**Project Title:**

**“SleepSense: Unveiling the secrets of sleep and Lifestyle “**

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The "SleepSense: Unveiling the Secrets of Sleep and Lifestyle" dataset provides comprehensive individual data, revealing insights into health attributes, lifestyle choices, and sleep patterns. Columns cover person ID, gender, age, occupation, sleep metrics, physical activity, stress levels, BMI, blood pressure, heart rate, daily steps, and sleep disorder status.

Researchers analyze health and lifestyle's interplay. Sleep duration, quality, physical activity, and stress relate to overall health outcomes.

The dataset uncovers sleep disorders across demographics, revealing trends and risk factors. Attributes like occupation, age, and gender offer insights into population segments facing sleep-related challenges.

Enriched with demographics and health metrics, "SleepSense" supports exploratory analyses, insights for health interventions, and predictive models identifying at-risk individuals.

In conclusion, the "SleepSense" dataset empowers researchers to comprehend connections between lifestyle choices, health markers, and sleep behaviors in health sciences, sleep medicine, and public health policy.