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Stress Analysis and Care Prediction using IOT and Thing Speak

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Abstract: *We have developed a stress analysis system to accurately detect the stress level of the person. The stress care industry has embraced information and communication technologies, especially with recent advancements like the Internet Of Things (IoT). Hospitals are now using mobile devices connected through IOT and Wi-Fi for efficient communication among medical professionals and staff. This paper introduces a new approach to leverage IOT in healthcare, emphasizing improved services through mobility. stress care methods within IOT, It covers various stress care methods such as wireless monitoring, U-Stress care, and age-friendly stress care. The proposed system outlines a comprehensive monitoring cycle and an effective stress analysis system using IOT. The experimental results demonstrate its reliability during different medical emergencies. The system combines microcontrollers with sensors for collecting data, IOT for analyzing data, and Thing Speak for visualizing data.*

Keywords: stress analysis, healthcare, IOT, Thing Speak

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