Invention Title: **Smart Swinging Bed for Young Adults and Elderly with Sleeping Disorders**

Abstract: Smart Swinging Bed for Young Adults and Elderly with Sleeping Disorders futures (herein after Claims 1 to 5 and Figures 1 to 7) (a) to divert the mind of the users from various thoughts such as worrying about work, school, personal life, financial problems, health, and medication issues, and etcetera during their bedtime. (b) to calm down and relax the body to fall asleep. (c) to bring back the exact biological mechanism we used to have during our infant stage in a cradle to fall asleep soon. (d) to closely interact with the sleeping monitor(s) worn by the users during their bedtime and forecast their sleep disturbances well in advance and start swinging the bed automatically to aid continuous sleeping without interruption. (e) to help circulate blood and balance body fluid from lower limbs while swinging back and forth. (f) to provide a luxurious lifestyle.

Figure 7