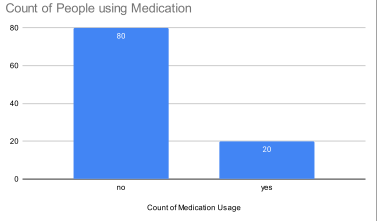
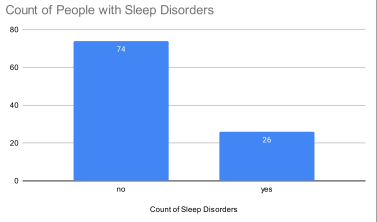
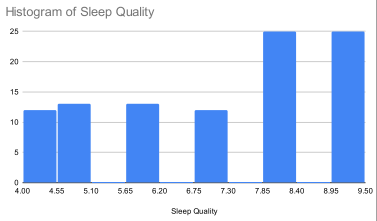
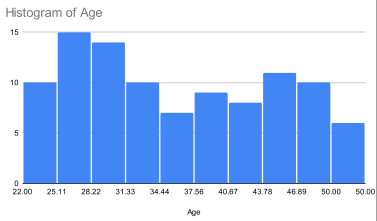


ID	Age	Gender	Sleep Quality (Sd Bedtime)	Wake-up Time	Daily Steps	Calories Burned	Physical Activity	Dietary Habits	Sleep Disorders	Medication Usage	
1	25	f	8	23.00	6.30	8000	2500	medium	healthy	no	no
2	34	m	7	0.30	7.00	5000	2200	low	unhealthy	yes	yes
3	29	f	9	22.45	6.45	9000	2700	high	healthy	no	no
4	41	m	5	1.00	6.30	4000	2100	low	unhealthy	yes	no
5	22	f	8	23.30	7.00	10000	2800	high	medium	no	no
6	37	m	6	0.15	7.15	6000	2300	medium	unhealthy	no	yes
7	30	f	8	22.30	6.00	8500	2600	high	healthy	no	no
8	45	m	4	1.30	7.00	3000	2000	low	unhealthy	yes	yes
9	27	f	9	23.00	7.30	9500	2750	medium	healthy	no	no
10	32	m	7	0.45	7.15	6500	2400	medium	medium	no	no
11	50	f	5	1.00	7.00	3500	2100	low	unhealthy	yes	yes
12	23	m	9	22.00	6.00	11000	2900	high	healthy	no	no
13	36	f	8	23.30	7.30	7000	2400	medium	medium	no	no
14	48	m	4	1.30	6.00	3000	2000	low	unhealthy	yes	yes
15	28	f	9	22.15	6.45	9500	2700	high	healthy	no	no
16	31	m	6	0.30	7.30	6000	2300	medium	unhealthy	no	no
17	26	f	8	23.45	6.15	8500	2500	medium	medium	no	no
18	39	m	5	1.15	7.00	4000	2100	low	unhealthy	yes	yes
19	33	f	9	22.30	7.00	10000	2800	high	healthy	no	no
20	42	m	7	0.45	7.30	5500	2400	medium	medium	no	no
21	29	f	8	23.15	6.30	9000	2600	high	healthy	no	no
22	35	m	5	1.00	6.30	4000	2100	low	unhealthy	yes	no
23	40	f	9	22.45	6.15	9500	2750	medium	healthy	no	no
24	47	m	6	0.15	7.00	6000	2300	medium	unhealthy	no	yes
25	32	f	8	23.00	6.30	8500	2600	high	medium	no	no
26	44	m	4	1.30	7.00	3000	2000	low	unhealthy	yes	yes
27	27	f	9	22.30	6.45	10000	2800	medium	healthy	no	no
28	38	m	7	0.45	7.15	6500	2400	medium	medium	no	no
29	31	f	8	23.30	7.00	9000	2500	high	healthy	no	no
30	49	m	5	1.15	7.30	3500	2100	low	unhealthy	yes	no
31	24	f	9	22.00	6.00	10500	2900	high	healthy	no	no
32	45	m	6	0.30	7.30	5000	2200	medium	unhealthy	no	yes
33	37	f	8	23.15	6.15	8500	2600	high	medium	no	no
34	46	m	4	1.00	6.30	3000	2000	low	unhealthy	yes	no
35	28	f	9	22.45	7.00	10000	2750	medium	healthy	no	no
36	40	m	7	0.15	7.15	6000	2300	medium	unhealthy	no	yes
37	35	f	8	23.30	7.00	9000	2500	high	medium	no	no
38	50	m	5	1.30	6.00	3500	2100	low	unhealthy	yes	yes
39	26	f	9	22.00	6.00	10500	2900	high	healthy	no	no
40	41	m	6	0.45	7.30	5000	2200	medium	unhealthy	no	no
41	30	f	8	23.15	6.15	8500	2600	high	medium	no	no
42	44	m	4	1.00	6.30	3000	2000	low	unhealthy	yes	yes
43	34	f	9	22.45	7.00	10000	2750	medium	healthy	no	no
44	48	m	7	0.15	7.15	6000	2300	medium	unhealthy	no	yes
45	33	f	8	23.30	7.00	9000	2500	high	medium	no	no
46	47	m	5	1.30	6.00	3500	2100	low	unhealthy	yes	no
47	28	f	9	22.00	6.00	10500	2900	high	healthy	no	no
48	39	m	6	0.30	7.30	5000	2200	medium	unhealthy	no	yes
49	32	f	8	23.15	6.15	8500	2600	high	medium	no	no
50	46	m	4	1.00	6.30	3000	2000	low	unhealthy	yes	no
51	23	f	9	22.15	6.45	9500	2700	high	healthy	no	no
52	38	m	6	0.30	7.00	5000	2200	medium	unhealthy	no	no
53	27	f	8	23.00	7.00	8500	2600	medium	medium	no	no
54	44	m	5	1.15	7.00	4000	2100	low	unhealthy	yes	no
55	29	f	9	22.30	7.30	9000	2750	high	healthy	no	no
56	36	m	7	0.45	7.15	6500	2400	medium	medium	no	no
57	30	f	8	23.15	6.15	8500	2600	high	medium	no	no
58	45	m	4	1.30	7.00	3000	2000	low	unhealthy	yes	yes
59	25	f	9	22.15	6.45	9500	2700	high	healthy	no	no
60	50	m	6	0.30	7.00	5000	2200	medium	unhealthy	no	no
61	28	f	8	23.00	7.00	8500	2600	medium	medium	no	no
62	47	m	5	1.15	7.00	4000	2100	low	unhealthy	yes	no
63	26	f	9	22.30	7.30	9000	2750	high	healthy	no	no
64	39	m	7	0.45	7.15	6500	2400	medium	medium	no	no
65	31	f	8	23.15	6.15	8500	2600	high	medium	no	no
66	43	m	4	1.30	6.00	3000	2000	low	unhealthy	yes	yes
67	24	f	9	22.15	6.45	9500	2700	high	healthy	no	no
68	38	m	6	0.30	7.00	5000	2200	medium	unhealthy	no	no
69	28	f	8	23.00	7.00	8500	2600	medium	medium	no	no
70	48	m	5	1.15	7.00	4000	2100	low	unhealthy	yes	no
71	32	f	9	22.30	7.30	9000	2750	high	healthy	no	no
72	41	m	7	0.45	7.15	6500	2400	medium	medium	no	no
73	29	f	8	23.15	6.15	8500	2600	high	unhealthy	no	no
74	50	m	4	1.30	7.00	3000	2000	low	unhealthy	yes	yes
75	26	f	9	22.15	6.45	9500	2700	high	healthy	no	no
76	44	m	6	0.30	7.00	5000	2200	medium	unhealthy	no	no
77	30	f	8	23.00	7.00	8500	2600	medium	medium	no	no
78	47	m	5	1.15	7.00	4000	2100	low	unhealthy	yes	no
79	25	f	9	22.30	7.30	9000	2750	high	healthy	no	no
80	49	m	7	0.45	7.15	6500	2400	medium	medium	no	no
81	31	f	8	23.15	6.15	8500	2600	high	medium	no	no
82	42	m	4	1.30	7.00	3000	2000	low	unhealthy	yes	yes
83	27	f	9	22.15	6.45	9500	2700	high	healthy	no	no
84	45	m	6	0.30	7.00	5000	2200	medium	unhealthy	no	no
85	34	f	8	23.00	7.00	8500	2600	medium	medium	no	no
86	50	m	5	1.15	7.00	4000	2100	low	unhealthy	yes	no
87	28	f	9	22.30	7.30	9000	2750	high	healthy	no	no
88	39	m	7	0.45	7.15	6500	2400	medium	medium	no	no
89	30	f	8	23.15	6.15	8500	2600	high	medium	no	no
90	47	m	4	1.30	7.00	3000	2000	low	unhealthy	yes	yes
91	23	f	9	22.15	6.45	9500	2700	high	healthy	no	no
92	36	m	6	0.30	7.00	5000	2200	medium	unhealthy	no	no
93	29	f	8	23.00	7.00	8500	2600	medium	medium	no	no
94	50	m	5	1.15	7.00	4000	2100	low	unhealthy	yes	no
95	27	f	9	22.30	7.30	9000	2750	high	healthy	no	no
96	43	m	7	0.45	7.15	6500	2400	medium	medium	no	no
97	33	f	8	23.15	6.15	8500	2600	high	medium	no	no
98	46	m	4	1.30	7.00	3000	2000	low	unhealthy	yes	yes
99	25	f	9	22.15	6.45	9500	2700	high	healthy	no	no
100	41	m	6	0.30	7.00	5000	2200	medium	unhealthy	no	no



The data set contains various information about individuals' sleep habits and physical activities. The data provides important indicators of individuals' overall health and quality of life. The distribution of gender is equal in this data, 50 males and 50 females. However, the distribution age is not. Based on the histogram showing the age, there are people ranging from 22 years old to 50 years old, and the distribution of 100 people within this range was randomized. On a scale of 1-10, Half of the population have a sleep quality of above 7.85, and the other half have a sleep quality ranging from 4 to 7.3. Moving on to the next chart, 26 out of 100 people have sleep disorders, and 20 out of 100 people use medication. Moving on to the overall health, out of 100 people, only 20% have a healthy diet, 30% have a medium diet, and 41% have unhealthy diet. The same people were observed to measure their physical activity level, 38% have high physical activity level and the same goes with medium activity level, and 26% have a low activity level. Lastly, Upon looking at the scatterplot of the calories burned for every 100 people, all of them have burned more than and equal to 2000 calories.

