

Sleep_Duration

7.13

Quality_Sleep

4

Daily_Steps

6.8K

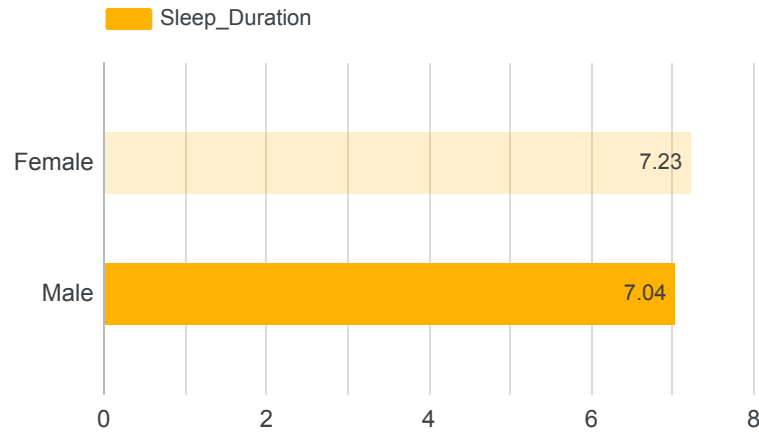
Stress_Level

5.39

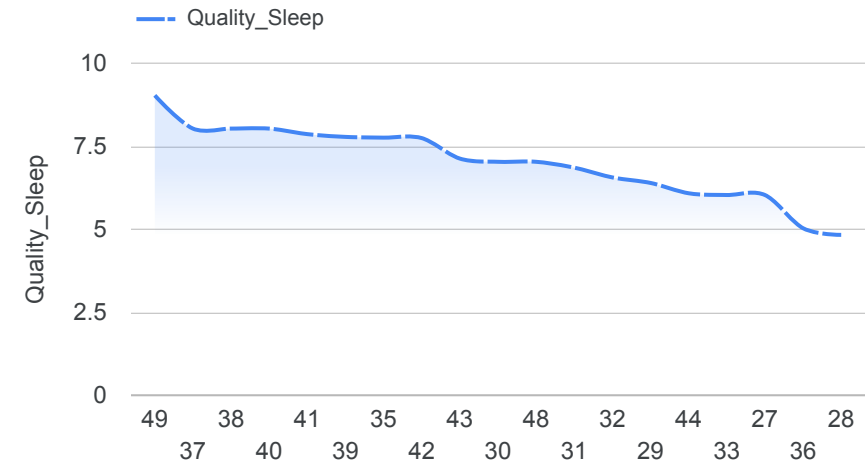
% with sleep disorder

0

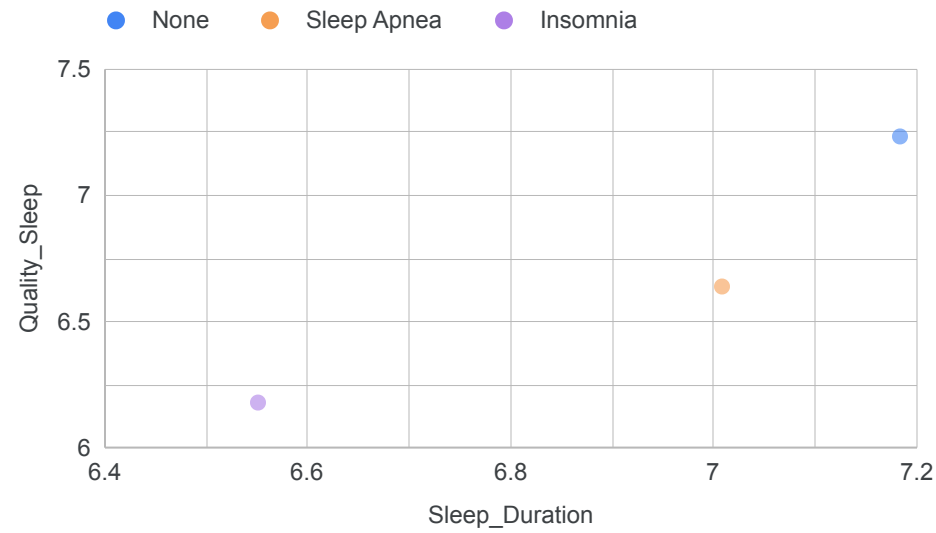
Average sleep duration by gender



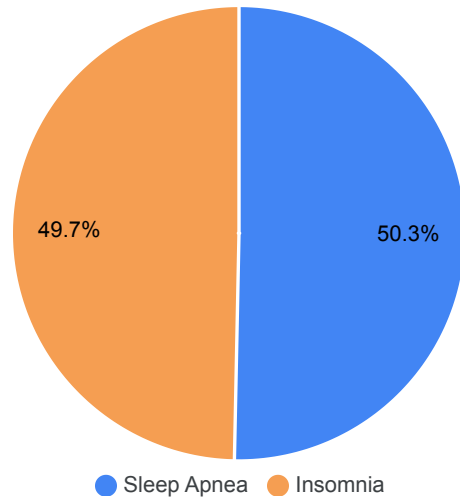
Quality sleep by age



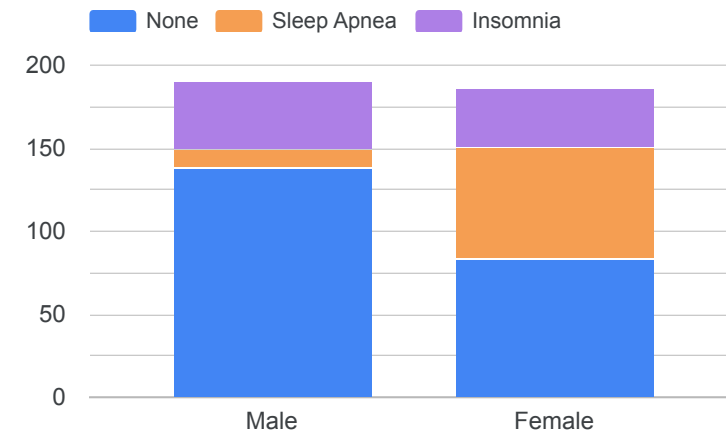
Distribution of sleep duration by Quality sleep



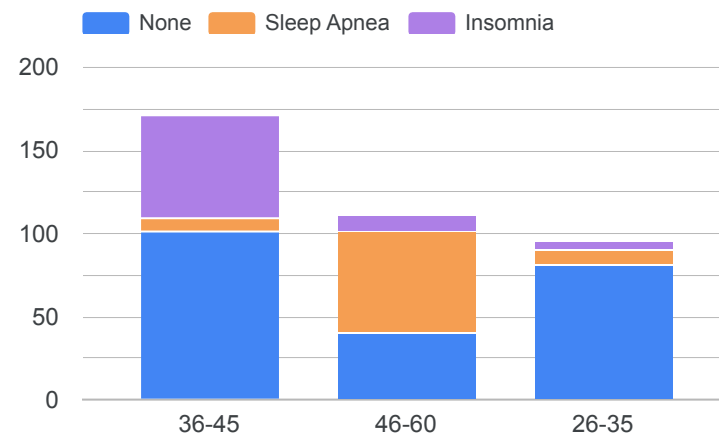
General distribution of sleep disorders



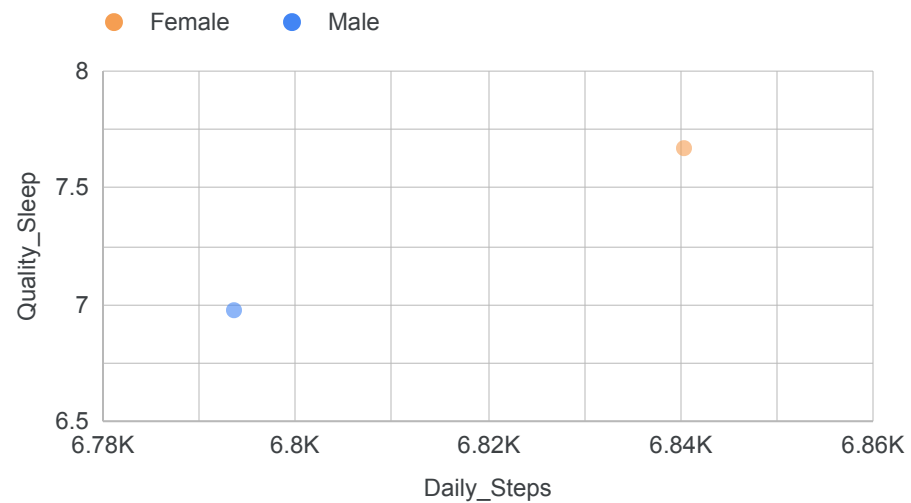
Sleep disorders by gender



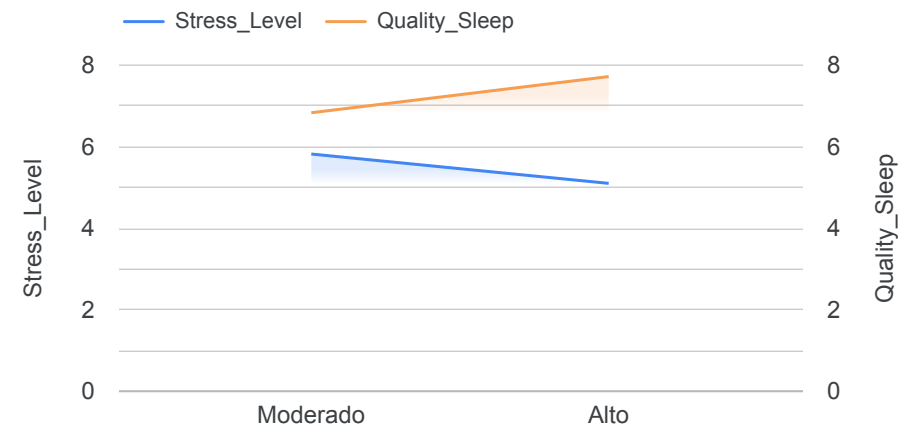
Sleep disorders by age group



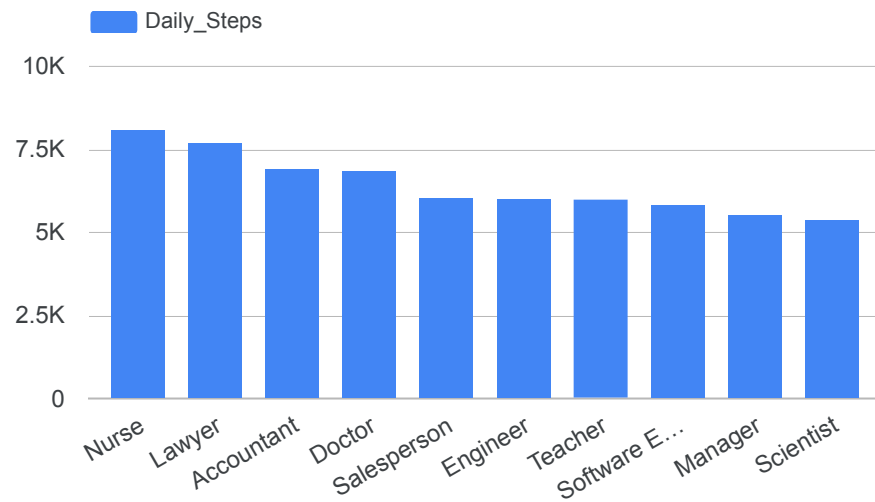
Daily steps and sleep quality

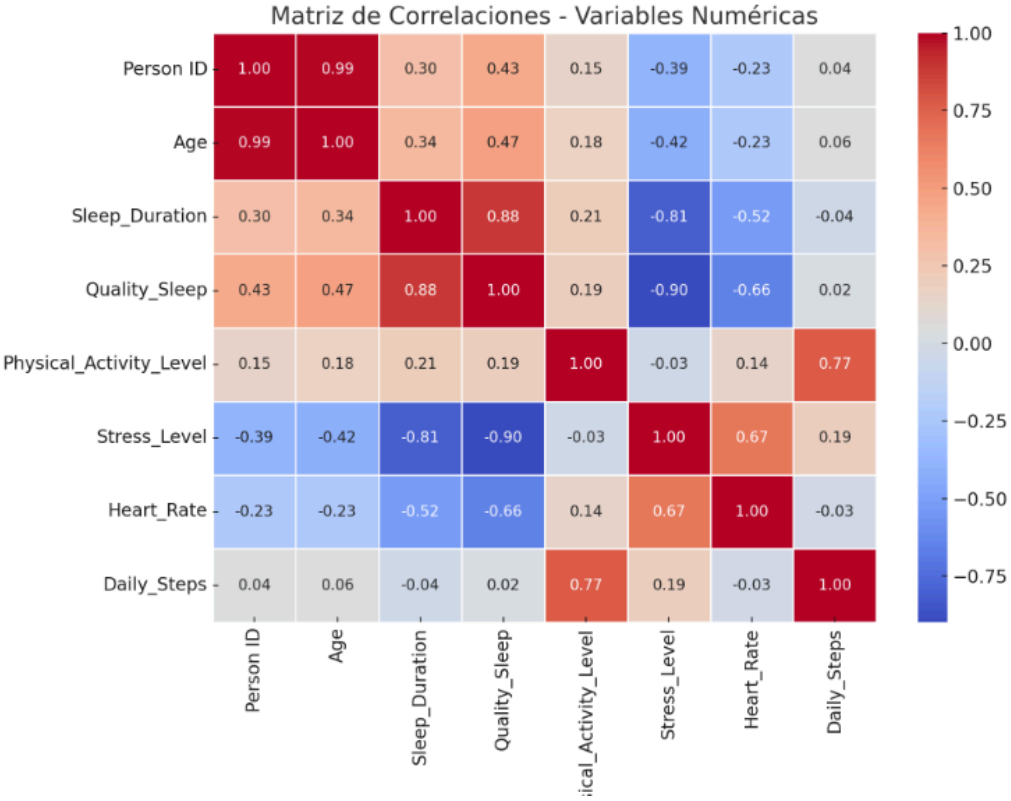


Activity level and stress level



Average number of steps per occupancy





General health averages				
Sleep_Disorder	Sleep_Duration	Stress_Level	Quality_Sleep	Daily_Steps
Insomnia	6.59	5.87	6.53	5.9K
None	7.36	5.11	7.63	6.9K
Sleep Apnea	7.03	5.67	7.21	7.6K