LifeStyle Analytics Dashboard

- **By,**
  Abirami Rajamanickam

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

Thank you!