This box plot shows the Pittsburgh Sleep Quality Index (PSQI) scores of 10 subjects, with the score range from 0 to 21 (the higher the score, the worse the sleep quality). The data in the figure shows a moderate degree of dispersion. There are both main intervals with obvious centralization trends and individual differences at both ends.

Fifty percent of the subjects' PSQI scores were concentrated between 3 and 10 points, with the median precisely located at 6 points. This indicates that the sleep quality of approximately half of the people is at a moderately low level (PSQI≥5 points suggests sleep quality problems), and the score distribution is relatively compact, reflecting the consistency of the sleep conditions of the majority of people.

The main cluster of the data shows that the sleep quality problems of the majority of people fall within the range of "mild to moderate", and there is no extremely uniform good or very poor performance.

The score range is from the minimum value of 0 points (excellent sleep quality) to the maximum value of 15 points (significantly poor sleep quality). Among them, three quarters of the subjects scored ≤10 points, suggesting that the sleep quality problems of most people did not reach the severity level.

The minimum value of 0 points and the maximum value of 15 points are extreme cases that deviate from the main range. They may be related to individual physiological differences, short-term stress or sleep habits, rather than the general trend of the group.

PSQI data shows that the sleep quality of the 10 subjects presents the characteristics of "moderately dispersed and mostly moderate" : the majority of people's scores are concentrated between 3 and 10 points, reflecting that sleep quality problems are widespread but to varying degrees; Individual extreme scores (excellent or extremely poor) are rare cases. This distribution suggests that the overall sleep quality of the group is at an "average" level, and the differences among individuals are mainly caused by non-common factors (such as short-term living habits and health status).