

Gender	Age-range	BMI Category	Physical Activity Level	Occupation	Sleep Disorder
All	All	All	All	All	All

Clean Filters

Avg Sleep Duration (h)

7,23

Avg Quality of Sleep

7,44

Avg Stress Level

5,15

36,3 %

% Sleep Problem

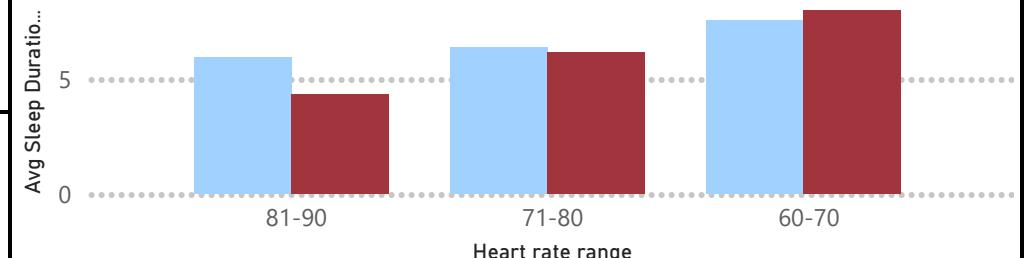
Gap vs Target Sleep (h)

-0,77

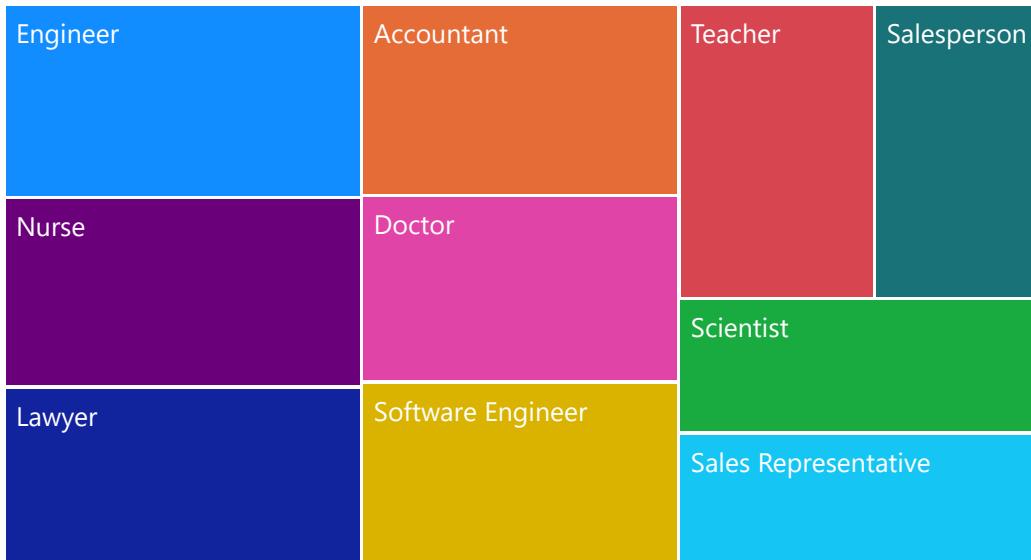


Greater quality and duration of sleep at lower heart rates

- Avg Sleep Duration (h)
- Avg Quality of Sleep

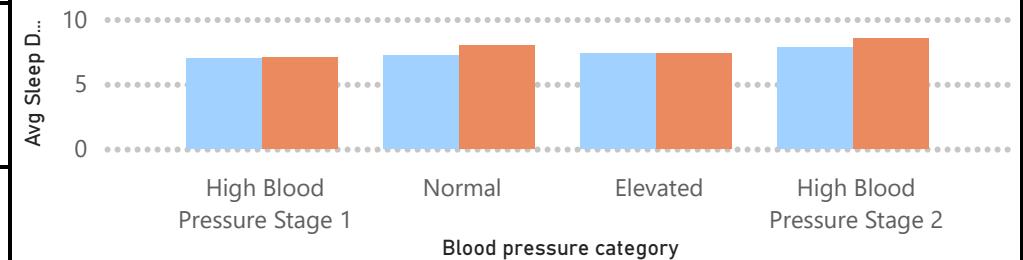


Sleep duration varies significantly depending on occupation



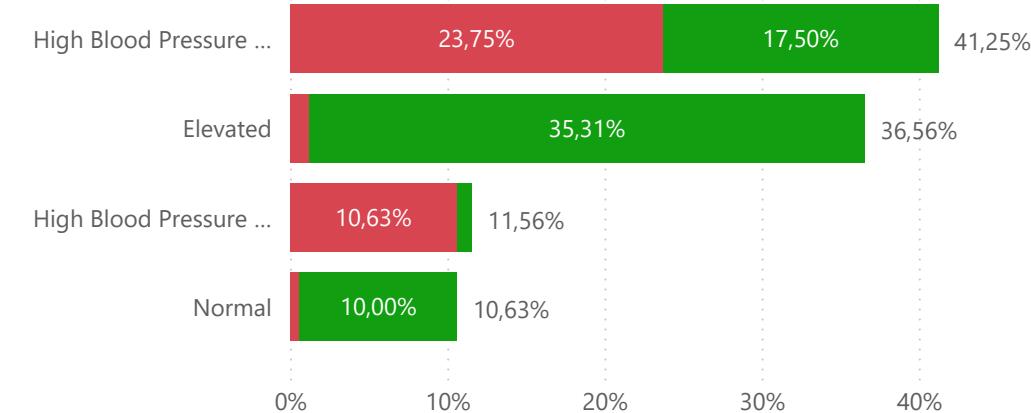
Normal blood pressure is associated with better sleep quality and duration

- Avg Sleep Duration (h)
- Avg Quality of Sleep

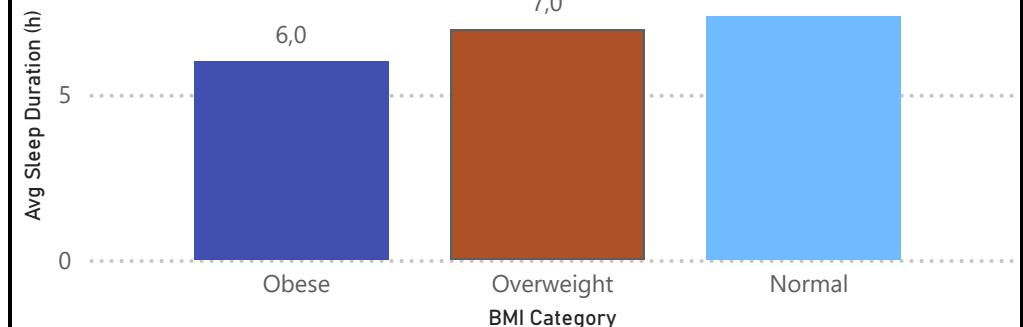


Greater proportion of sleep problems in people with high blood pressure

Sleep problem • Yes ● No



Las personas con BMI normal duermen más horas en promedio



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	Gender	8,24	8,75	36	6,55	6,61	41
Male	Gender	6,96	6,73	81	7,13	7,29	91
Total	Gender	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