

# LifeStyle Analytics Dashboard

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# **Lifestyle Analytics Dashboard**

## **Exploring Health Patterns Across Occupations**

*Metrics Used:*

- Occupation
- Daily Steps
- Age
- Stress Level
- Physical Activity Level
- Heart Rate
- Quality of Sleep

# Dashboard Objective

## Goal:

To analyze how lifestyle factors vary across occupations and identify patterns influencing overall health and wellness.

## Key Questions:

- How does sleep differ by occupation?
- Which occupations show higher stress levels?
- Is physical activity related to heart rate or sleep quality?

# Occupation & Sleep Patterns

## Insights:

- Average sleep duration varies significantly across occupations.
- High-pressure roles tend to have shorter sleep duration. Sales Representative Occupation tends to have more stress level, less quality of sleep and high heart rate
- Occupations with regular schedules show higher consistency in sleep quality.

## Visuals:

- Shape chart: *Quality of Sleep Duration by Occupation*
- Pie : *Stress Level vs Occupation*
- Gantt Chart: *Heart Rate vs Occupation*

# Physical Activity & Heart Rate

## Insights:

- Higher activity levels are generally linked with lower resting heart rates.
- Some occupations Nurse tends to have high physical activity, age and Daily steps

## Visuals:

- Square chart: *Physical Activity vs Occupation*
- *Line Chart : Daily steps and Occupation*

# Key Findings

Occupation strongly influences sleep and stress patterns.

Higher stress = lower sleep quality, regardless of job type.

Physical activity improves daily walking steps count.

High-pressure occupations show most negative lifestyle trends.

# Recommendations

Encourage structured sleep schedules.

Promote workplace wellness programs.

Increase opportunities for daily physical activities.

Monitor stress proactively through HR and wellness initiatives.

# Conclusion

Lifestyle analytics reveals meaningful patterns in sleep, stress, activity, and heart health across occupations.

Improving sleep and physical activity can significantly enhance overall wellbeing.



# Future Recommendations

## 1. Improve Data Reliability

- Integrate device-based metrics (sleep, heart rate, activity).
- Use validated scales for stress & sleep quality.
- Apply data cleaning and consistency checks.

## 2. Consolidate Multiple Data Sources

- Combine wearables, surveys, workplace health data, and lifestyle apps.
- Use ETL tools (Tableau Prep, Alteryx, Python) for smooth integration.
- Standardize formats and definitions across sources.

# Future Recommendations(Continue)

## 3. Enhance Dashboard Depth

- Add time-series data to track lifestyle changes.
- Include predictive insights (burnout risk, sleep trends).
- Compare metrics against benchmarks/industry averages.

## 4. Strengthen Data Governance

- Implement privacy controls and secure access management.
- Maintain clear metadata and documentation.

# LifeStyle Analytics Dashboard

Occupation

Accountant

Engineer

Lawyer

Manager

Nurse

Sales Representative

Salesperson

Scientist

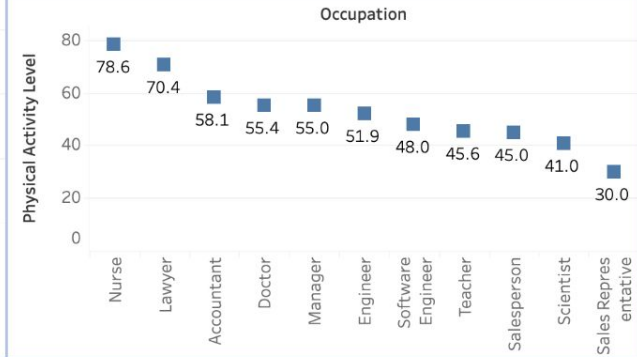
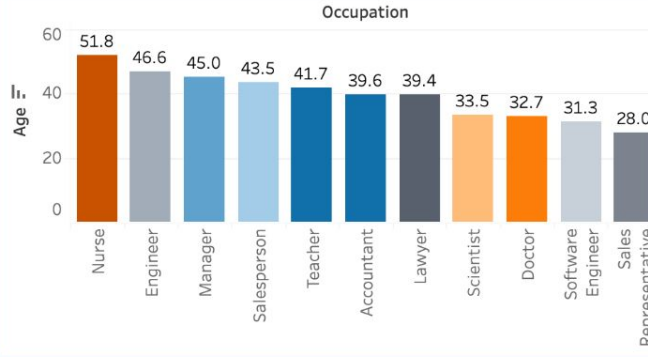
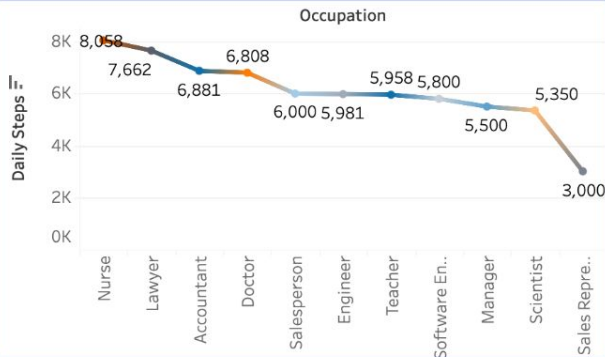
Software Engineer

Teacher

## Daily Steps and Occupation

## Age and Occupation

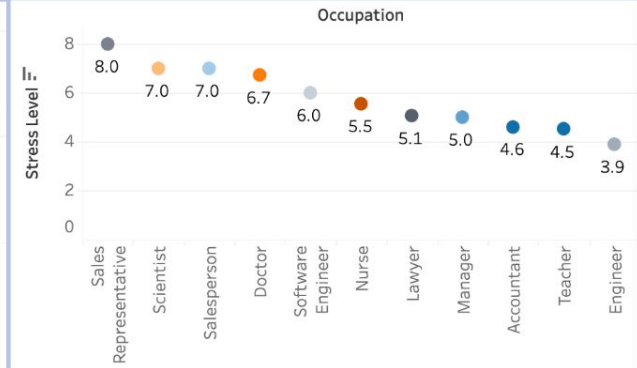
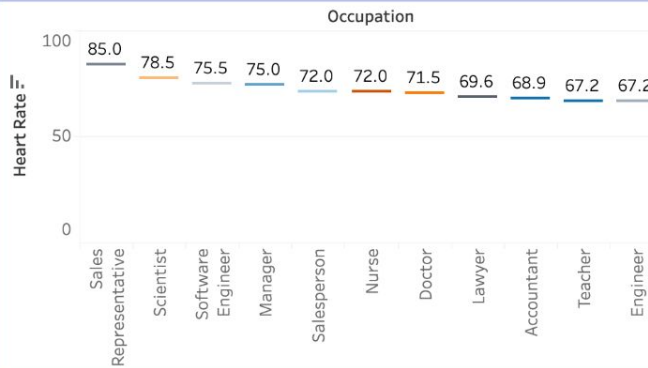
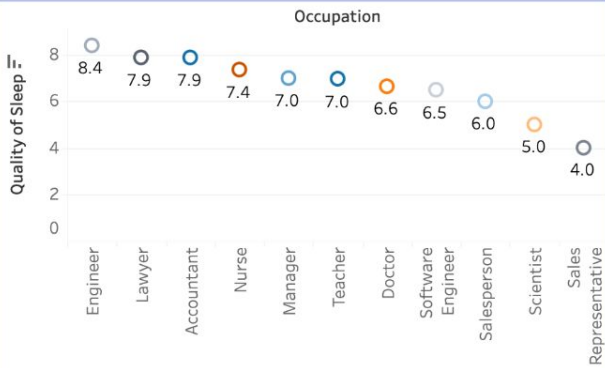
## Physical Activity and Occupation



## Quality of Sleep and Occupation

## Heart Rate and Occupation

## Stress Level and Occupation



Thank you!