# Exploratory R Output and Visuals

| time_relative_ to_birth | mean_ sleep_hours | mean_ sleep_score | mean_ sleep_stress | mean_ awake_mins | mean_ awake_count | mean_ restless_ moments |
|---|---|---|---|---|---|---|
| before | 7.33 | 82.84 | 14.78 | 8.34 | 0.46 | 30.41 |
| after | 6.97 | 76.85 | 19.61 | 23.22 | 1.12 | 26.39 |

## Average Sleep Duration: Before & After



## Before and After Look at Sleep Scores