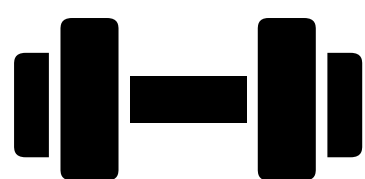
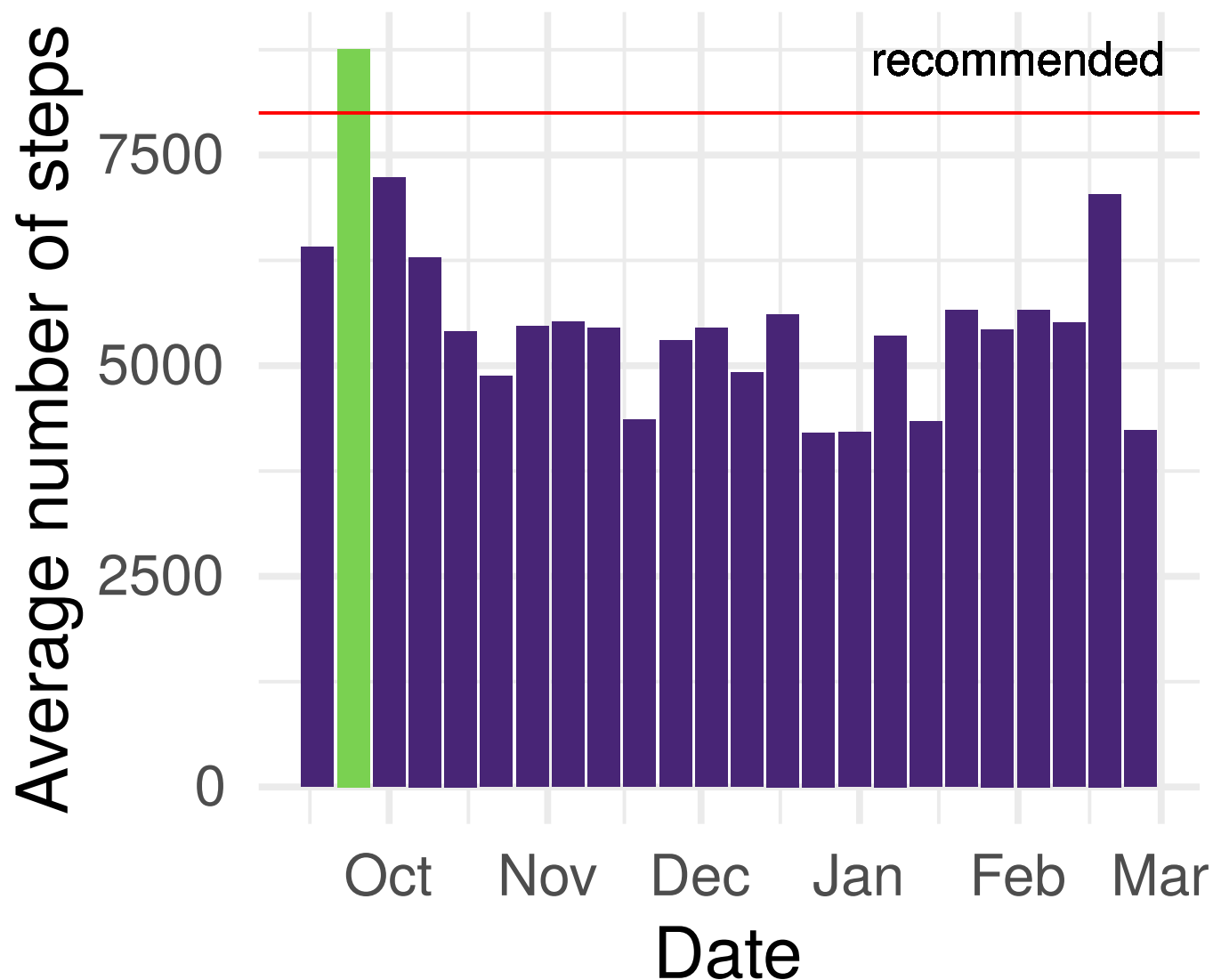




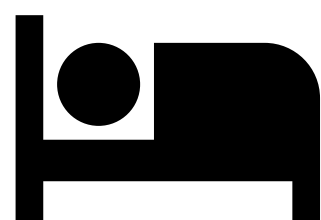
MiNI student daily habits



Physical activity

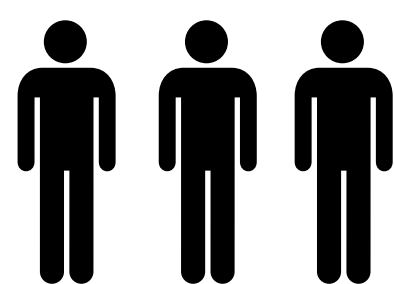
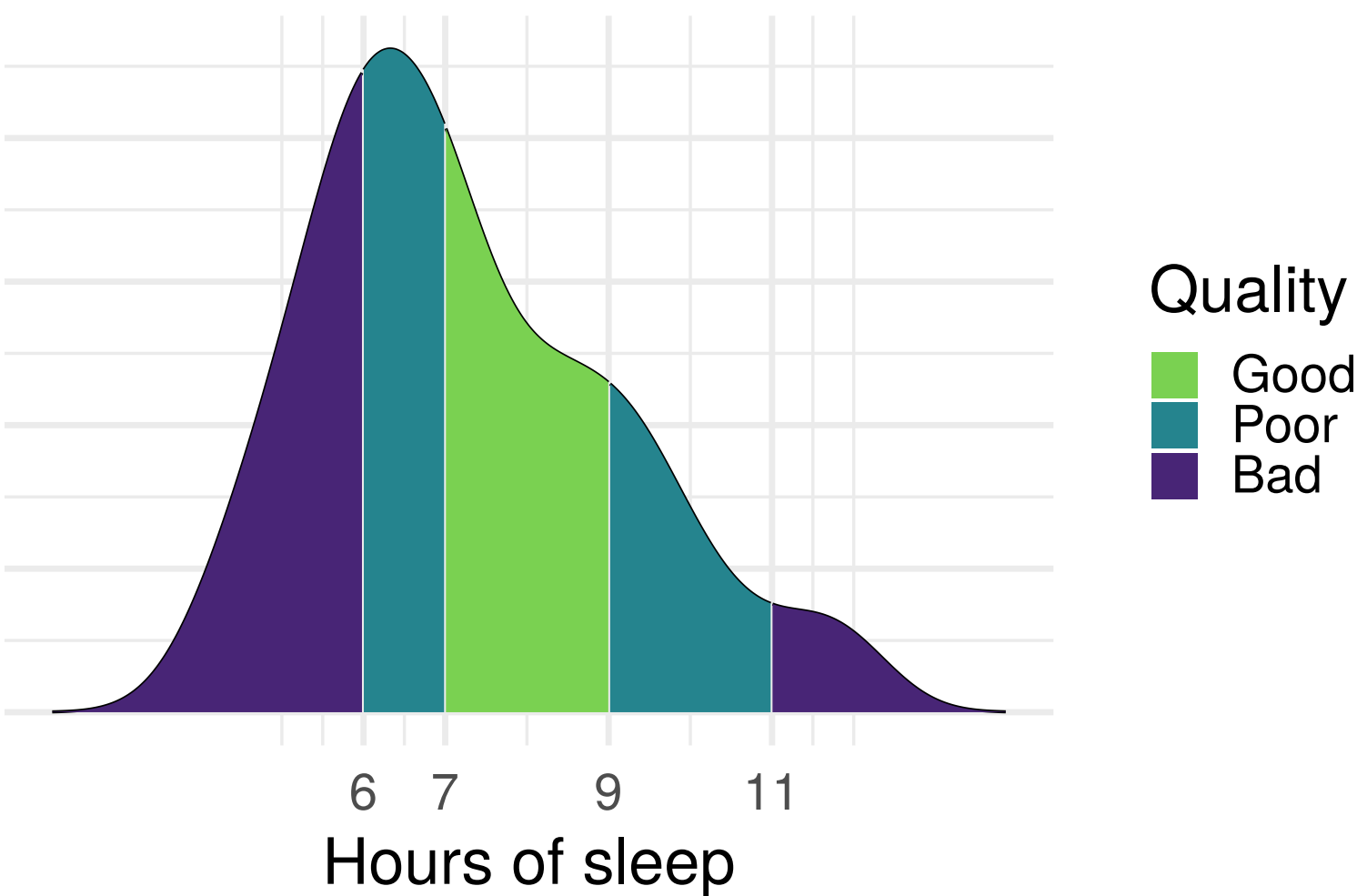


The student takes on average **5524** steps per day. While the Centers for Disease Control and Prevention recommend to take **at least 8000** steps per day.

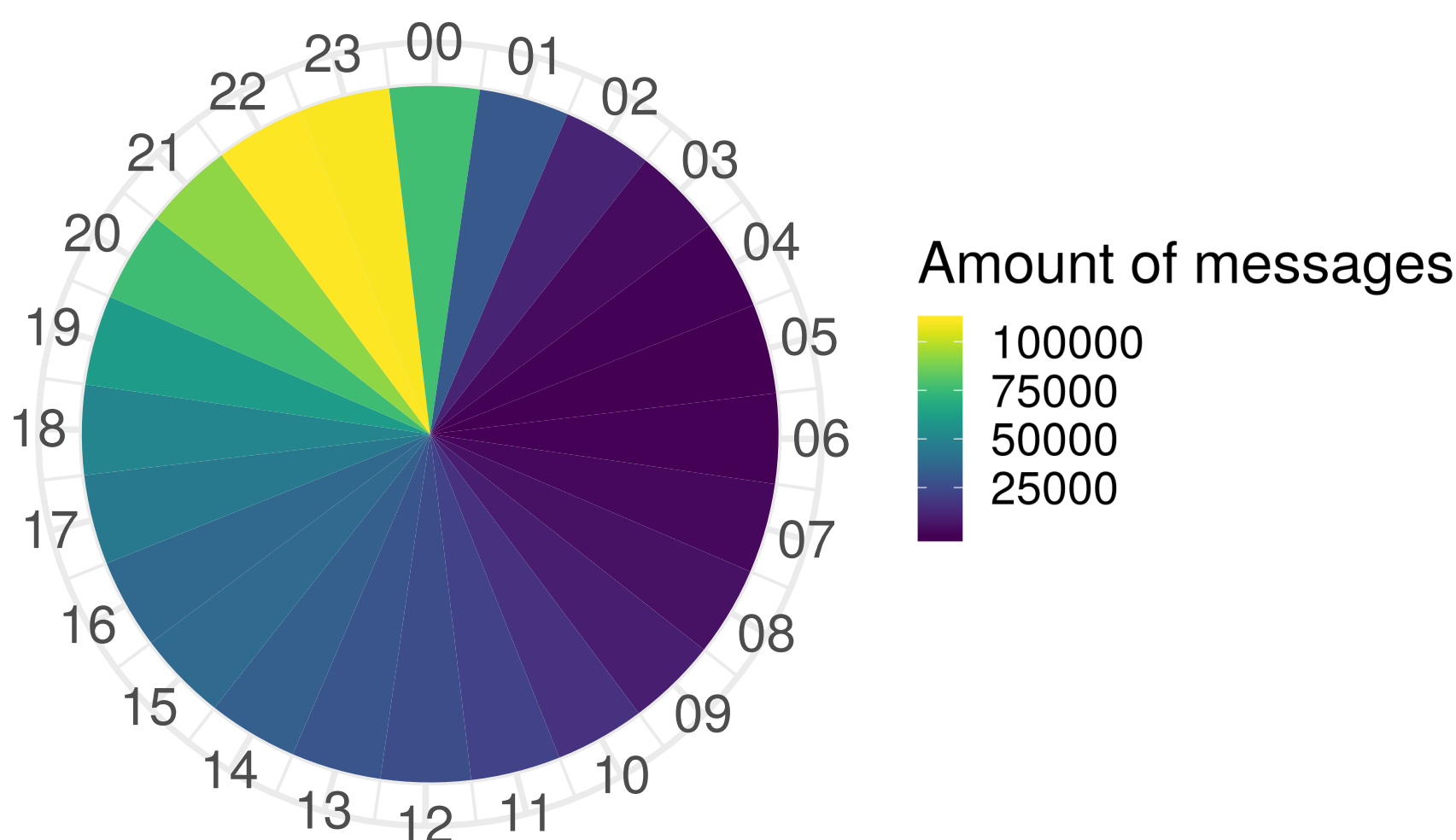


Sleep quality

Student's sleep routine consists in **34% of bad sleep**. Remember that sleep deprivation may lead to **respiratory diseases, type 2 diabetes and cardiovascular disease**.



Facebook activity



Higher use of social media has been shown to be linked to **depression** in teenagers. Moreover, blue light emitted from phone/computer screens makes falling and staying asleep harder.