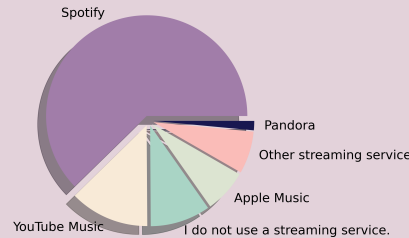


Music and Mental Health Dashboard

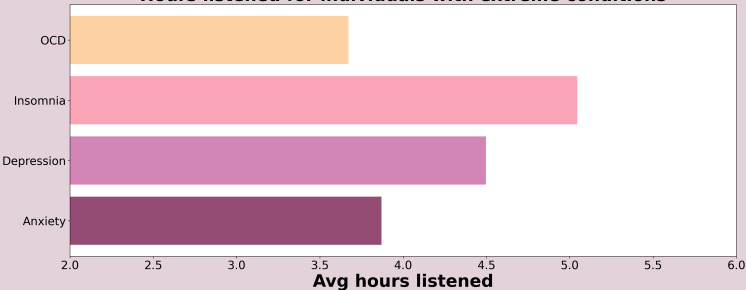
Bubly Babu, 22031115

Popularity by streaming service

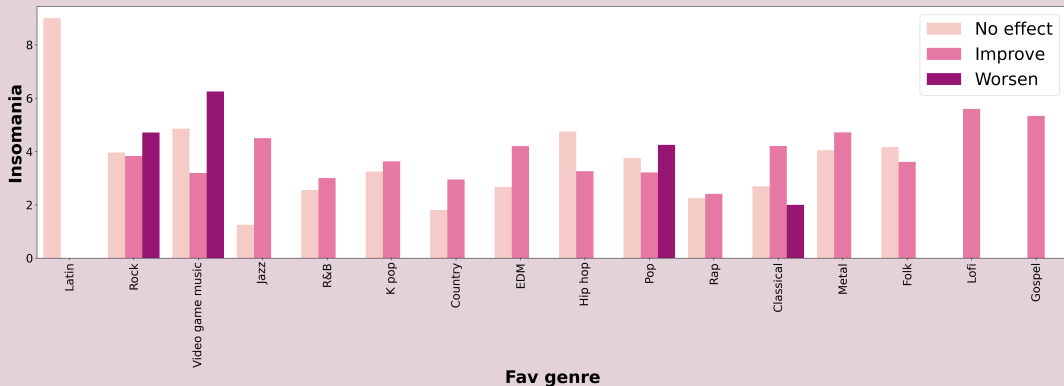
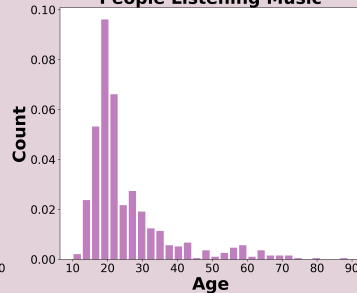


Hours listened for individuals with extreme conditions

Health Condition



People Listening Music



The majority of music listeners are in their late teens or early 20s. An intriguing outlier is an 89-year-old music enthusiast. That includes the well-known streaming provider Spotify. Extreme insomniacs listen slightly longer than those who score significantly in other categories. People with insomnia who listened to music from all genres except Latin reported their condition had improved. However, listening to music from genres like rock, video game music, pop, and classical has contributed to their insomnia worsening. Extreme insomniacs listen slightly longer than those who score significantly in other categories. People with insomnia who listened to music from all genres except Latin reported their condition had improved. However, listening to music from genres like rock, video game music, pop, and classical has contributed to their insomnia worsening.