Predictive analytics, powered by artificial intelligence, has brought about a transformation in healthcare by enabling accurate forecasts of patient outcomes. Machine learning algorithms scrutinize extensive datasets, encompassing electronic health records, information from wearable sensors, and physiological signals, to pinpoint anomalies and anticipate potential health concerns (Rane et al., 2024a). Concurrently, AI is utilized in sleep monitoring systems to identify irregular sleep patterns and deliver practical insights, thereby assisting users in enhancing their overall sleep quality.

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