

Gender

All

Age-range

All

BMI Category

All

Physical Activity Level

All

Occupation

All

Sleep Disorder

All

Clean Filters

Avg Sleep Duration (h)

7,13

Avg Quality of Sleep

7,31

Avg Stress Level


5,39

41,4 %

% Sleep Problem

Gap vs Target Sleep (h)

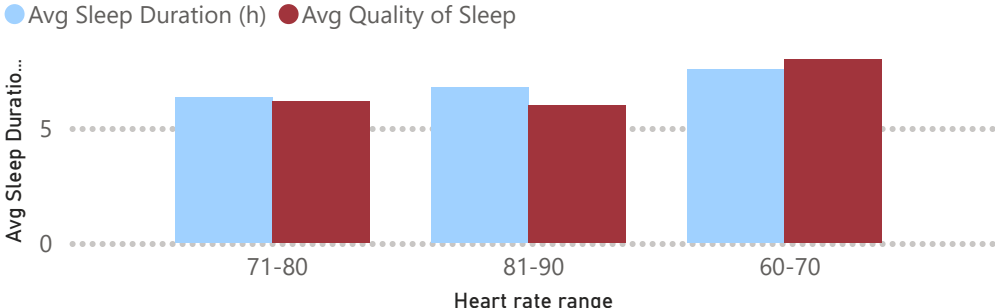
-0,87



Greater quality and duration of sleep at lower heart rates

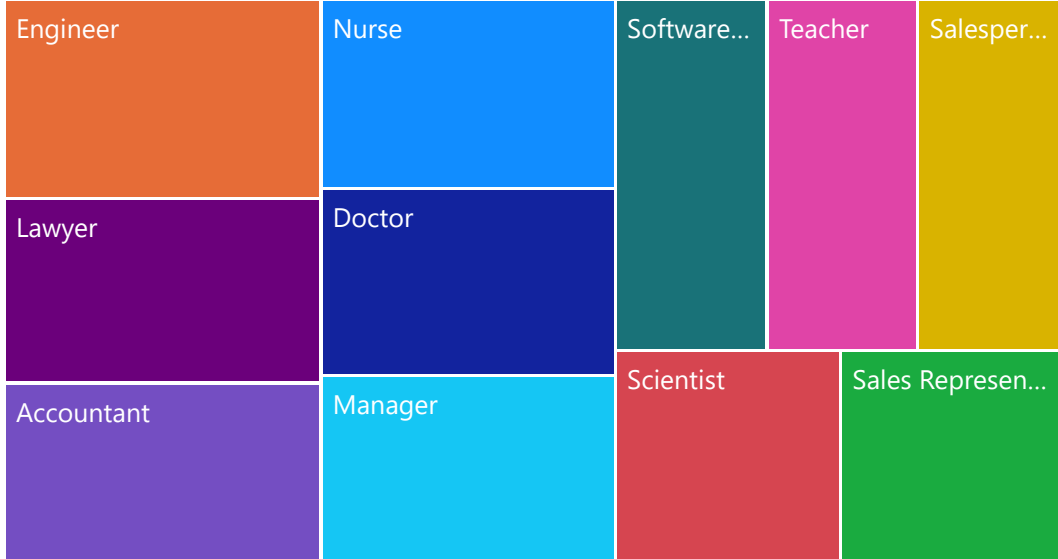
Avg Sleep Duration (h)

Avg Quality of Sleep



Heart rate range	Avg Sleep Duration (h)	Avg Quality of Sleep
71-80	~6.2	~6.1
81-90	~6.5	~6.2
60-70	~7.1	~7.3

Sleep duration varies significantly depending on occupation

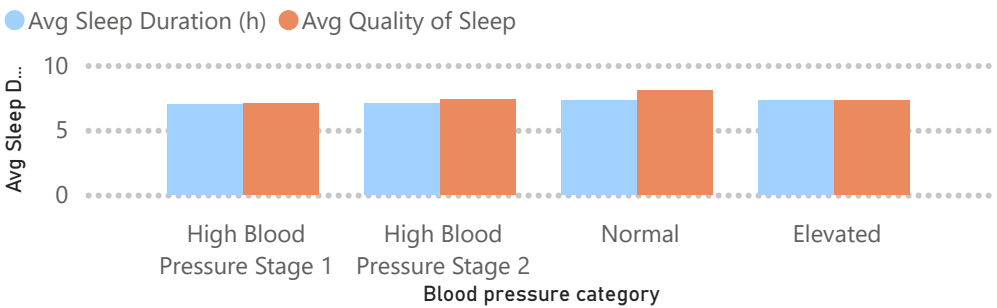


Occupation	Avg Sleep Duration (h)
Engineer	~6.8
Nurse	~6.5
Software...	~6.2
Teacher	~6.1
Salesper...	~6.0
Lawyer	~6.0
Doctor	~5.8
Accountant	~5.5
Manager	~5.2
Scientist	~4.8
Sales Represen...	~4.5

Normal blood pressure is associated with better sleep quality and duration

Avg Sleep Duration (h)

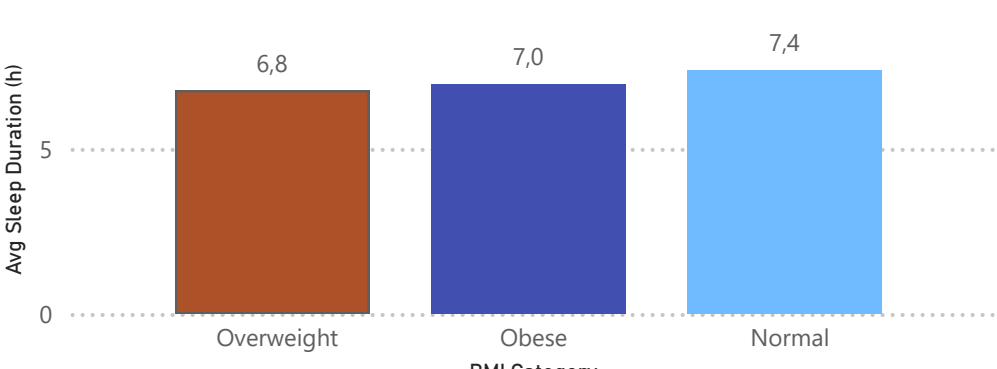
Avg Quality of Sleep



Blood pressure category	Avg Sleep Duration (h)	Avg Quality of Sleep
High Blood Pressure Stage 1	~6.8	~6.8
High Blood Pressure Stage 2	~6.8	~6.8
Normal	~7.0	~7.0
Elevated	~7.2	~7.2

Las personas con BMI normal duermen más horas en promedio

Avg Sleep Duration (h)



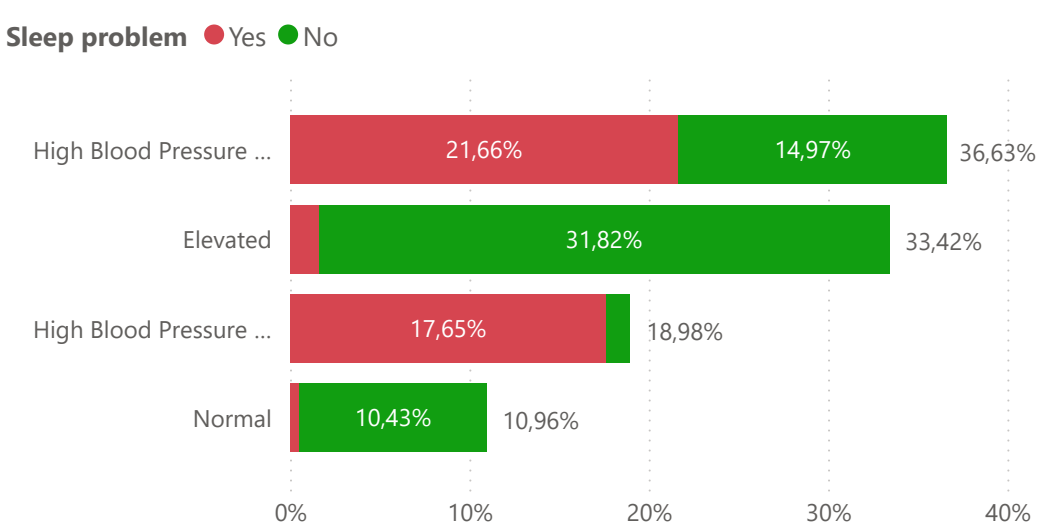
BMI Category	Avg Sleep Duration (h)
Overweight	6,8
Obese	7,0
Normal	7,4

Greater proportion of sleep problems in people with high blood pressure

Sleep problem

Yes

No



Blood pressure category	Yes (%)	No (%)	Total (%)
High Blood Pressure ...	21,66%	14,97%	36,63%
Elevated	~2%	31,82%	33,42%
High Blood Pressure ...	17,65%	~2%	18,98%
Normal	~1%	10,43%	10,96%