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Our invention STRESS DETECTOR AND REDUCER WEARABLE DEVICE USING IOT • is a device for detecting and controlling the human stress. Wearable devices have recently received considerable interest due to their great promise for a plethora of applications. Increased research efforts are oriented towards a non-invasive monitoring of human health as well as activity parameters. A wide range of wearable sensors are being developed for real-time non-invasive monitoring. This invention provides a comprehensive review of sensors used in wrist-wearable devices, methods used for the visualization of parameters measured as well as methods used for intelligent analysis of data obtained from wrist-wearable devices. These kinds of devices are used to identify human stress level and heart rate level. As a result of this review, the galvanic sensor and heart rate sensors are used to identify human stress level and heart beat level. Using IR LED (9000nm 12000nm) light allows light energy to penetrate one to three inches into your muscle tissue. Your muscles use the energy to create their own heat, which causes them to relax naturally. There™s no better way to achieve that kind of relaxation. An IOT (internet of things) collects sensors data to display in web page.

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