

The MEANS Procedure

Variable	N	Mean	Std Dev	Minimum	Maximum
Age	374	42.1844920	8.6731335	27.0000000	59.0000000
Sleep_Duration	374	7.1320856	0.7956567	5.8000000	8.5000000
Quality_of_Sleep	374	7.3128342	1.1969559	4.0000000	9.0000000
Physical_Activity_Level	374	59.1711230	20.8308037	30.0000000	90.0000000
Stress_Level	374	5.3850267	1.7745264	3.0000000	8.0000000
Systolic_BP	374	128.5534759	7.7481176	115.0000000	142.0000000
Diastolic_BP	374	84.6497326	6.1616115	75.0000000	95.0000000
Heart_Rate	374	70.1657754	4.1356755	65.0000000	86.0000000
Daily_Steps	374	6816.84	1617.92	3000.00	10000.00