxygen levels, eye movement, sleep duration, heart rate, and stress levels. Data were collected from various sources, including sleep monitoring devices and self-reported stress questionnaires.

3.2 Data Preprocessing

Data preprocessing involved handling missing values, normalizing the features, and splitting the data into training and testing sets. Outliers were detected and managed to ensure the robustness of the model.

3.3 Feature Selection

Relevant features were selected based on their importance to the stress prediction task. Techniques such as correlation analysis and feature importance ranking were used to identify significant features.

3.4 Model Training

The Random Forest Classifier was chosen for its ability to handle complex interactions between features. The model was trained using the training set, with hyperparameters tuned to optimize performance.

4. Results and Discussion

4.1 Model Performance

The Random Forest Classifier achieved a training accuracy of 100% and a test accuracy of 97%. This indicates the model's high predictive accuracy and ability to generalize to unseen data. Detailed performance metrics are as follows:

- Precision: 96%

- Recall: 95%

- F1-score: 95%

5. Condition:

System Conditions

- **Tackle Conditions:**
    - Processor: Pentium i3
    - Hard Disk: 500 GB
    - Monitor: 15’’ LED
    - Input Devices: Keyboard, Mouse
    - RAM: 4 GB
- **Software Conditions:**
    - Operating System: Windows 10
    - Programming Language: Python 3.10.9
    - Web Framework: Flask

6. Conclusion

The 'Mortal Stress Discovery Grounded on Sleeping Habits Using Machine Learning with Random Forest Classifier' design marks a notable advancement in stress operation and the analysis of sleep patterns. By employing the Random Forest Classifier and incorporating colorful sleep- related parameters, the system aims to directly prognosticate stress situations grounded on sleeping habits. The design's advantages include bettered delicacy, robustness to outliers, and the capability to handle non-linear connections between sleep parameters and stress situations. The system's point significance analysis and

nonstop literacy capabilities give precious perceptivity into stress position prognostications and rigidity to changing sleep patterns. Through its stoner-friendly interface and comprehensive analysis, the design has the implicit to revise stress operation practices and promote overall well- being.

References

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