Abstract

SMART SLEEP MANAGEMENT SYSTEM

In one aspect of the present invention, a method of managing and monitoring sleep of a user, the method comprising, monitoring, by a smart wearable device, at least one activity of the user. The user activity is at least one of, step movement, sleep, heart rate, body temperature. Identifying, by the smart wearable device, at least one status of user, wherein, the status is at least one of sleep and active and activating, by the smart wearable device, a first rule, wherein the first rule comprises one or more instructions to suppress the screen display of the subject smart wearable device, when the user is at sleep status and wrist of the user is lifted. In an embodiment, the one activity is identified by means of user's heart rate value and accelerometer data of the smart wearable device. In another embodiment, the sleep status and position of wrist of the user is identified by means of accelerometer position sensors and gyroscope data of the smart wearable device.

[FIG. 3]