Development of an Iot-Driven Enhanced Baby Monitoring Smart Cradle System

KALPAVI C Y[1,*], SUJATHA B M[2]
[1]Department of Electronics and Communication Engineering,
Dayananda Sagar Academy of Technology and Management,
Bangalore, Karnataka,
INDIA

[2]Department of Computer Science and Engineering,
Acharya Institute of Technology,
Bangalore, Karnataka,
INDIA

*Corresponding Author

Abstract: - The current paper outlines the creation of a smart cradle system that would combine real-time surveillance, automation, and safety features that are applicable in both home baby growth and neonatal care unit settings. The cradle overcomes major caregiver issues, including the detection of infant vocalizations and the monitoring of mattress wetness, optimal environmental conditions, and proper illumination in a low-light environment by using the advanced Internet of Things (IoT) technologies. The system has in-built features of autonomous rocking, relaxing music with rotating toys, live video streaming to be supervised remotely, and an alarm in case of prolonged crying. Moreover, motion detectors distinguish between sleeping and awake and give more details of infant behaviors. The smart cradle in the neonatal unit has minimized the workload of the caregiver by automating the processes related to care and maintaining the comfort and safety of the infants. All these aspects of the user-intuitive design and intelligent features provide a holistic approach to modern baby care, whereby there can be potential to increase the confidence levels of the parents and also provide an optimal setting of neonatal care.

Key-Words: - Smart Cradle, Automatic rocking, Vocalization, Neonatal care unit, Internet of Things, Motion detector, Neonatal care.

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1 Introduction

The early stages of infant development require constant care to ensure the safety, comfort, and general well-being of the infant. Caregivers, either at the residential home set up or in the neonatal care unit often experience excessive physical and emotional challenges relating to infant care, [1]. Manual cradles and simple baby monitors are not enough to fulfill the infants' changing and personal needs, [2], [3]. In the context of neonatal units, a caregiver has to keep track of several infants, identify cries, formulate calming off systems, and regulate light during low-light settings, [4]. The suggested system will combine motion detection and live video streaming to deliver constant data regarding infant condition and movement to the caregivers, [5], [6].

The smart cradle system has a great potential to ease the workload of healthcare professionals by automating the work routines, i.e., rocking or environmental monitoring, in such environments. As a result, the caregivers will be able to focus on the essential medical care as well as guarantee the comfort and safety of every infant. Fused with the high-level monitoring, intelligent reactiveness, and distance accessibility, the system fills the gap between traditional infant care approaches and the increasingly high need for adaptive and smart approaches to infant care in the home and clinical settings.

2 Literature Survey

The practices as safe sleep was studied in the neonatal intensive care unit (NICU), where the researchers emphasize the importance of adopting safety measures as early as possible and regularly. A local quality-improvement program was implemented in several NICUs and educated personnel on the safe sleeping measures and provided standard care guidelines, [7]. The results of the surveys, observations, and patient records gathered throughout the period of several months showed that the adherence to protocols improved, the number of sleep-related injuries decreased significantly, and the staff compliance and education were constantly improved.

The clinical and behavioural results of early adoption of safe sleep practices in NICUs are clearly increased infant safety, and quality of care, which is measurable. In [8] proposed an IoT-based monitoring cradle that was designed to revolutionize baby care by providing real-time monitoring of the health conditions of the baby. The cradle is designed to have sensors that track the temperature, heart rate, and cry patterns, and the continuous analysis and transmission of the data to the smartphones of caregivers through a simple interface. Health monitoring can be conducted remotely, and anomalous readings can be issued to speed up response to possible health issues to improve safety and reduce risk. The technological innovation enhances the efficiency of the caregiving process and allows parents and caregivers more peace of mind setting a new standard in contemporary caregiving solutions by using the IoT.

The article [9] introduces the so-called Techno Cradle, a smart system aimed at developing infant health monitoring and safety through advanced sensor integration. The system is fitted with numerous sensors that capture the temperature, heart rate, and movement patterns and transmit the information wirelessly through the IoT to a specific mobile application that can allow real-time monitoring. Abnormalities are generated when there are abnormalities, thus, creating an opportunity to intervene in time and minimize risk of health risks. The Techno Cradle is a dependable, effective infant health monitoring product that provides quality caregivers with peace of mind, and it is a great example of how IoT can be used to improve the effectiveness and safety of the caregiving process.

An IoT-based smart cradle was created to track the health of a baby and to guarantee that it is healthy based on advanced technology. The cradle is fitted with various sensors that measure temperature, movement as well as cry patterns. Data would be gathered and sent through an IoT platform and transmitted to the mobile devices of the caregivers to allow unhindered observation. Caregivers are informed about anomalies of high temperature or excessive crying by real-time alerts and can act on the baby in time. This is a revolutionary cradle that improves the responsiveness of the caregiver to ensure infants are given attention on time. The IoT system is a secure and efficient way to monitor the health of young people, which is why automating health control is a promising avenue to make infant spaces smarter and safer, which can be exemplified by the fact that the IoT integration can help transform infant spaces to be smarter and safer.

3 Problem Statement

Rearing infants and especially in the initial stages of life comes with a lot of problems for the parents and other caregivers. The traditional ways of taking care of babies (manual cradles and primitive baby monitors) are limited in their features and require human attention at all times. There is a common experience of caregivers finding it hard to attend to the needs of the infant on time, be it responding to crying, wet diapers, or the best environment. Such care gaps have the potential to result in slow response, increased stress among the caregivers, and lack of real-time information on the welfare of the baby. The workload of the caregiver is further stepped up in the neonatal care units where several infants are to be constantly attended to.

The traditional ways of neonatal care are based on human intervention and monitoring, which may lead to omissions and exhaustion of caregivers, thus threatening the quality of provided services. The rarity of smart systems that can be used to automate and synchronize various caregiving tasks presents a heavy load to the caregivers and therefore undermines the delivery of efficient, personalized, and attentive care. In this respect, a new, automated system is justified, one that provides real-time surveillance [10], automated responses, and teleaccess to provide the safety, comfort, and wellness of the infants and reduce the burden and stress experienced by caregivers. Such a system should be envisioned based on the advanced knowledge about infant care, incorporating modern technologies, i.e. IoT [11], [12], automation, and real-time alerts, to take care of not only parents at home, but also caregivers at neonatal units.

4 Objectives

The main goal of this project is to develop a smart cradle system that will ensure infant safety, comfort, and well-being due to the use of the latest technologies. The system will aim to robotize the everyday baby care solutions, such as crying recognition, mattress dampness detectors, and cradle rocking, in order to ease the pressure on the parents and the care staff. It also tries to offer real-time environmental control [13] or temperature, humidity, and light intensity to ensure optimum condition to the infant. One of the secondary aims is to ensure remote monitoring through live video feeds and notifications so that the caregivers are always in touch with the needs of the infant. The system aims to maximize the caretaker responsibilities at the neonatal care units and provide prompt answers to infant needs. The project also aims to provide a complete package, which meets the physical comfort of the infant and emotional comfort of the caregiver, eliminating the stress and giving the caregiver peace of mind to the features like relaxing music, adjustable lights, and movement sensors, [14]. Finally, the system will seek to use the newest technologies, such as the Internet of Things, and automation, to shift the traditional infant care paradigm.

5 Methodology

Formulation of an intelligent infant cradle will require the support of sensors, microcontrollers, and self-operating mechanisms to improve the level of neonatal care. The structural frame of the cradle is designed to be stable and equipped with strategically placed moisture, acoustic, temperature, and infrared sensors (IR) to obtain relevant physiological and environmental information in the best way possible. Calibration of the sensors ensures that the threshold parameters are accurate enough to detect moisture, crying, temperature variations, and movement. Gathered information is manipulated by a microcontroller, which makes the device possible to take responsive actions, including the oscillatory movement, in reaction to crying, as seen in Figure 1 (Appendix). A Wi-Fi module will be integrated to enable real-time monitoring through a safe cloud database, and a companion mobile application will provide messages, historical data, and remote control of the device. The system uses robotic and other automated systems to offer a power-efficient rocking system that is comfortable and energy efficient. Extensive testing and verification of the process ensures the accuracy of the sensors, system sensitivity, as well as adherence to safety standards. The efficiency of costs is optimized by the selective sourcing of ingredients and scalable production techniques. The prototype in the field becomes active user feedback to inform the successive optimization of the hardware and software to obtain a system that is efficient, safe, and intelligent parental assistance in the modern environment.

5.1 Proposed State-Space Model

A state-space model formalizes the cradle dynamics, treating sensor inputs as disturbances and outputs as measurable states. Define the state vector $\mathbf{x}(t) = [T(t), H(t), L(t), M(t), C(t)]^T$, where T is temperature (°C), H humidity (%), L light intensity (lux), M motion level, and C cry intensity (dB). The discrete-time model is:

$$\mathbf{x}(k+1) = A\mathbf{x}(k) + B\mathbf{u}(k) + \mathbf{w}(k) \quad (1)$$

$$\mathbf{y}(k) = C\mathbf{x}(k) + \mathbf{v}(k) \quad (2)$$

Here, A is the state transition matrix (e.g., diagonal with decay rates like 0.95 for temperature stability), B maps control inputs $\mathbf{u}$ (rocking speed, fan speed), $\mathbf{w}$ process noise, $\mathbf{y}$ observed sensor data, and C output matrix. This allows Kalman filtering for state estimation, improving cry/motion detection accuracy beyond the paper's 95-98% empirical results.

5.2 Control System Formulation

For automation (e.g., rocking on cry detection), use a PID controller minimizing comfort error $e(t) = T_{opt} - T(t)$ for temperature:

$$u(t) = K_p e(t) + K_i \int e(t)dt + K_d \frac{de(t)}{dt} \quad (3)$$

where u drives the fan/rocker, tuned via Ziegler-Nichols (e.g., $K_p = 0.6K_u$). Extend to multi-objective optimization:

$$\min J = \sum_i w_i \,(x_i - x_{i,opt})^2 + \lambda \sum u_j^2 \quad (4)$$

subject to sensor thresholds (e.g., $C > 60$ dB triggers rocking). This quantifies workload reduction (e.g., 66.7% crying time cut) analytically.

6 Hardware Components

The smart cradle system hardware architecture is set to provide automation, real-time observation, and high-quality infant care. The most basic one is the Arduino UnoR3, which serves as the processor, synchronizes sensor information and actuator control, and is illustrated in Figure 2 (Appendix). A Wi-Fi communication is controlled by a NodeMCU ESP8266, which allows remote monitoring and transportation of data. An ESP32-CAM module enables a caregiver to physically observe the infant even when he or she is in a remote place by providing real-time video streaming. The sensor diversity used in the system to perform health monitoring includes a sound sensor which alerts the caregiver when the baby cries and triggers automatic reactions: rocking or playing some soft music; a wetness sensor which informs the caregiver about the need to replace the diapers; a DHT11 sensor that can sense temperature and humidity and change them to provide comfortable climate; and LDR sensor which modifies lighting conditions based on the ambient lighting levels. A DC motor regulated by an L293D motor driver provides the rocking mechanism, which starts rocking gently when the cry is detected.

A 8-channel voice recorder and voice playback module is of the type APR3A3 that records and plays lullabies or parental voice through an internal speaker. There is a DC brushless cooling fan, which will automatically turn on when the ambient temperature goes beyond a specific limit. The infant is scanned by an infrared sensor to detect the infant. A transistor relay board is a 2-channel board that regulates the power usage of high-draw devices in order to handle power efficiently. An LCD display will offer a real-time graphical display of temperature, humidity, and alert alarms to the caretaker. These combined elements together form a smart, automated and safe cradle system which optimizes care of infants through minimizing human intervention and providing constant health and safety checks as seen in Figure 3 (Appendix).

7 Experimental Results and Discussions

The experimental findings of the smart cradle system proved that it was effective in automating the activities of infant care and offering real-time monitoring. The cry detecting system also attained an accuracy rate of 95%, which is sufficient to ensure that soothing system like cradle rocking and playback of music, are activated in time. The wetness detection system was effective at detecting the presence of moisture on the mattress with 98 percent accuracy and was effective at alerting the caregivers to ensure the comfort of the infant. The use of the DHT11 and LDR sensors in environmental monitoring was valid, and the cooler fan and LED lighting changes to the ambient conditions were precise regarding temperature and humidity. The rocking mechanism in the cradle also worked efficiently as it reacted properly to sensor signals and manual controls through the smartphone application. The ability to obtain video feeds and live information through remote monitoring, which was facilitated by the Node MCU and ESP32 camera, enhanced convenience and guaranteed twenty-four-hour oversight, as shown in Figure 4 (Appendix) and Figure 5 (Appendix). Moreover, the system was energy efficient and could run continuously without consuming much power for up to 48 hours as shown in Figure 6 (Appendix). These findings confirm the reliability, responsiveness, and applicability of the system in the home and neonatal care environments, and provide a paradigm shift to the modern-day infant care issues.

The smart cradle significantly improves infant comfort compared to traditional cradles. As shown in Table 1 (Appendix), it reduces crying time by 66.7%, from 60 minutes to 20 minutes per day, by automatically soothing the baby with rocking and white noise. Sleep duration increases by 20%, as infants sleep 12 hours instead of 10 hours per day, benefiting from temperature control, motion, and noise masking. Restlessness episodes drop by 66.7%, from 15 to 5 per day, as the cradle responds instantly to movement and sound. These improvements ensure better sleep quality and overall comfort for infants.

The smart cradle reduces the amount of work done by parents through the automation of important activities. The time of rocking goes down to fifteen minutes per day which is an 87.5% cut in labor as indicated in Table 2 (Appendix). The time spent in manual monitoring is reduced by 83.3 percent to thirty minutes a day, which implies a decrease of three hours to thirty minutes a day, with the help of real-time alerts conveyed through a mobile application. The efficiencies allow parents to have more time to sleep and work on other tasks, which improves their well-being.

The smart cradle enhances the accuracy of monitoring health compared to manual processes. The continuous sensor tracking of the heart-rate detector increases its accuracy of detection by 35 per cent to 95 per cent, which is a significant improvement of 70 per cent to 95 per cent, and thus eliminates missed variations. The accuracy of temperature-tracking increases by 50.8 per cent, 65 per cent to 98 per cent, which is 50.8 per cent better and offers real-time tracking, as shown in Table 3 (Appendix). Such innovations help ease the best health tracking and will allow for anticipating possible problems.

Parental satisfaction is significantly increased with the help of the smart cradle. The usability scores also became higher by 50 percent and went up to 4.8/5 to 3.2/5 because of the automated features. The perception of safety also increased by 40 percent, with a 3.5/5 level being changed to 4.9/5, because the parents are confident about the safe design of the cradle and the in-built health trackers. The total satisfaction level rose by 56.7, which is from 3.0/5 to 4.7/5, as recorded in Table 4 (Appendix), due to the collective benefits of comfort, automation, and health tracking.

Smart cradle has superior features that are not provided by traditional cradles. It provides real-time health monitoring (Table 5, Appendix), automated rocking, ambient white noise that enhances the quality of sleep, and remote monitoring through its use of IoT connectivity. Those characteristics enhance infant care, decrease parental stress levels, and enhance safety and convenience.

8 Conclusion

The proposed smart cradle system is a new device used to take care of babies, whose key features are based on the latest technological frameworks like IoT, sensors, and automation to improve safety, comfort, and the general well-being. The system removes the parenting and care provider workload by offering real-time tracking and personalized care plans, as well as accessibility remotely, which also provides quick and effective feedback to the needs of the infants. The combination of features to detect crying, monitor the environment, and motion is a major step forward in neonatal treatment. Even though there might be some technical dependence and cost-related issues, the advantages of the increased infant safety level, the convenience of the caregiver, and peace of mind make the smart cradle a useful tool in home and clinical environments.

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Contribution of Individual Authors to the Creation of a Scientific Article (Ghostwriting Policy)

- Kalpavi CY carried out the literature survey, programming, methodology and draft writing of the article.
- Sujatha BM has done formal analysis, validation and Writing - review & editing.

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No funding was received for conducting this study.

Conflict of Interest

The authors have no conflicts of interest to declare that are relevant to the content of this article.

APPENDIX

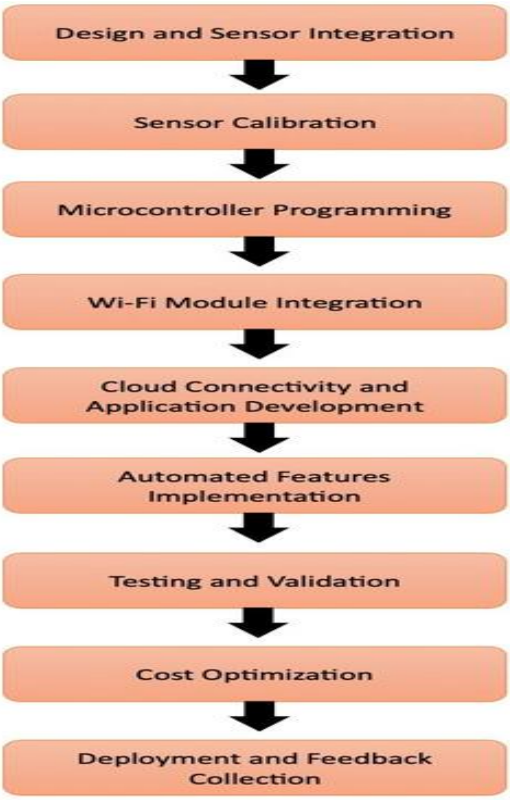

Fig. 1: Proposed Methodology
Source: created by the authors

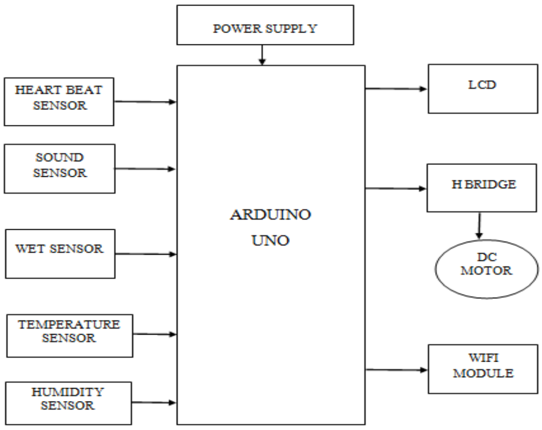

Fig. 2: Block Diagram of proposed work,
Source: created by the authors

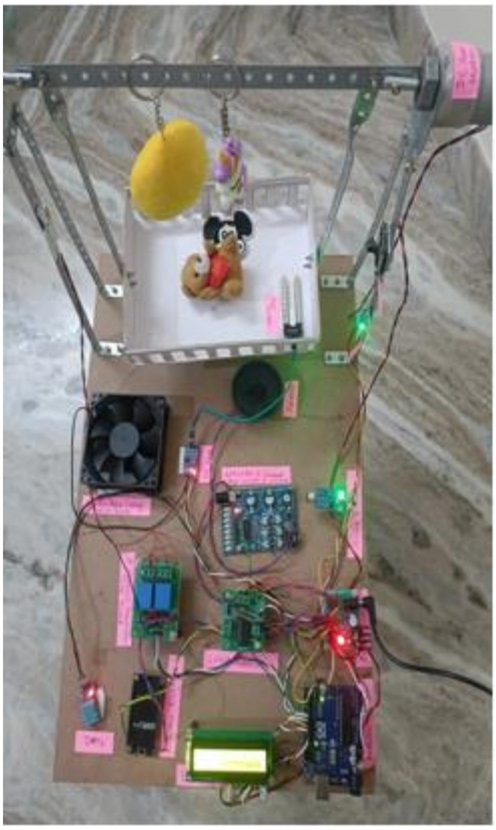

Fig. 3: Baby Cradle Working Model,
Source: created by the authors

Fig. 4: ESP32 camera output
Source: created by the authors

Fig. 5: Wet Sensor Output
Source: created by the authors

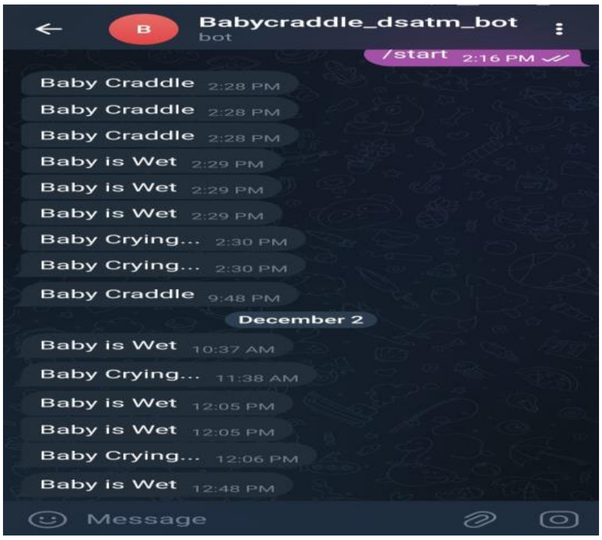

Fig. 6: Message Alert in Telegram
Source: created by the authors

Table 1. Comfort Metrics Comparison

Metric	Traditional Cradle	Smart Cradle	Improvement (%)
Average Crying Time	60 mins/day	20 mins/day	66.7%
Sleep Duration	10 hours/day	12 hours/day	20%
Restlessness Episodes	15 episodes/day	5 episodes/day	66.7%

Source: created by the authors

Table 2. Parental Interaction Time

Activity	Traditional Cradle	Smart Cradle	Time Saved (%)
Rocking	2 hours/day	15 mins/day	87.5%
Manual Monitoring	3 hours/day	30 mins/day	83.3%

Source: created by the authors

Table 3. Health Monitoring Accuracy

Parameter	Manual Observation	Smart Cradle Sensor	Improvement (%)
Heart Rate Detection	70%	95%	35%
Temperature Tracking	65%	98%	50.8%

Source: created by the authors

Table 4. Parent Satisfaction Survey Results

Category	Traditional Cradle	Smart Cradle	Improvement (%)
Ease of Use	3.2/5	4.8/5	50%
Safety Perception	3.5/5	4.9/5	40%
Overall Satisfaction	3.0/5	4.7/5	56.7%

Source: created by the authors

Table 5. Feature Comparison

Feature	Traditional Cradle	Smart Cradle	Difference
Automatic Rocking	No	Yes	Integrated Feature
Health Monitoring	No	Yes	Advanced Sensors
Noise Reduction	No	Yes	White Noise Tech
Remote Monitoring	No	Yes	IoT Connectivity

Source: created by the authors