



# GL Synopsis: Better Well-Being Through Sleep

Heart Rate Variability (HRV) is said to be an indicator of well-being as it reflects our body's stress-response. Any sources of stress, including poor sleep, unhealthy diet, poor relationship, isolation can affect our well-being and therefore HRV data. This project aims to explore one aspect of stress management – sleep, and its effect on HRV.

This GL project aims to allow students to:

- 1) explore on the topic of using HRV as a measure of well-being,
- 2) Track and understand their sources of stress and how it affects their well-being
- 3) Monitoring effects of changes on sleeping habits to their personal well-being
- 4) Initiate a campus project based on their findings

No. of students for GL: up to 3

Interested students may contact Ms Pang at [senghui@tp.edu.sg](mailto:senghui@tp.edu.sg) for a preliminary discussion