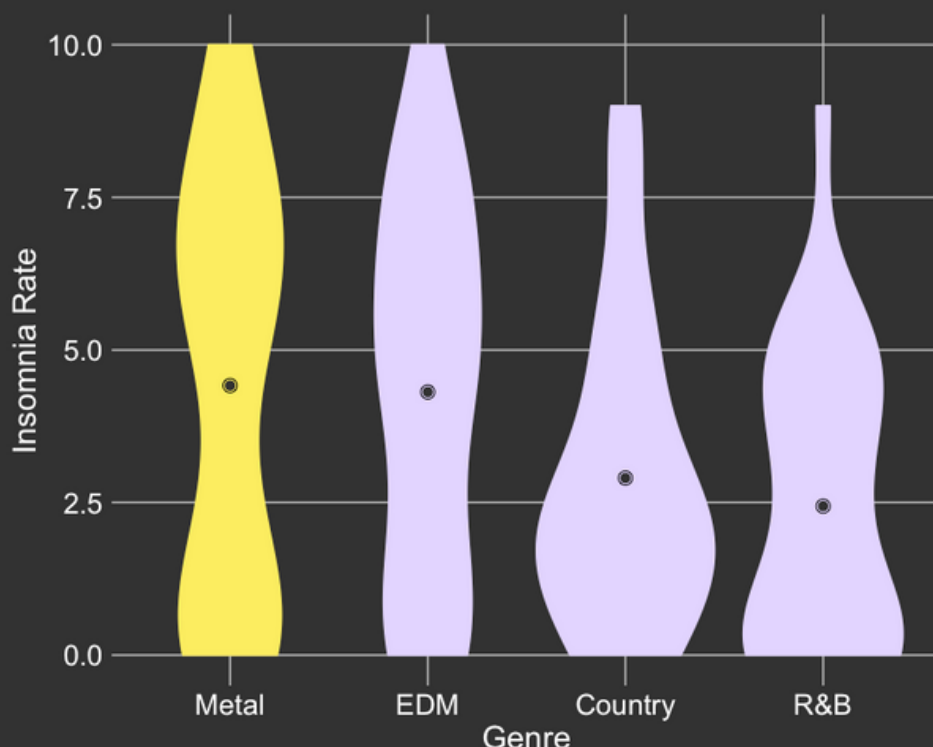


MENTAL HEALTH

WHAT IS INSOMNIA?

Insomnia can be defined as a common sleep disorder. According to the American Sleep Association, this condition affects millions of people every year. During lifetime 30% of adults experience short-term insomnia and about 10% of people have long-lasting insomnia.

INSOMNIA RATE AMONG PEOPLE WITH DIFFERENT FAVOURITE MUSIC GENRES



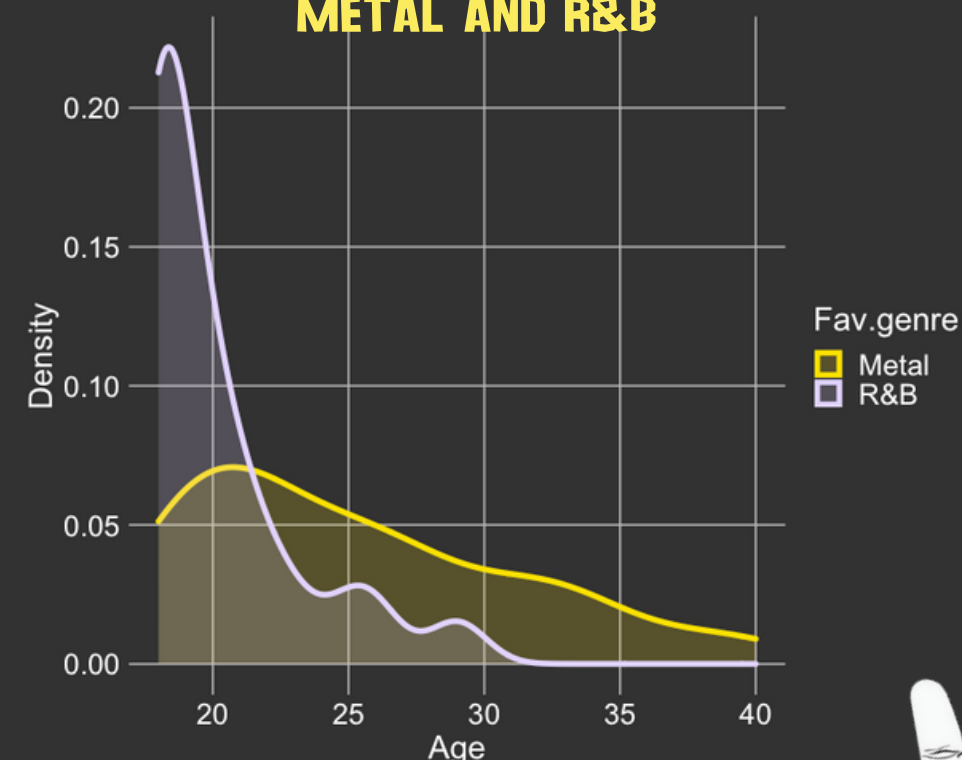
HOW DOES THE MUSIC GENRE AFFECT INSOMNIA?

Based on the rate of insomnia that each respondent estimated and the chosen favorite music genres, we can observe how the answers vary for two worst and best rated music genres, which were selected based on average rate of insomnia. It turns out that people who listen to metal music claim to have the worst insomnia conditions.

WHO IS LISTENING TO METAL MUSIC THEN?

Comparing metal music and R&B, which had the best average rating, we can see how old are the listeners of both of those genres. People are most likely to listen to R&B in their twenties. The density of the data for Metal is much more compact.

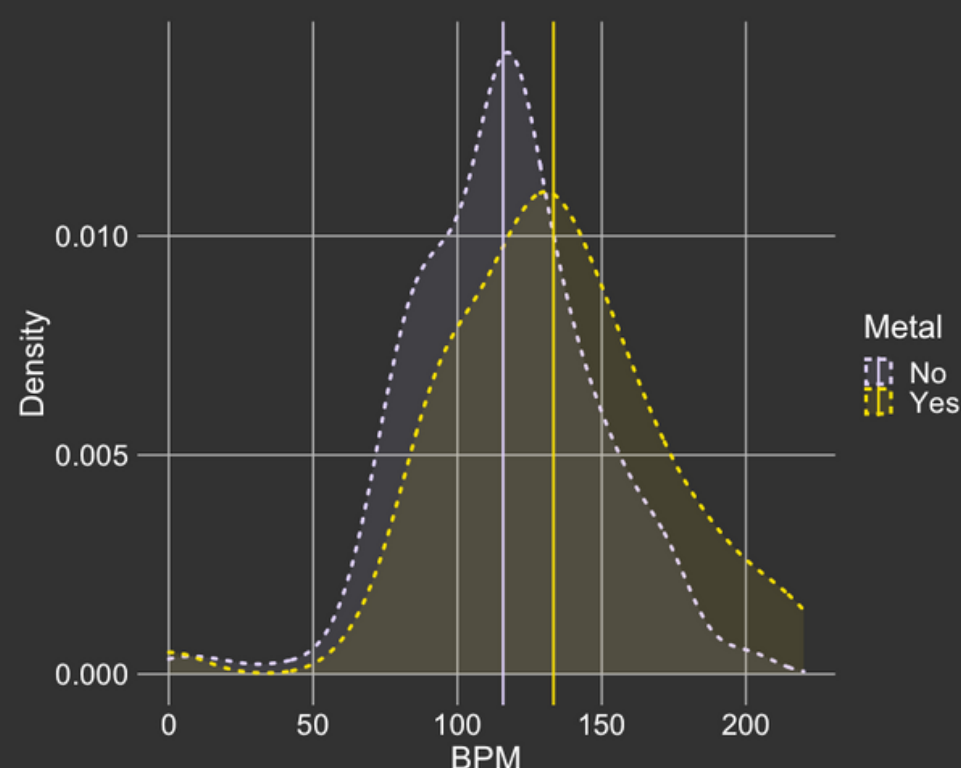
AGE OF PEOPLE WHOSE FAVOURITE GENRE IS METAL AND R&B



DOES METAL MUSIC CHANGE PEOPLE'S HEART BPM?

The yellow graph shows the relationship between heart BPM and the density for people who listen to metal music, the violet one for those who do not. We marked means for both data sets, using lines in corresponding colors. As we can observe, the yellow shade is slightly shifted to the right, which indicates that the heart BPM is greater for people who listen to Metal.

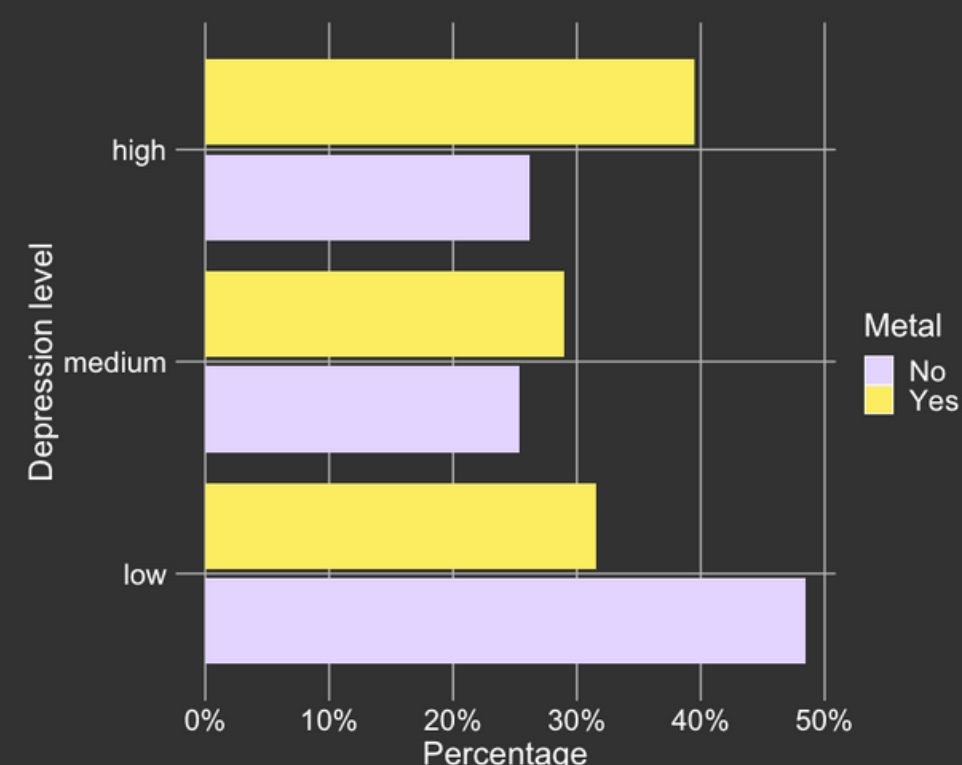
HEART BPM OF PEOPLE WHO LISTEN OR DON'T LISTEN TO METAL (WITH AVERAGE)



DOES LISTENING TO METAL ALSO AFFECT DEPRESSION?

The question occurs, if listening to metal music affects only insomnia conditions or it does have an impact on other mental issues, for example such as depression. We can observe how the depression level varies depending on listening or not listening to metal music. The respondents who listen to Metal marked high depression level more often.

DEPRESSION AMONG PEOPLE WHO LISTEN OR DON'T LISTEN TO METAL



WHAT CAN WE LEARN?

Based on our data, we can assume that listening to metal music can lead to higher possibility of insomnia or depression. However one should remember that there are many factors that can affect mental health. If you struggle with insomnia, you should see a specialist.

