

# Design of Smart Pillow for Improvement in Sleep Quality

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**Abstract:** *The design of smart pillow is used for improve the sleep quality. For a human proper sleep is necessary. The pillow is design to detect and respond to snoring. The technology which is help us to development of the smart pillow. Smart pillow is connected with a sensor to track the temperature, stress level and sleeping posture. The pillow can consider non-physiological factors like sleeping hours, snoring range, sleeping posture. In this smart pillow, the memory foam is also used in it that helps to adjust the shape of our head and neck. The whole data will be accessed via mobile apps. The stress level is increase day by day. Smart pillow helps in peaceful and deep sleep.*

**Keywords:** Smart Pillow, Memory Foam, Sleep Quality, Sleeping Posture