

Design and implementation of a snoring detection and prevention pillow

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Abstract: This topic focuses on designing and implementing a smart pillow system capable of detecting signs of snoring and providing preventive measures. Through theoretical research combined with experimentation, the goal of the topic is to improve users' sleep quality and minimize the negative impacts caused by snoring. It is expected that this system will provide a useful solution for families and patients suffering from insomnia or frequently experiencing snoring.

Keywords: Smart pillow, snoring detection, sleep improvement, biotechnology, automation system