

# Codebook for the Sleep Health and Lifestyle Dataset

## Person ID

- **Description:** An identifier for each individual.
- **Type:** Numeric
- **Categories:** Unique identifier

## Gender

- **Description:** The gender of the person.
- **Type:** Categorical
- **Categories:** Male, Female

## Age

- **Description:** The age of the person in years.
- **Type:** Integer
- **Range:** 18-65

## Occupation

- **Description:** The occupation or profession of the person.
- **Type:** Categorical
- **Categories:** Variable (Based on dataset specifics)

## Sleep Duration (hours)

- **Description:** The number of hours the person sleeps per day.
- **Type:** Numeric
- **Units:** Hours

## Quality of Sleep

- **Description:** A subjective rating of the quality of sleep, ranging from 1 to 10.
- **Type:** Ordinal
- **Scale:** 1 to 10

## Physical Activity Level (minutes/day)

- **Description:** The number of minutes the person engages in physical activity daily.
- **Type:** Numeric
- **Units:** Minutes

## Stress Level

- **Description:** A subjective rating of the stress level experienced by the person, ranging from 1 to 10.
- **Type:** Ordinal
- **Scale:** 1 to 10

## BMI Category

- **Description:** The BMI category of the person.
- **Type:** Categorical
- **Categories:** Underweight, Normal, Overweight

## Blood Pressure (systolic/diastolic)

- **Description:** The blood pressure measurement of the person, indicated as systolic pressure over diastolic pressure.
- **Type:** Numeric
- **Units:** mmHg

## Heart Rate (bpm)

- **Description:** The resting heart rate of the person in beats per minute.
- **Type:** Numeric
- **Units:** Beats per minute

## Daily Steps

- **Description:** The number of steps the person takes per day.
- **Type:** Numeric
- **Units:** Steps

## Sleep Disorder

- **Description:** The presence or absence of a sleep disorder in the person.
- **Type:** Categorical
- **Categories:** None, Insomnia, Sleep Apnea