

| Gender <div></div> <div>All <div></div></div> | | Age-range <div></div> <div>All <div></div></div> | | BMI Category <div></div> <div>All <div></div></div> | | Physical Activity Level <div></div> <div>All <div></div></div> | | Occupation <div></div> <div>All <div></div></div> | | Sleep Disorder <div></div> <div>All <div></div></div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|------------------------|---|-----------|---|--|--|------------------------|---|-------|---|------|-------------------------|------------------------|----------------------|-----------------------------|-------------------------|--------|---|--------|----------|----------|--------|--------|-----------------------------|--------------------|----------|--------|------------|--------|---------|--------|-------------|------|-------|------|--------|------|-----------|------|--------|------|-------------------|------|----------------------|------|
| <div><div></div>Clean Filters</div> | | Greater quality and duration of sleep at lower heart rates | | | | Sleep duration varies significantly depending on occupation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avg Sleep Duration (h) 7,23 | | <div><div></div> Avg Sleep Duration (h) <div></div> Avg Quality of Sleep</div>  <table><tr><th>Heart rate range</th><th>Avg Sleep Duration (h)</th><th>Avg Quality of Sleep</th></tr><tr><td>81-90</td><td>~5.5</td><td>~4.5</td></tr><tr><td>71-80</td><td>~6.0</td><td>~5.5</td></tr><tr><td>60-70</td><td>~6.5</td><td>~6.5</td></tr></table> | | | | Heart rate range | Avg Sleep Duration (h) | Avg Quality of Sleep | 81-90 | ~5.5 | ~4.5 | 71-80 | ~6.0 | ~5.5 | 60-70 | ~6.5 | ~6.5 |  <table><tr><th>Occupation</th><th>Sleep Duration (h)</th></tr><tr><td>Engineer</td><td>~7.5</td></tr><tr><td>Accountant</td><td>~7.0</td></tr><tr><td>Teacher</td><td>~6.5</td></tr><tr><td>Salesperson</td><td>~6.0</td></tr><tr><td>Nurse</td><td>~6.5</td></tr><tr><td>Doctor</td><td>~6.0</td></tr><tr><td>Scientist</td><td>~5.5</td></tr><tr><td>Lawyer</td><td>~5.0</td></tr><tr><td>Software Engineer</td><td>~4.5</td></tr><tr><td>Sales Representative</td><td>~4.0</td></tr></table> | | | | | | Occupation | Sleep Duration (h) | Engineer | ~7.5 | Accountant | ~7.0 | Teacher | ~6.5 | Salesperson | ~6.0 | Nurse | ~6.5 | Doctor | ~6.0 | Scientist | ~5.5 | Lawyer | ~5.0 | Software Engineer | ~4.5 | Sales Representative | ~4.0 |
| Heart rate range | Avg Sleep Duration (h) | Avg Quality of Sleep | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 81-90 | ~5.5 | ~4.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 71-80 | ~6.0 | ~5.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 60-70 | ~6.5 | ~6.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Occupation | Sleep Duration (h) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Engineer | ~7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Accountant | ~7.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teacher | ~6.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Salesperson | ~6.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nurse | ~6.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Doctor | ~6.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Scientist | ~5.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lawyer | ~5.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Software Engineer | ~4.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sales Representative | ~4.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avg Quality of Sleep 7,44 | | Normal blood pressure is associated with better sleep quality and duration | | | | Greater proportion of sleep problems in people with high blood pressure | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avg Stress Level 5,15 | | <div><div></div> Avg Sleep Duration (h) <div></div> Avg Quality of Sleep</div>  <table><tr><th>Blood pressure category</th><th>Avg Sleep Duration (h)</th><th>Avg Quality of Sleep</th></tr><tr><td>High Blood Pressure Stage 1</td><td>~6.5</td><td>~6.5</td></tr><tr><td>Normal</td><td>~7.0</td><td>~7.0</td></tr><tr><td>Elevated</td><td>~7.0</td><td>~7.0</td></tr><tr><td>High Blood Pressure Stage 2</td><td>~7.5</td><td>~7.5</td></tr></table> | | | | | | | | | | Blood pressure category | Avg Sleep Duration (h) | Avg Quality of Sleep | High Blood Pressure Stage 1 | ~6.5 | ~6.5 | Normal | ~7.0 | ~7.0 | Elevated | ~7.0 | ~7.0 | High Blood Pressure Stage 2 | ~7.5 | ~7.5 | | | | | | | | | | | | | | | | | | | |
| Blood pressure category | Avg Sleep Duration (h) | Avg Quality of Sleep | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| High Blood Pressure Stage 1 | ~6.5 | ~6.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Normal | ~7.0 | ~7.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Elevated | ~7.0 | ~7.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| High Blood Pressure Stage 2 | ~7.5 | ~7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,3 % % Sleep Problem | | Las personas con BMI normal duermen más horas en promedio | | | | <div>Sleep problem <div></div> Yes <div></div> No</div>  <table><tr><th>Blood pressure category</th><th>Yes (%)</th><th>No (%)</th><th>Total (%)</th></tr><tr><td>High Blood Pressure ...</td><td>23,75%</td><td>17,50%</td><td>41,25%</td></tr><tr><td>Elevated</td><td>1,56%</td><td>35,31%</td><td>36,56%</td></tr><tr><td>High Blood Pressure ...</td><td>10,63%</td><td>1,56%</td><td>11,56%</td></tr><tr><td>Normal</td><td>10,00%</td><td>0,00%</td><td>10,63%</td></tr></table> | | | | | | Blood pressure category | Yes (%) | No (%) | Total (%) | High Blood Pressure ... | 23,75% | 17,50% | 41,25% | Elevated | 1,56% | 35,31% | 36,56% | High Blood Pressure ... | 10,63% | 1,56% | 11,56% | Normal | 10,00% | 0,00% | 10,63% | | | | | | | | | | | | | | |
| Blood pressure category | Yes (%) | No (%) | Total (%) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| High Blood Pressure ... | 23,75% | 17,50% | 41,25% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Elevated | 1,56% | 35,31% | 36,56% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| High Blood Pressure ... | 10,63% | 1,56% | 11,56% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Normal | 10,00% | 0,00% | 10,63% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gap vs Target Sleep (h) -0,77 | |  <table><tr><th>BMI Category</th><th>Avg Sleep Duration (h)</th></tr><tr><td>Obese</td><td>6,0</td></tr><tr><td>Overweight</td><td>7,0</td></tr><tr><td>Normal</td><td>7,4</td></tr></table> | | | | BMI Category | Avg Sleep Duration (h) | Obese | 6,0 | Overweight | 7,0 | Normal | 7,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BMI Category | Avg Sleep Duration (h) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Obese | 6,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Overweight | 7,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Normal | 7,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Sleep Quality Metrics

Gender

All

| Blood pressure category | Elevated | | | High Blood Pressure Stage 1 | | |
|-------------------------|------------------------|----------------------|-----------------|-----------------------------|----------------------|----------|
| Gender | Avg Sleep Duration (h) | Avg Quality of Sleep | Count of People | Avg Sleep Duration (h) | Avg Quality of Sleep | Count of |
| Female | 8,24 | 8,75 | 36 | 6,55 | 6,61 | 41 |
| Male | 6,96 | 6,73 | 81 | 7,13 | 7,29 | 91 |
| Total | 7,35 | 7,35 | 117 | 6,95 | 7,08 | 13 |

Sleep Duration

7,23

Avg Sleep Duration (h)

7,20

Median Sleep Duration

Sleep Quality

7,44

Avg Quality of Sleep

8,00

Median Quality of Sleep