# DataViz-Project (Plan)

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| Group First and last names of all group members | * Zithush Sauntharanathan * Oskar Steiner * Nemorino König * Jin Chiu * Christoph Reichlin |
| Topic  * What is the topic of your DataViz project? * Which thematic aspects should be addressed? * Which question(s) should the DataViz project answer? | Topic: **"**How lifestyle and health factors influence sleep quality and disorders"  Thematic Aspects:   * The relationship between stress, physical activity, and sleep quality. * Differences in sleep health based on occupation, age, or gender. * Identifying patterns that indicate risks for sleep disorders.   Key Questions   * What lifestyle factors most significantly impact sleep duration and quality? * Are certain occupational groups more prone to sleep disorders? * Can we predict sleep disorders based on health and lifestyle metrics? |
| MessageWrite a key message for your DataViz project. | "Healthy lifestyle habits can improve sleep quality and reduce the risk of sleep disorders." |
| TitleWrite a title based on your key message. The title can be provisional and can be changed later. | "Sleep and Lifestyle: Understanding the Link Between Health, Habits, and Rest" |
| Visualization ProductWhat form should the visualization product take? For example, dashboard or data story? | Data Story |
| Publication MediumWhere should your DataViz project be published, e.g., website of a company or organization, app, or intranet? | Published on a sleep health website/intranet or jupyter notebook. |
| Target Group(s)Who is the target group?  Search data/information on the target group. This research will later help you to create the 2 personas. | -Health-conscious individuals  -Professionals in specific jobs  -Athletes  -Researchers in health and well-being |
| Visualizations  * How many visualizations are needed to adequately visualize the topic? * Which type(s) of visualization could be suitable? Static, dynamic? | - 10-15 graphs/chart, maybe some combined graphs and charts-Static (Scatterplot,Heatmap, Line Chart, Bar Chart etc.) |
| Sources List the sources you used for your DataViz project. Include which data sources you searched for and which datasets you specifically used. | [Sleep Health and Lifestyle Dataset](https://www.kaggle.com/datasets/uom190346a/sleep-health-and-lifestyle-dataset/data) <https://www.nature.com/articles/s41591-024-03155-8?utm_source> |