

ABSTRACT OF THE DISCLOSURE

CLUSTER-BASED SLEEP ANALYSIS

Various types of data can be collected regarding the physical or mental health of a user, as may relate to sleep of the user over a period of time. Health metrics can be determined from this data that can enable the user to be associated with a particular health type or category. For sleep, this can include associating the user with a sleep animal that has specific characteristics. This can help a user to better understand that user's sleep, and how that sleep compares to sleep of others. In addition to being able to provide health information in a way that is easy to understand, such an approach can also help to make more accurate recommendations or take specific actions to help improve the health of a user, such as to improve sleep. This can include making recommendations to a user or automatically adjusting operation of at least one device.

[Fig.1]