**Capstone Project 2: Project Proposal**

**Impact of Lifestyle on Sleep Health**[**¶**](https://www.kaggle.com/code/jillanisofttech/sleep-health-and-lifestyle-predication-with-94-ac#Problem-Statement:-Impact-of-Lifestyle-on-Sleep-Health)

**Goal:**

 The goal of this project is to learn about the impact that lifestyle can have on sleep health.

**Description:**

Sleep plays a vital role in maintaining overall health and well-being. However, various lifestyle factors can significantly impact sleep quality and duration. Understanding the relationship between lifestyle choices and sleep health is essential for individuals seeking to improve their sleep patterns. As a data scientist, analyzing these factors can provide valuable insights into the causes and effects of sleep disturbances, helping individuals make informed decisions to optimize their sleep health.

**The way I intend to solve the problem is by:**

1. cleaning the data, visualizing it, and exploring it. I intend the divide the data into chunks and explore each chunk by itself, for example, I will start by exploring how health can impact the sleep by studying the person whether he or she has a high/low blood pressure, I will also focus on age and how does aging make impact on sleep heath.

**Stakeholders:** People.

**Deliverables:** Code, PPT and Report.