

Wellmo data

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Oleg Kit

Focus

Stress

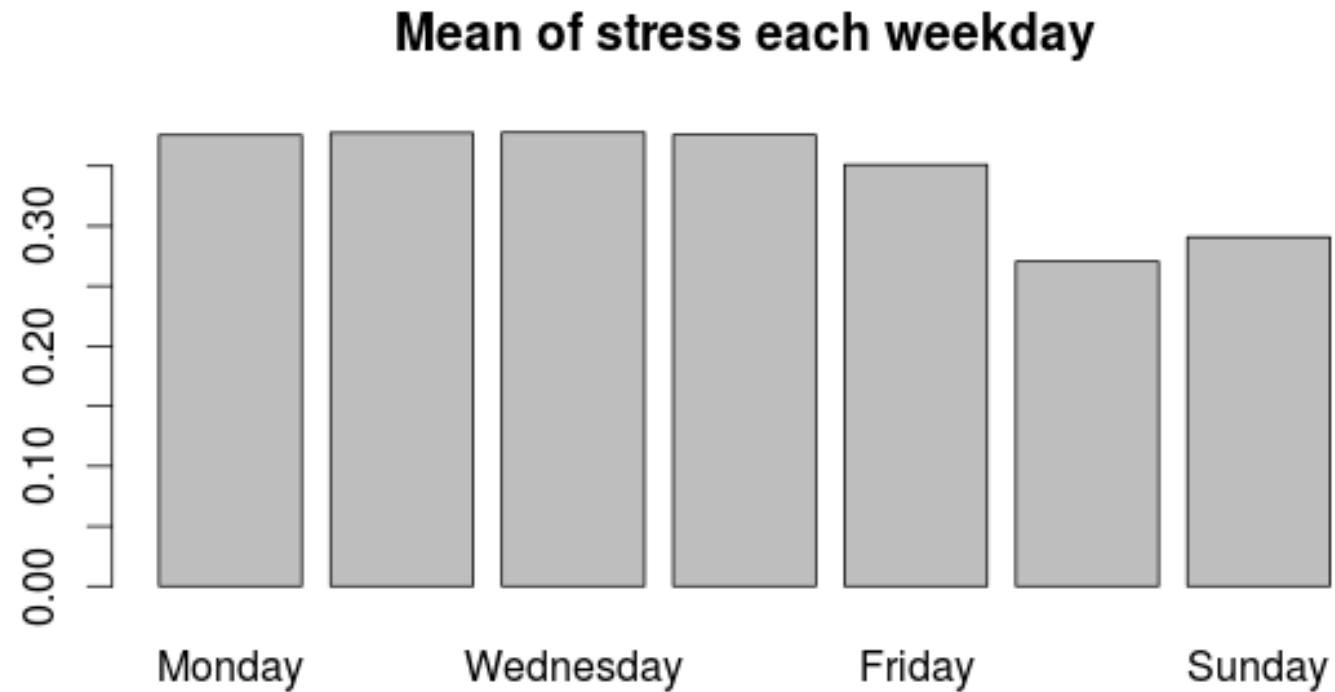
Alcohol

Mood

Sleep

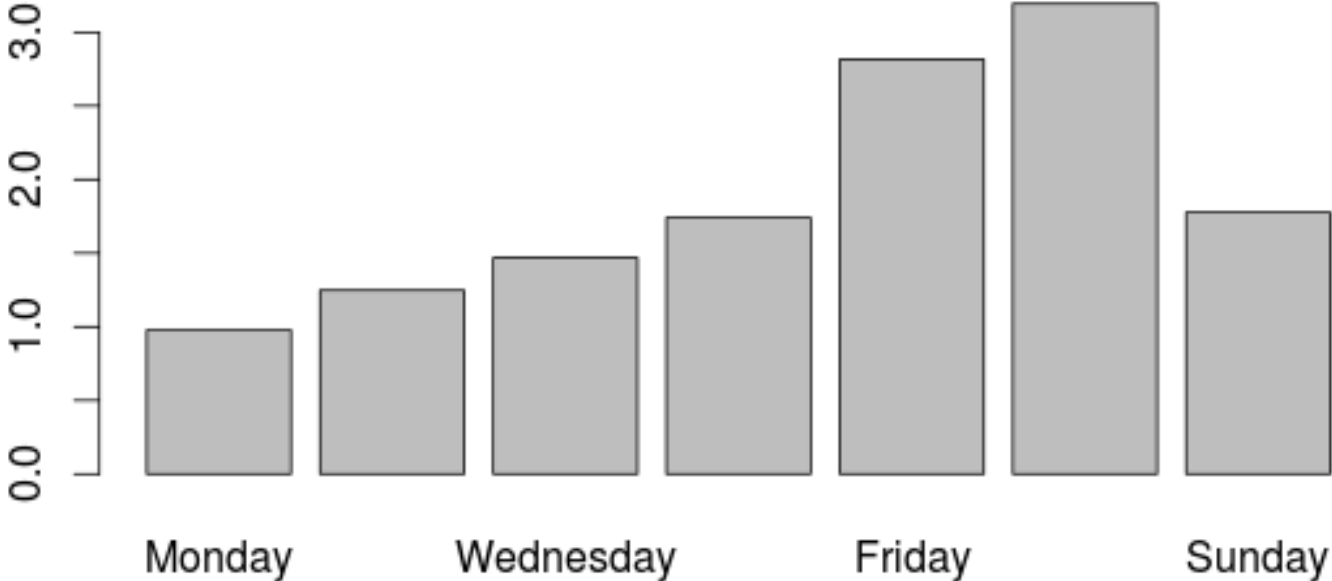
Alcohol and Stress

Stress



Alcohol

Mean of alcohol servings each weekday



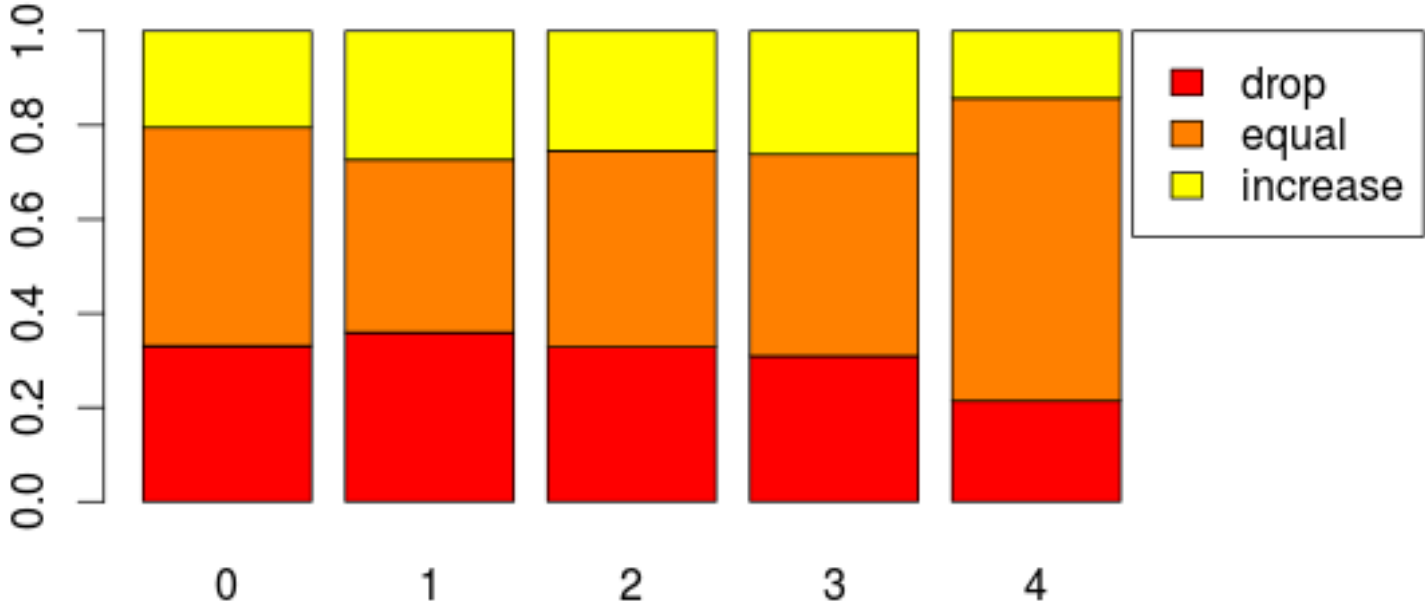
Alcohol vs Stress

Hypothesis:

There is a correlation.

Alcohol vs Stress

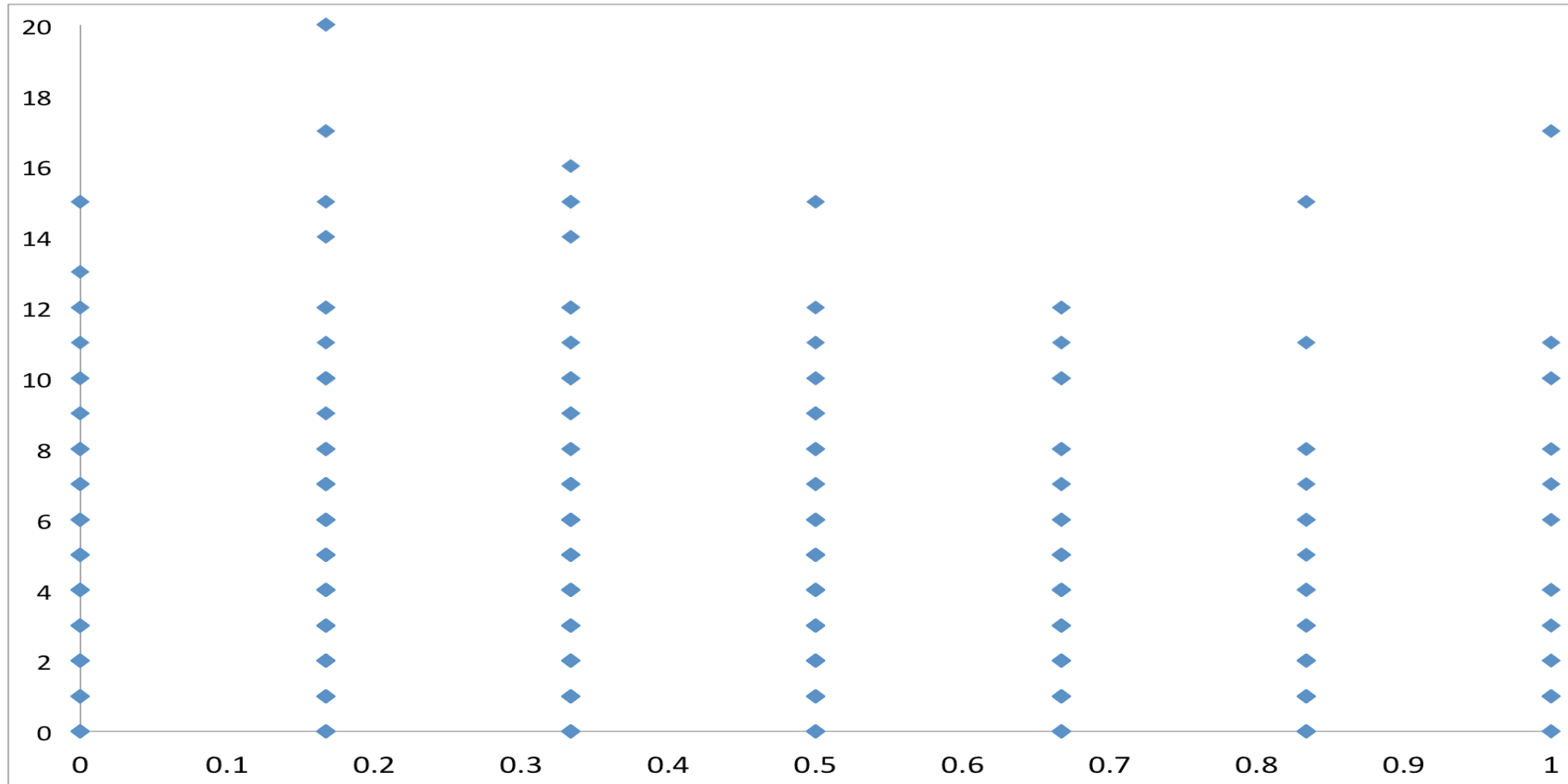
change in stress by alcohol servings during weekdays



Alcohol vs Stress



Alcohol vs Stress



Alcohol and Stress

No!

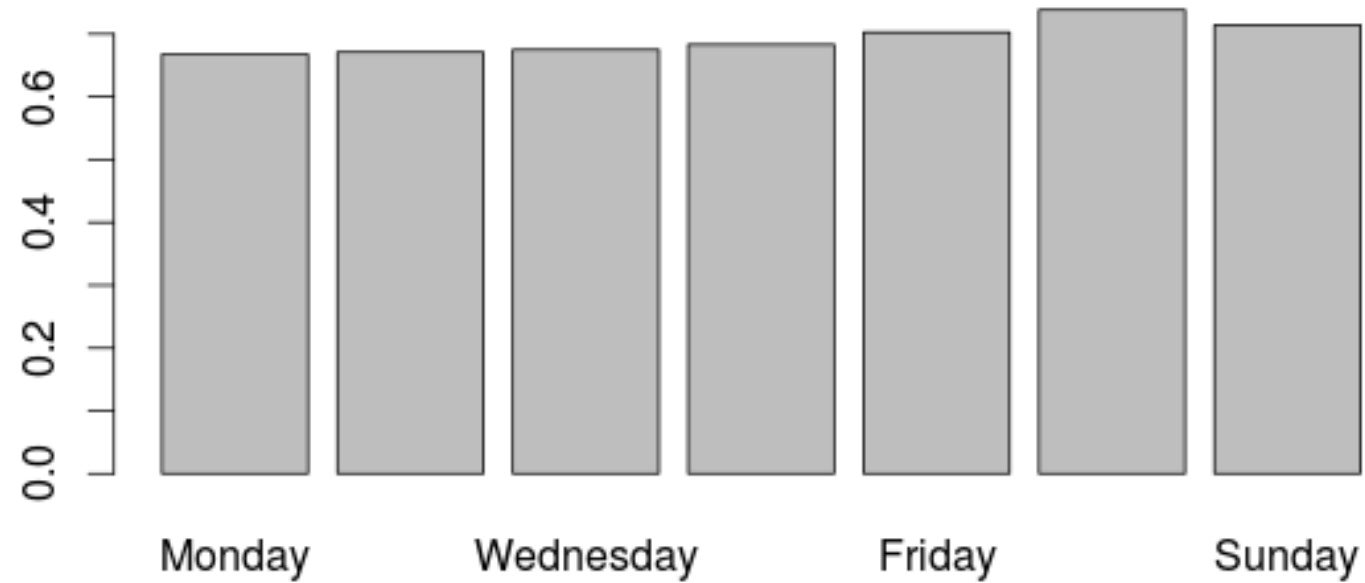
Mood and Sleep

Is Mood related to Sleep data?

Intuitively “yes”, but is it factual?

Mood

Mean of mood each weekday



Sleeping Patterns

Depending on the day of the week



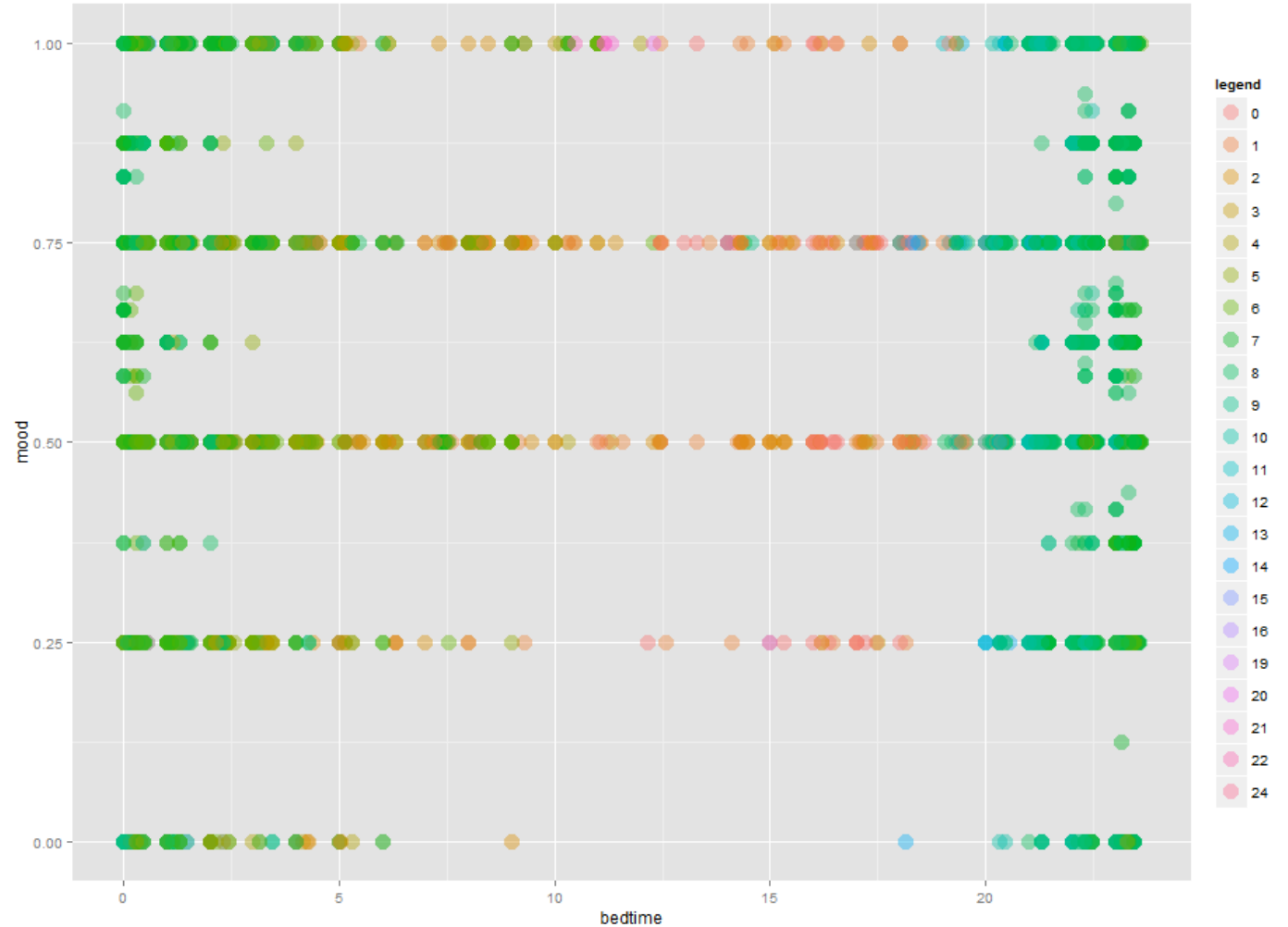
Sleeping Patterns

Depending on the reported mood



Mood Patterns

By amounts of
hours slept
(mean per day)



Refactored Data

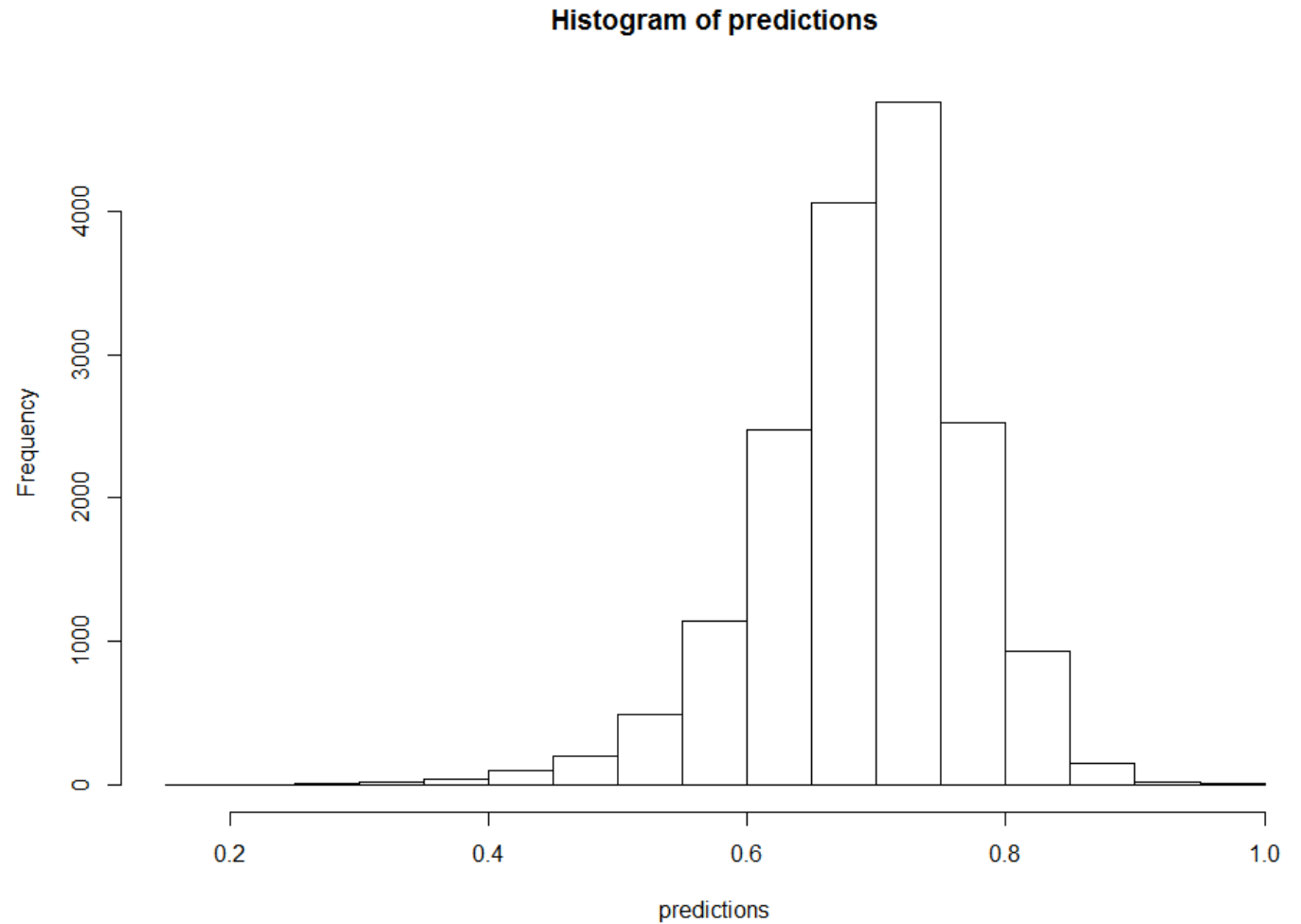
Challenge!

Reconstructed data to obtain persons with mood and slept information.

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sleep, day section, week day, bedtime, wakeuptime, mood  
day section, mood changes, mood
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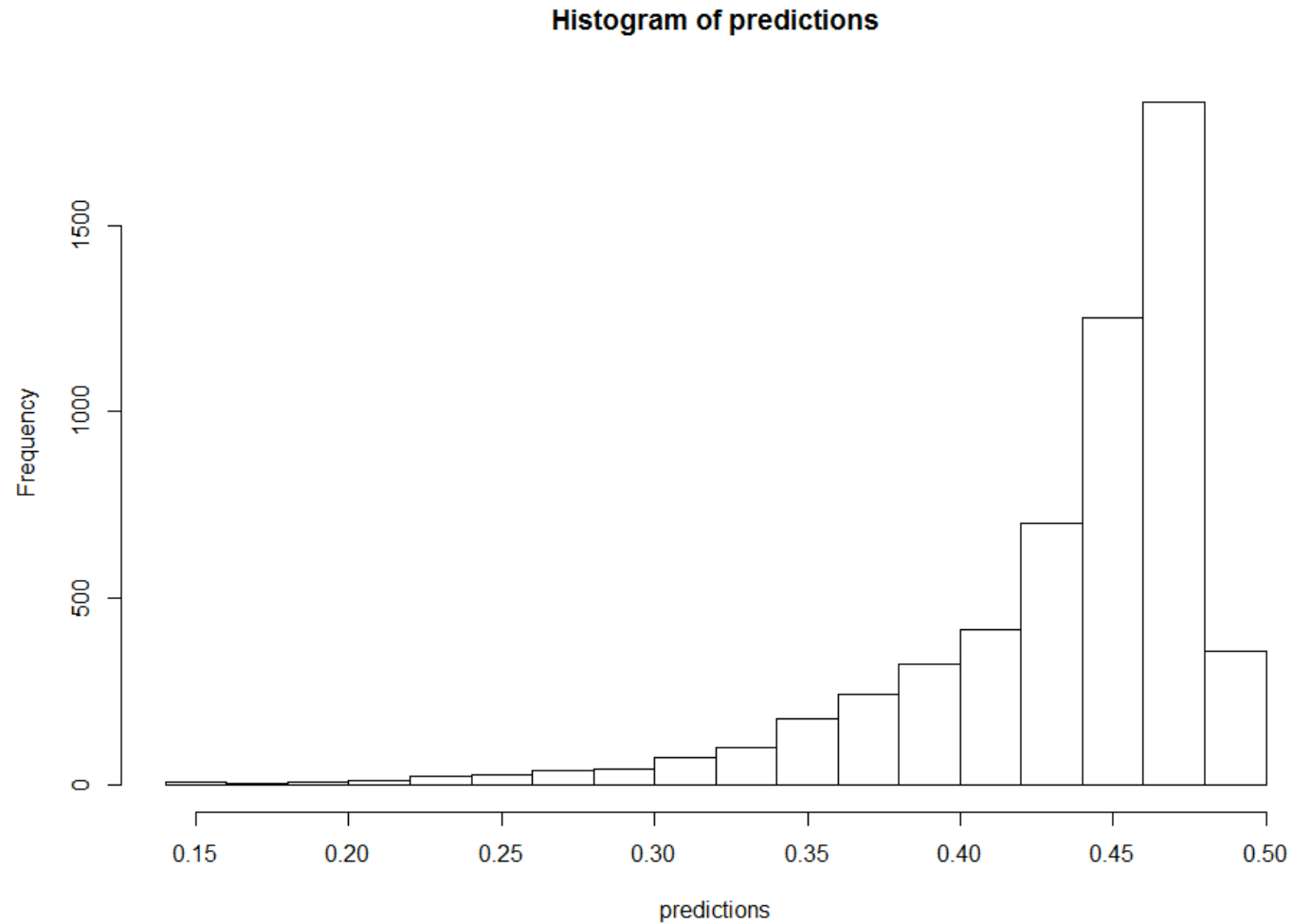
Mood and Sleep Predictions

Random Forest



Mood and Sleep Predictions

Random Forest



Predictive Model Performance

96% - All moods

88% - Negative moods