**Final Project 1: Data Set**

**Dataset**: Sleep, Health, and Lifestyle Dataset

**Link**: https://www.kaggle.com/datasets/henryshan/sleep-health-and-lifestyle/data

For my individual final project, I plan to use the Sleep, Health, and Lifestyle Dataset, which contains comprehensive information on various factors influencing sleep patterns and overall well-being. The dataset includes variables such as gender, age, profession, sleep duration, quality, physical activity, stress levels, BMI, blood pressure, heart rate, daily step count, and the presence of sleep disorders. My vision for the R Markdown report is to conduct a thorough analysis, exploring topics like gender-based differences in sleep patterns and identifying potential associations between professions or lifestyles and the prevalence of specific sleep disorders. R Markdown will help me creating strong visualizations, conducting statistical analyses, and identify key findings. I hope to shed light on sleep trends, provide actionable recommendations for improving sleep quality in a broader population, and suggest potential areas for intervention or further research.