Project README

Environment Setup and Code Execution

1. Access the Jupyter lab on a browser.
2. Create a new folder. For eg. titled as "A"
3. Upload the content of the "SleepAnalysis_project" folder into the newly created folder "A" one by one.
4. Create a folder titled "sleep-data" in the folder "A".
5. Move the dataset into the "sleep-data" folder.
6. Open the notebook titled "Sleep_analysis".
7. Run the cells one-by-one, or "restart kernels and run all cells at once".
8. If there is a need to rerun any plot, please choose the option "restart kernels and run all cells at once".