What hypothesis can I create using given data set.

📄 Sleep_health_and_lifestyle_raw_...
Sleep_health_and_lifestyle_raw_data

✳ Answer

Here are a few hypotheses you could explore using the provided dataset on sleep health and lifestyle:

Potential Hypotheses

1. **Occupation and Sleep Disorders:**

   - **Hypothesis:** Certain occupations (e.g., doctors, nurses, sales representatives) are associated with a higher prevalence of sleep disorders (Insomnia, Sleep Apnea) compared to others (e.g., software engineers, accountants).

2. **BMI Category and Sleep Quality:**

   - **Hypothesis:** Individuals with a BMI categorized as "Overweight" or "Obese" tend to report lower sleep quality scores compared to those with a "Normal" BMI.

3. **Physical Activity and Sleep Duration:**

   - **Hypothesis:** There is a positive correlation between physical activity level (daily steps) and sleep duration. Individuals who take more daily steps tend to sleep longer.

4. **Stress Level and Blood Pressure:**

   - **Hypothesis:** Higher stress levels are associated with elevated blood pressure readings.

5. **Age and Heart Rate:**

   - **Hypothesis:** There is a relationship between age and resting heart rate. (You could explore if heart rate increases or decreases with age based on the data).

6. **Gender and Sleep Duration:**

   - **Hypothesis:** There is a statistically significant difference in average sleep duration between males and females.

7. **Sleep Duration and Sleep Quality:**

   - **Hypothesis:** There is a positive correlation between sleep duration and sleep quality. Longer sleep duration is associated with higher reported sleep quality.