International Journal of Academic Multidisciplinary Research (IJAMR)
ISSN: 2643-9670
Vol. 9 Issue 12 December - 2025, Pages: 191-195

IoT-Based Smart Bed System for Sleep Quality and Health Monitoring

Mark Joeven C. Orpilla, Clarisse Gia A. Ligon, Neil Marion P. De Guzman, Khimberly DC. Amatorio, Krizia Mae P. Genovia

Mark Joeven C. Orpilla
Master in Information Technology
Bulacan Agricultural State College
Bulacan, Philippines
markjoeven0004@gmail.com

Clarisse Gia A. Ligon
Master in Information Technology
Bulacan Agricultural State College
Bulacan, Philippines
clarisse.gia6@gmail.com

Neil Marion P. De Guzman
Master in Information Technology
Bulacan Agricultural State College
Bulacan, Philippines
mynameisneil.marion@gmail.com

Khimberly DC. Amatorio
CADO and ARAO
Bulacan Agricultural State College
Bulacan, Philippines
khimberlyamatorio21@gmail.com

Krizia Mae P. Genovia
Master in Information Technology
Bulacan Agricultural State College
Bulacan, Philippines
kriziamaegenovia@gmail.com

Abstract: *Sleep is a vital human function that significantly affects health, productivity, and quality of life. However, many individuals experience poor sleep due to unmonitored body posture, environmental factors, and inconsistent sleeping habits. This study proposes the design and development of an IoT-Based Smart Bed System that integrates sensors and automation to monitor, analyze, and optimize sleep conditions. The system collects data from body pressure, temperature, and movement sensors to provide real-time adjustments and feedback through a cloud-based platform. By utilizing Internet of Things (IoT) technology, the system enhances user comfort and supports data-driven sleep improvement.*

Keywords— Internet of Things (IoT), Smart Bed, Sleep Monitoring, Automation, Health Technology

1. INTRODUCTION

The rapid expansion of the Internet of Things (IoT) has transformed how humans interact with their environment by enabling communication between devices, sensors, and systems. IoT technologies are now widely applied in areas such as healthcare, home automation, and environmental monitoring [1], [2]. These technologies allow the creation of intelligent ecosystems that improve convenience, safety, and health outcomes.

Sleep quality, a critical determinant of health and productivity, is one area where IoT applications are gaining traction. Studies have shown that insufficient or poor-quality sleep can lead to numerous health problems, including cardiovascular issues, cognitive decline, and mental fatigue [3]. Traditional methods of improving sleep rely on self-reporting or external monitoring, which are often inaccurate or inconvenient.

To address these challenges, researchers have begun to explore smart sleep systems that use sensors, data analytics, and automation to optimize sleeping conditions [4], [5]. Existing commercial products, such as smart mattresses and wearable trackers, offer partial solutions but often lack adaptive functionality or system integration.

This paper proposes an IoT Smart Bed that combines multiple features into a single integrated system. It is envisioned to automatically adjust to the user's body posture, monitor vital signs, and provide a non-intrusive wake-up experience. The design assumes that real-time feedback and adaptive control can lead to measurable improvements in sleep comfort and overall well-being.

2. RESEARCH PROBLEM

Despite the availability of various smart home technologies and health-monitoring devices, many individuals continue to experience poor sleep quality due to the lack of integrated systems capable of real-time adaptation and analysis. Existing sleep monitoring solutions often rely on manual adjustments or single-function sensors that fail to respond dynamically to body movements, posture changes, and environmental variations. Moreover, most systems do not provide actionable feedback or data-driven recommendations to improve sleep health.

The general problem of this study focuses on addressing the limitations of existing sleep monitoring and adjustment technologies. Specifically, it seeks to determine how an IoT-based Smart Bed System can be designed and developed to enhance sleep quality, comfort, and health monitoring through real-time sensing, automated adjustments, and intelligent data analytics.

To address the general problem, this study aims to answer the following specific research questions:

1. How can the IoT Smart Bed System be designed to accurately detect user posture, body movement, and temperature using integrated sensors?
2. How can the collected sensor data be processed and transmitted to a cloud platform for real-time monitoring and analysis?
3. How can the system automatically adjust bed configurations or environmental conditions based on detected sleep data?
4. What is the perceived usability, reliability, and efficiency of the proposed IoT Smart Bed System in improving sleep comfort?

3. Related Works

The Internet of Things (IoT) has enabled significant advances in smart health systems, particularly those that aim to improve sleep quality and overall well-being. Chen et al. [1] provided an extensive overview of Body Area Networks (BANs) and their applications in health monitoring, emphasizing the role of interconnected sensors in capturing physiological data. Gubbi et al. [2] discussed the architectural elements of IoT systems, highlighting how cloud integration supports scalable and intelligent environments—an approach directly relevant to the proposed IoT Smart Bed framework.

In the field of sleep monitoring, Park et al. [3] developed an IoT-based smart sleep system capable of tracking posture and sleep patterns through embedded sensors. Similarly, Zhang et al. [4] proposed a pressure-sensitive pillow for detecting respiration and movement, demonstrating the feasibility of non-invasive monitoring. Kim and Lee [5] utilized deep learning algorithms to classify sleep stages using wearable devices, showcasing the potential of artificial intelligence for health analytics.

From a commercial perspective, smart mattress solutions such as Sleep Number® and Eight Sleep® have introduced consumer-level products that can adjust temperature and monitor sleep metrics. However, these systems typically rely on proprietary ecosystems with limited data access and minimal adaptability [6].

More recently, Rahman et al. [7] introduced an IoT-based framework that integrates artificial intelligence with IoT technologies to personalize health monitoring, underscoring the growing trend toward intelligent automation.

Despite these advancements, most existing systems focus on data collection or monitoring alone, rather than combining sensing, analysis, and adaptive response into one integrated platform. The proposed IoT Smart Bed System builds upon these works by merging multi-sensor monitoring with real-time actuation and data-driven analytics, offering a comprehensive and adaptive solution for improving sleep comfort and health awareness.

4. Methodology

The development of the IoT-based Smart Bed System followed a developmental-descriptive research design that integrates both hardware and software components. The methodology focused on designing, implementing, and evaluating a functional prototype capable of real-time sleep monitoring, data collection, and automated bed adjustments. This approach ensured that both the technical performance and user-centered aspects of the system were examined throughout the development process. The study emphasizes iterative refinement to achieve a balance between functionality, usability, and comfort.

4.1 Research Design

This study adopts the Prototyping Model of system development. The model supports iterative improvement through repeated cycles of design, testing, and user feedback. The process begins with identifying system requirements and designing an initial prototype based on feasibility and resource considerations. Each prototype iteration undergoes functionality and performance evaluations, allowing modifications until the final version meets the objectives of reliability, efficiency, and user satisfaction.

4.2 System Architecture

The proposed system architecture integrates multiple layers that function collaboratively to support sensing, processing, and decision-making operations. The sensing layer consists of pressure, temperature, and motion sensors that detect physiological and positional data. The processing layer—powered by a microcontroller such as ESP32 or Arduino—handles data filtering and control logic. The connectivity layer uses Wi-Fi to transmit sensor data to a cloud platform for storage and analysis. The application layer provides users with a graphical interface to visualize sleep data and system feedback through a mobile or web application.

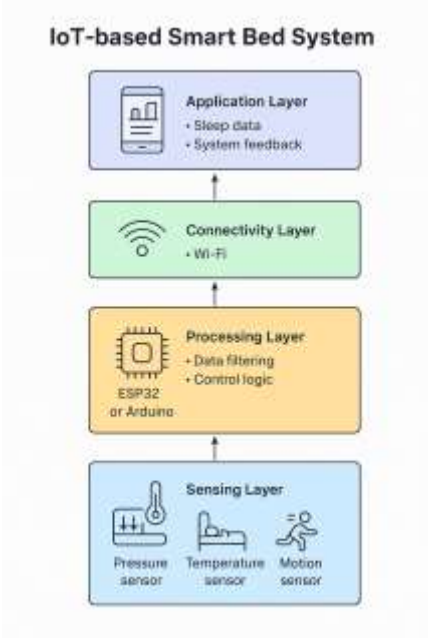

Fig. 1. *The overall system architecture of the IoT-based Smart Bed System.*

4.3 System Algorithm

The IoT Smart Bed system operates based on a continuous monitoring and control loop governed by the following algorithmic process:

1. Data Acquisition – Pressure, temperature, and motion sensors collect real-time sleep data.
2. Preprocessing and Filtering – The microcontroller cleans and processes raw signals to eliminate noise and identify significant patterns.
3. Decision-Making – Conditional logic determines whether to adjust the bed's firmness or send alerts based on posture or comfort thresholds.
4. Actuation and Feedback – Motors or actuators automatically adjust the bed configuration, while updates are sent to the user interface for monitoring.
5. Data Storage and Analytics – Processed data are stored in a cloud database for historical tracking and further analytics.

The core algorithm interprets real-time sensor input, evaluates comfort parameters, and triggers actuators for bed adjustments.

Pseudo-algorithm outline:

```
Start
  Read sensor data (posture, temperature, motion)
  Analyze sleep condition
  If discomfort detected:
    Adjust bed position or temperature
  Transmit data to cloud
  Update user dashboard
End
```

4.4 Implementation Details

The prototype will be developed using an ESP32 microcontroller, chosen for its built-in Wi-Fi capability and energy efficiency. Key sensors include pressure pads for posture detection, DHT11 for temperature and humidity sensing, and an accelerometer for movement detection. The system communicates with a Firebase or ThingSpeak cloud platform for real-time data storage and visualization. A mobile or web-based dashboard will be developed using HTML, CSS, and JavaScript to display metrics such as sleep duration, comfort score, and environmental conditions. Hardware integration will prioritize safety, stability, and low power consumption.

4.5 Theoretical Foundations

This research is grounded on three main theoretical domains:

1. Internet of Things (IoT) – Provides the foundation for enabling communication between physical devices and cloud infrastructure, supporting automation and monitoring.
2. Embedded Systems Theory – Explains how hardware components and firmware work together in a cohesive, responsive unit to perform real-time control operations.
3. Data Analytics Frameworks – Support the transformation of raw sensor data into actionable insights, enhancing personalization and continuous improvement of user comfort and sleep health.

5. RESULTS AND DISCUSSION

The development of the IoT-based Smart Bed System is expected to demonstrate the potential of integrating IoT technologies, embedded sensors, and automation to improve sleep quality and user comfort. Although the system has not yet undergone empirical testing, this section presents the assumed results and expected behavior of the prototype based on its design specifications and theoretical framework.

5.1 System Performance

It is expected that the IoT Smart Bed will operate with high responsiveness and low latency in processing sensor data. The sensors are assumed to accurately capture user movement, body pressure distribution, and temperature fluctuations. The microcontroller should be capable of handling multiple inputs simultaneously and transmitting data to the cloud in near real time. The wireless communication module is expected to maintain stable connectivity with minimal data loss during transmission.

5.2 User Comfort and Adaptability

Through the integration of real-time sensor feedback, the system is projected to automatically adjust bed firmness and positioning to match the user's posture and comfort level. These adjustments are anticipated to result in improved spinal alignment and reduced sleep disturbances caused by discomfort or poor positioning. Additionally, the non-intrusive nature of the sensors is expected to enhance user acceptance and minimize behavioral interference during sleep.

5.3 Data Monitoring and Visualization

The system is expected to effectively transmit and store sleep-related data to a cloud platform, enabling the visualization of metrics such as total sleep time, movement

frequency, and temperature variations. The accompanying mobile or web dashboard is projected to provide clear and meaningful data presentation through graphical summaries, allowing users to gain insight into their sleeping patterns. Over time, these analytics could help users identify factors that negatively influence their sleep and make informed lifestyle adjustments.

5.4 Anticipated Benefits

The successful implementation of the IoT Smart Bed prototype is expected to yield the following benefits:

1. Enhanced Sleep Quality – Through adaptive posture correction and environmental control.

2. Personalized Feedback – Based on long-term data analysis and user-specific trends.

3. Health Awareness – Early detection of irregular sleep behaviors or restlessness.

4. Improved Automation – Seamless adjustment without manual intervention, improving convenience and energy efficiency.

5.5 Potential Limitations

The expected performance of the system may be influenced by several technical and environmental factors. Sensor calibration and environmental noise could affect data accuracy, while connectivity interruptions might delay cloud synchronization. Power consumption and component durability will also be important considerations for long-term operation. Moreover, user comfort and perception may vary depending on individual preferences, emphasizing the need for usability testing in future development stages.

6. CONCLUSIONS AND RECOMMENDATIONS

This study presented the conceptual design and development methodology of an IoT-based Smart Bed System aimed at improving sleep quality, comfort, and health monitoring through the integration of IoT technologies, embedded sensors, and intelligent automation. The system's conceptual framework illustrates how real-time sensing and adaptive response can enhance user experience and promote healthier sleep behaviors.

The proposed smart bed is envisioned to monitor body posture, movement, and environmental conditions, while dynamically adjusting its configuration to maintain user comfort. Although the system has not yet been implemented, its design demonstrates the feasibility of combining IoT, cloud computing, and data analytics in addressing sleep-related challenges. The integration of non-intrusive sensing and intelligent feedback mechanisms positions this concept as a promising innovation in the field of smart healthcare and home automation.

Overall, the IoT Smart Bed highlights the potential of technological convergence between IoT, health informatics, and ergonomics in creating responsive and user-centered systems that enhance daily living and personal well-being.

Based on the findings and projected outcomes of this study, the following recommendations are proposed for future research and implementation:

1. Prototype Development and Testing – Future work should focus on constructing a fully functional prototype to evaluate system performance, accuracy, and usability under real-world conditions.

2. User Experience Evaluation – Conduct user testing to assess comfort, adaptability, and the overall effectiveness of automated bed adjustments in improving sleep quality.

3. Integration of Artificial Intelligence (AI) – Incorporate machine learning algorithms to analyze long-term sleep data and generate personalized sleep improvement recommendations.

4. Enhanced Connectivity and Interoperability – Expand the system to interact with other smart home devices such as lighting, air conditioning, and health monitoring systems for a holistic smart environment.

5. Energy Efficiency Optimization – Explore low-power hardware configurations and energy management strategies to ensure sustainability and longer operational lifespan.

6. Data Privacy and Security Considerations – Implement strong encryption and privacy protection protocols to safeguard user health data transmitted over IoT networks.

Through these recommendations, the IoT Smart Bed System can evolve from a conceptual design into a fully functional, user-adaptive, and intelligent sleep management platform that contributes meaningfully to the growing field of IoT-driven health innovations.

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