

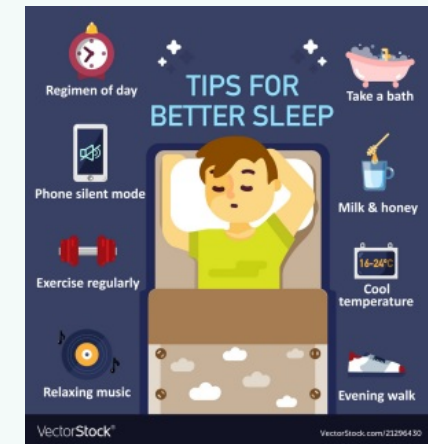
# SLEEPING HABIT

Sleep, a normal, reversible, recurrent state of reduced responsiveness to external stimulation that is accompanied by complex and predictable c..

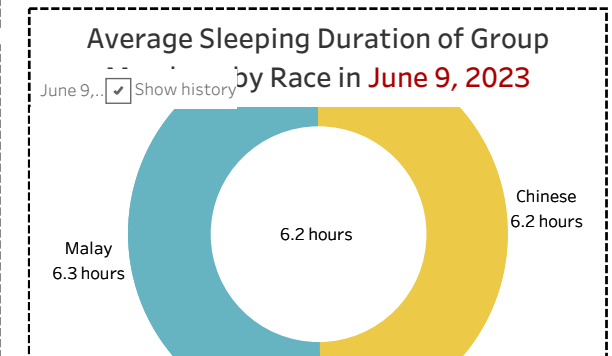
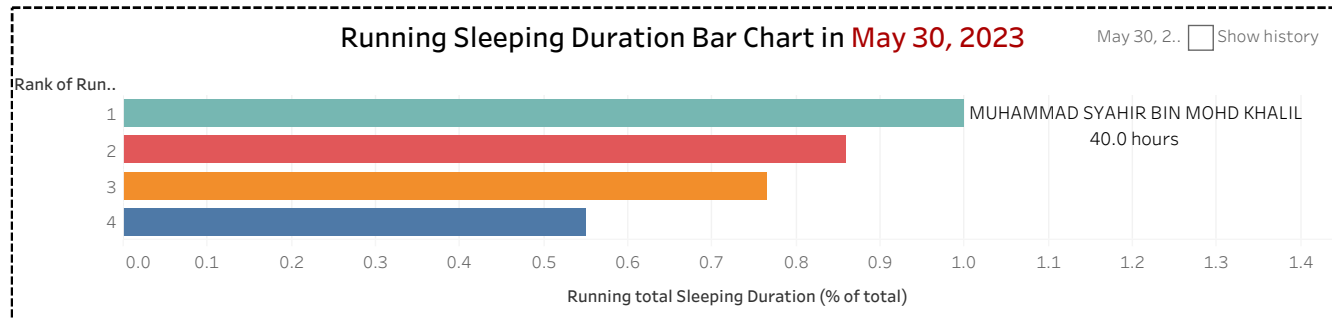
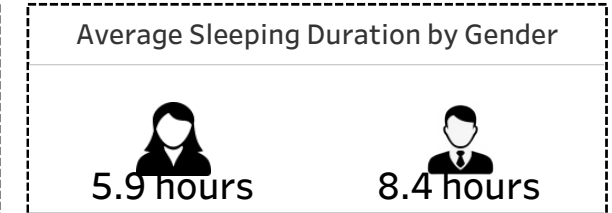
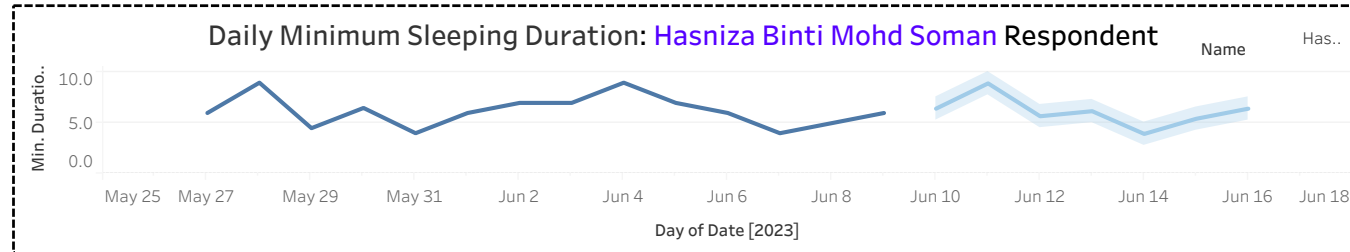


## Motivation of Sleeping Habit

- Sleep Disorders and Conditions
- Sleep and Performance

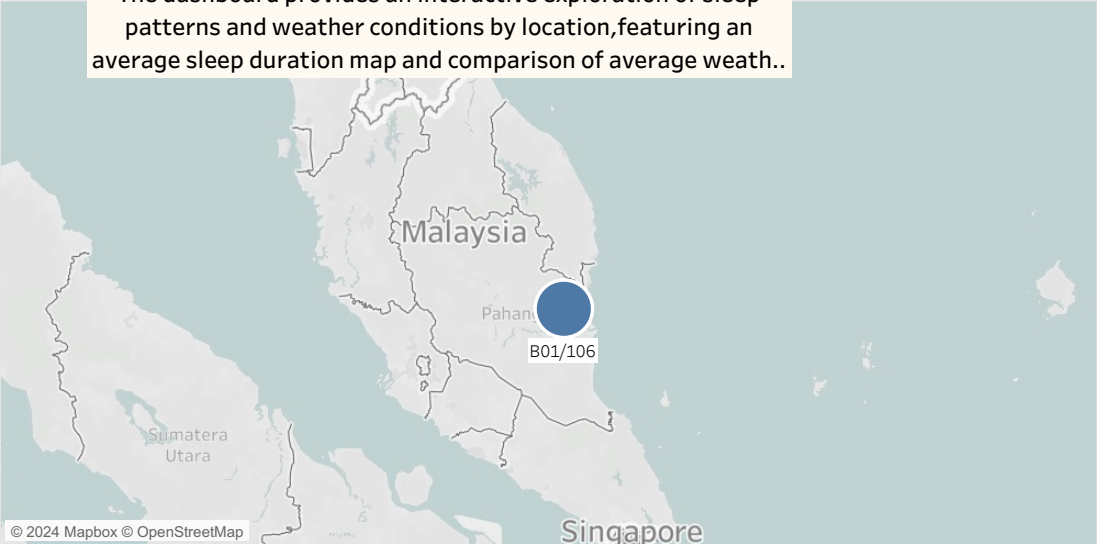


This dashboard provides an overview of the sleeping habits of the group members based on data collected over a period of two weeks. The purpose of this dashboard is to prese..



Average Sleep Duration Map by Location in **May 31, 2023**

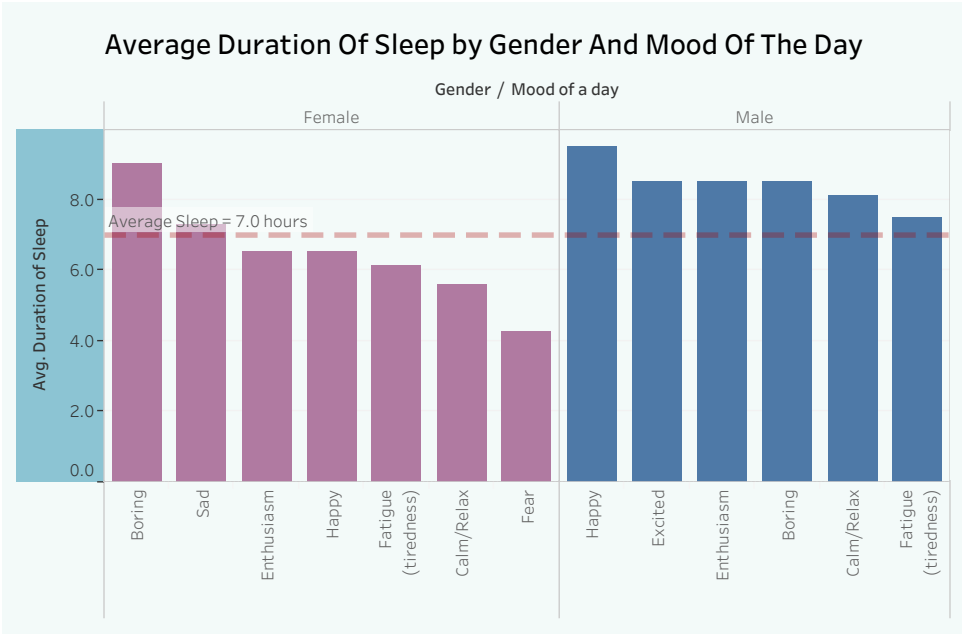
The dashboard provides an interactive exploration of sleep patterns and weather conditions by location,featuring an average sleep duration map and comparison of average weath..



Average Weather Before and After Sleep by Location in **May 31, 2023**

May 31, .. ☒ Show history

Value	Location Name															
	Avg. Weather after wake up								Avg. Weather before sleeping							
30																
20	26	25	25	27					27	27	29					
10																
0																
	B01/106	C3/111	C13/212	C13/GF07	Genting Hig..	Kajang, Sela..	Kerteh, Tere..	Shah Alam	B01/106	C3/111	C13/212	C13/GF07	Genting Hig..	Kajang, Sela..	Kerteh, Tere..	Shah Alam



Mood. Average Duration Of Sleep and Average Duration of Nap in **June 9, 2023**

☐ Show history



The dashboard showcases the relationship between sleep duration and mood of the day, such as indicating that higher sleep durations are associated with feelings of boredom while lower sleep durations are linked to feelings of fear, displayed through a side-by-side bar chart comparing average sleep duration by gender and mood, alongside a bubb..

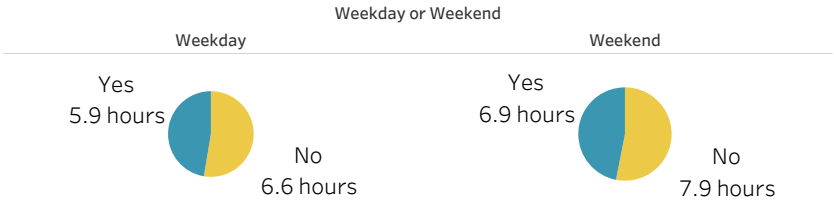
Average Duration of Sleep by Level of Stress and Busy Status: All Respondent

High-level stress High-level busy Average sleeping duration: 7.7 hours	High-level stress Moderate-level busy Average sleeping duration: 7.5 hours	High-level stress Overwhelmingly busy Average sleeping duration: 6.4 hours	No stress Low-level busy Average sleeping duration: 6.6 hours
Low-level stress High-level busy Average sleeping duration: 6.8 hours	Low-level stress Moderate-level busy Average sleeping duration: 6.6 hours	Low-level stress Low-level busy Average sleeping duration: 6.2 hours	No stress Moderate-level busy Average sleeping duration: 5.0 hours



Sleep can sometimes serve as an escape mechanism when faced with high levels of stress. Some individuals may find relief from pressure by getting more sleep. It can be a way to temporarily disconnect from the tensions and ..

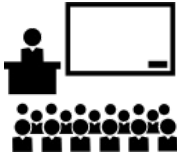
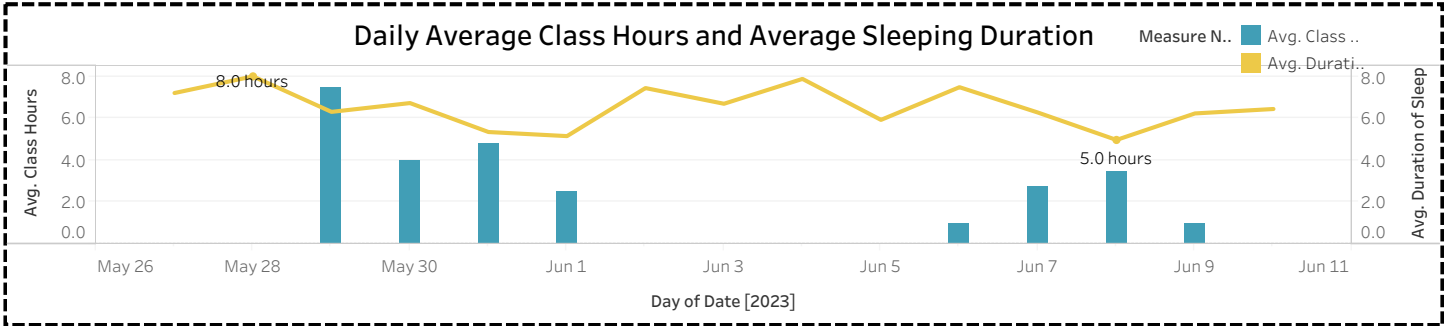
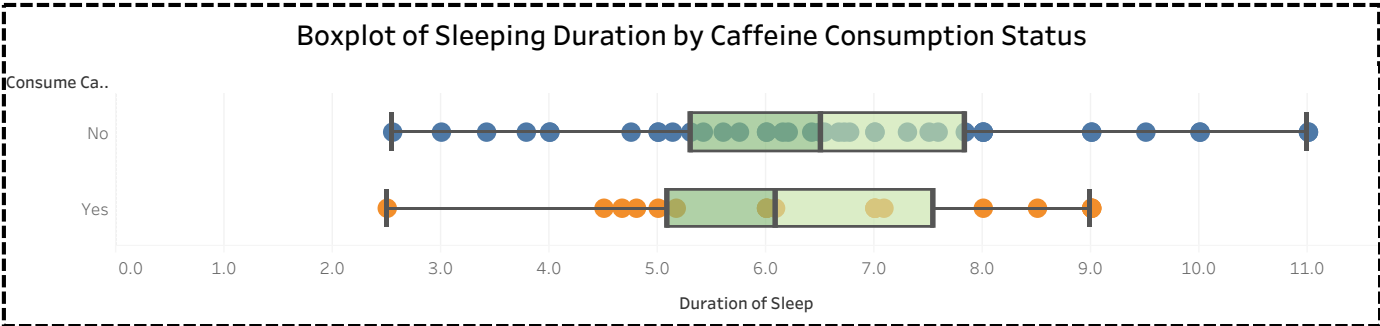
Average Duration of Sleep and Tired Status by Weekday and Weekend: All Respondent



DURATION OF SL...	TIRED STATUS, BUSY STATUS AND LEVEL OF STRESS MAY AFFECT SLEEPING HABIT	CAFFEINE CONSUMPTION AND CLASS HOUR MAY AFFECT SLEEPING HABIT	THE RELATIONSHIP BETWEEN DURATION TO COMPLETE STUDENTS TASK AND SLEEPING DURATION	CONCLUSION
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Caffeine is a stimulant that can interfere with the sleep-wake cycle and make it difficult to fall asleep. Recommended to avoid consuming caffeine at least 4 to 6 hours before bedtime. However, individual tolerance may vary, so have..



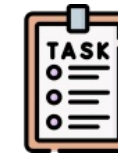
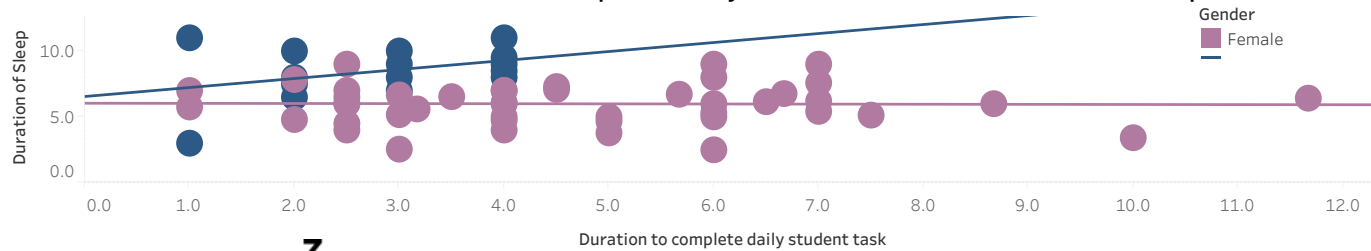
No class in a day might able to get more sleep than it is class time. We have more flexibility and freedom to schedule sleep and wake-up times according to personal p..



## The Relationship Between Duration of Sleep and Duration to Complete Daily Student Task



Scatter Plot of Duration to Complete Daily Student Task vs Duration of Sleep



Relationship between sleep and task performance may be influenced by individual factors

- age
- health status
- environmental factors such as workload ..

Measure Names

Avg. Duration of Sleep

Measure Names

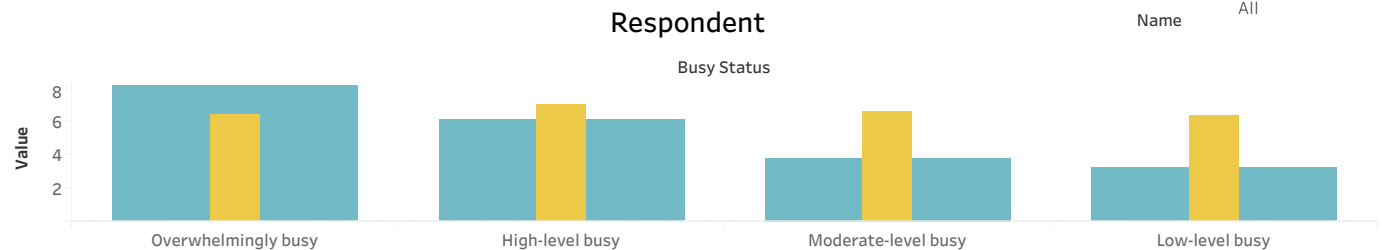
Avg. Duration of Sleep



Lack of sleep has a serious negative impact on work performance.

- difficult to maintain focus and attention
- impact on performance that requires effort
- raising task challenge perception
- task limiting.

Average Duration of Sleep and Average Duration to Complete Daily Student Task by Busy Status: All



TIRED STATUS, BUSY  
STATUS AND LEVEL OF ..

CAFFEINE CONSUMPTION AND CLASS HOUR MAY AFFECT SLEEPING HABIT

THE RELATIONSHIP BETWEEN DURATION TO COMPLETE STUDENTS TASK  
AND SLEEPING DURATION

CONCLUSION



# Conclusion

Maintaining a healthy sleeping habit is a must for good health and effective performance. Quality sleep is essential for maintaining our physical and mental health as well as improving our memory and productivity.