

# HEALTH SLEEP INSIGHTS

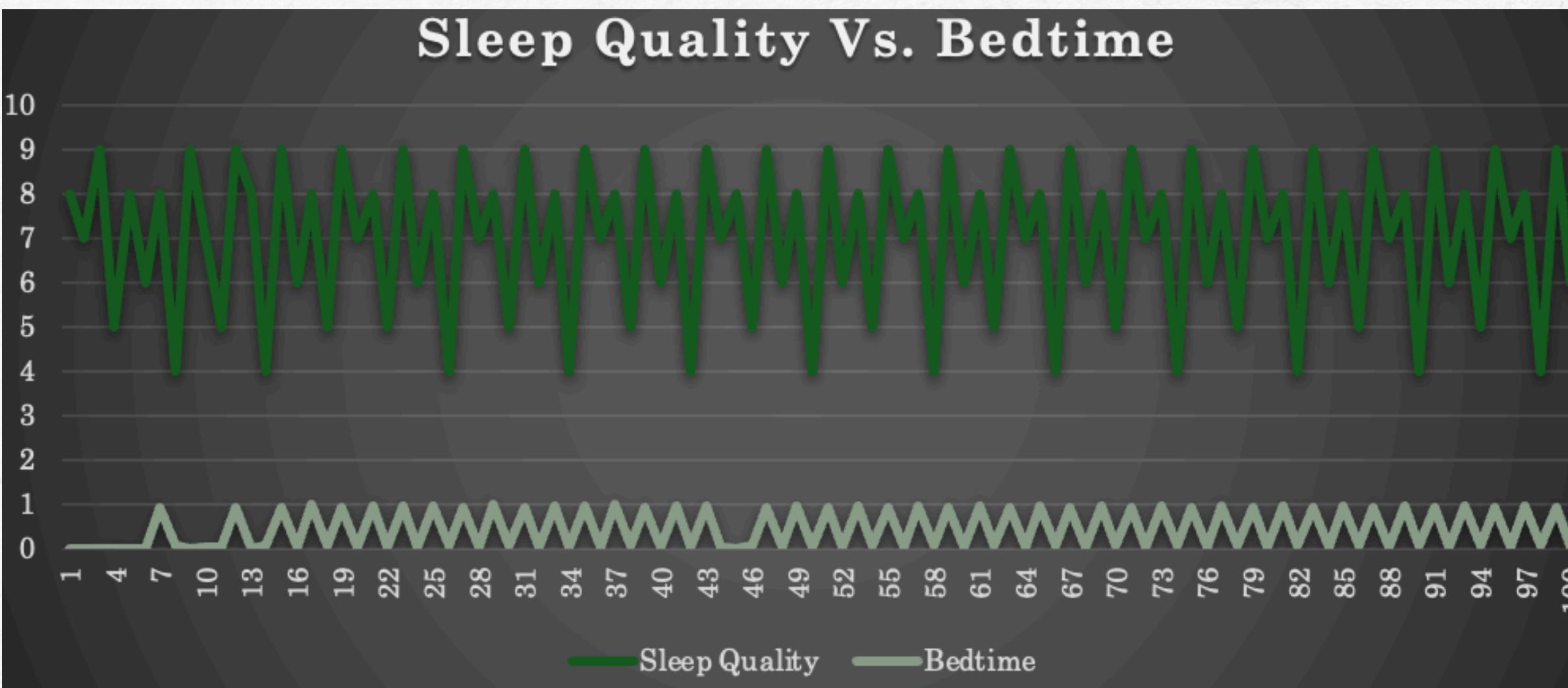
MALIA LATIMER

# INTRODUCTION

Objective: Analyze the relationship between sleep quality and various health factors like physical activity, diet, and lifestyle choices.

Poor sleep can lead to issues such as obesity, diabetes, heart disease, and mental health disorders. Factors such as age, gender, sleep quality, bedtime, wake-up time, daily steps, calories burned, physical activity level, sleep disorders, medication usage, and dietary habits were recorded. Data was analyzed using Excel and SQL to explore correlations and insights.

# SLEEP QUALITY VS. BEDTIME

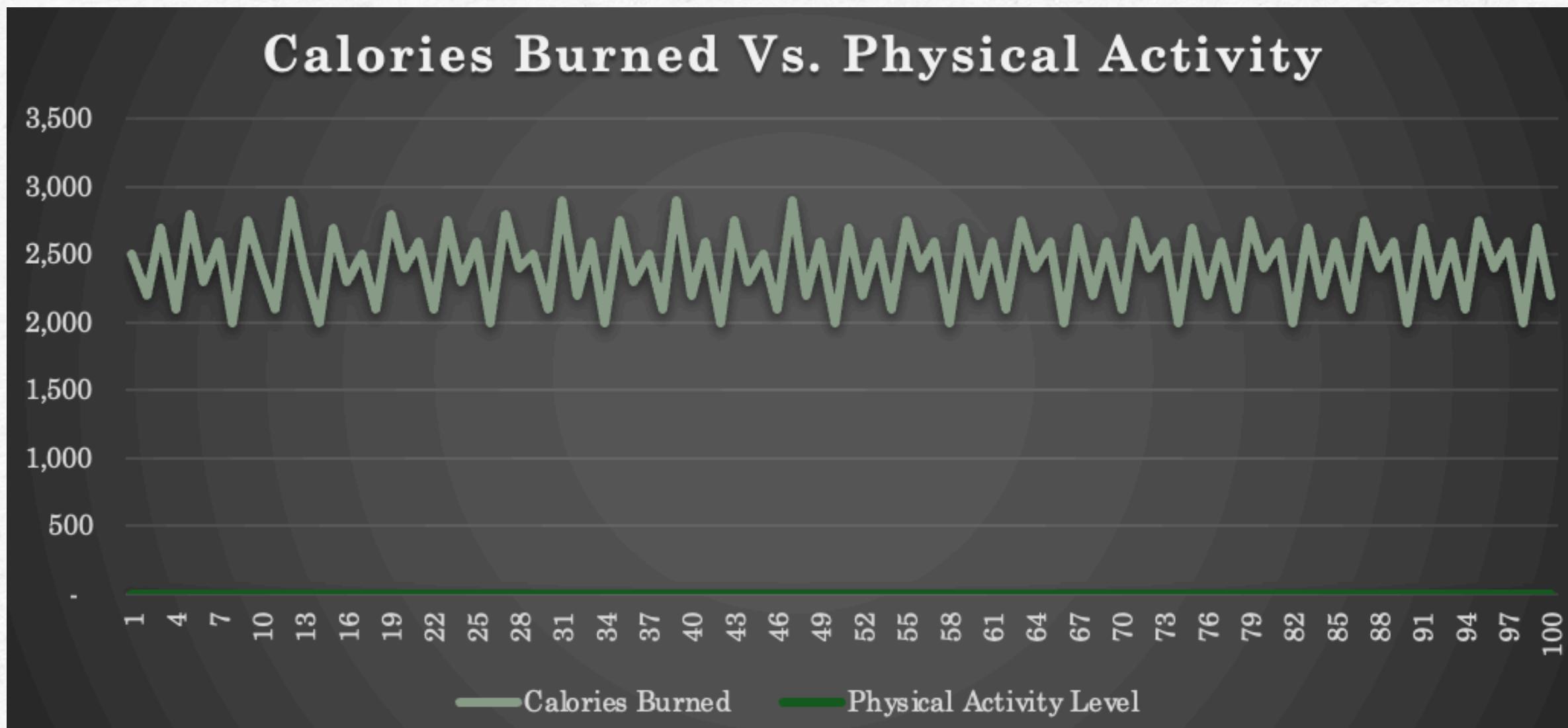


# SLEEP QUALITY VS. BEDTIME

## INSIGHTS

- Hypothesis: Earlier bedtimes lead to higher sleep quality, as going to bed at a regular time allows for a more natural circadian rhythm.
- Findings: There is a moderate positive correlation between earlier bedtimes and better sleep quality.

# CALORIES BURNED VS. PHYSICAL ACTIVITY LEVEL

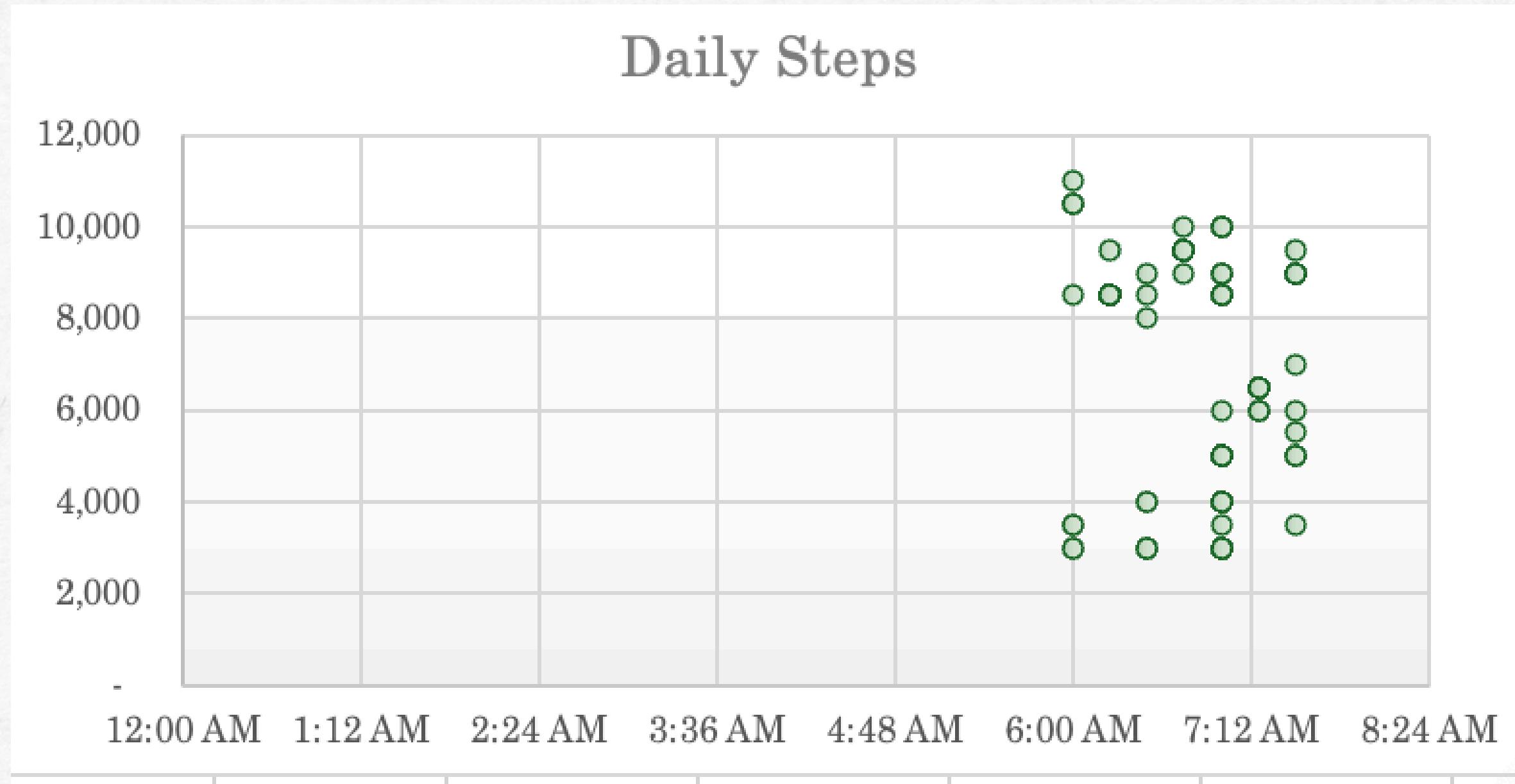


# CALORIES BURNED VS. PHYSICAL

## ACTIVITY LEVEL INSIGHTS

- Hypothesis: Higher physical activity levels are expected to correlate with increased calorie burn.
- Findings: The data shows a strong constant correlation between physical activity level and calories burned.

# DAILY STEPS VS. WAKE-UP TIME



# DAILY STEPS VS. WAKE-UP TIME

## INSIGHTS

- Hypothesis: Late wake-up times lead to more steps throughout the day due to the increased number of active hours.
- Findings: A clear trend emerges where individuals who wake up later (after 7 am) consistently report higher daily step counts compared to those who wake up earlier. Late risers log an average of 20-30% more steps daily.

# CONCLUSIONS

- Sleep Quality vs. Bedtime: Earlier, consistent bedtimes lead to better sleep quality, reinforcing the need for good sleep hygiene.
- Calories Burned vs. Physical Activity Level: More vigorous physical activity results in significantly higher calorie expenditure, emphasizing the need for regular high-intensity exercise.
- Daily Steps vs. Wake-Up Time: Late risers tend to be more active throughout the day, logging more steps than early risers, suggesting that a late start to the day encourages a more active lifestyle.



# RECOMENDATIONS

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1

Encourage regular, earlier bedtimes to improve sleep quality.

2

Integrate more vigorous physical activity into daily routines to increase calorie burn.

3

Promote later wake-up times to maximize daily physical activity.

**THANK YOU  
VERY MUCH!**