# SLEEP HEALTH AND LIFESTYLE

Unlock sleep insights

Introduction

In today's busy world, good sleep matters. Dive into our dataset to see how different factors effect sleep and to find out how long we sleep, how well, and how stress plays a role, all to help us sleep better and live healthier. The main finding reveals that females tend to sleep longer than males.

Sleep Duration

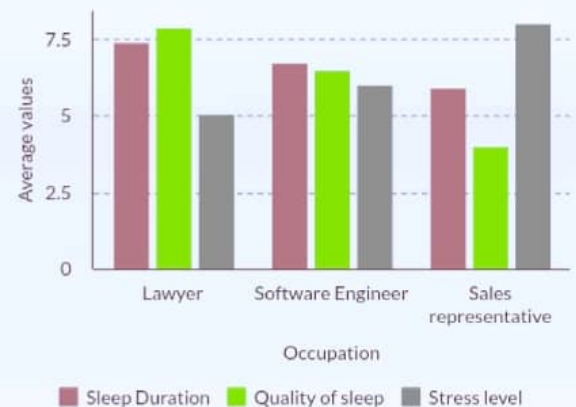

- Female (50.7%)
- Male (49.3%)
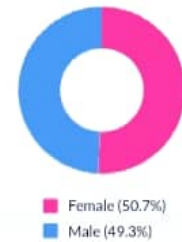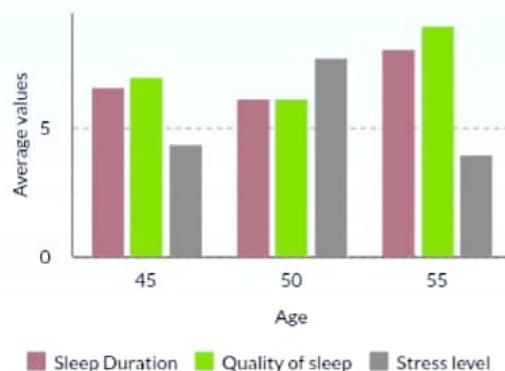
Sleep Analysis by Gender
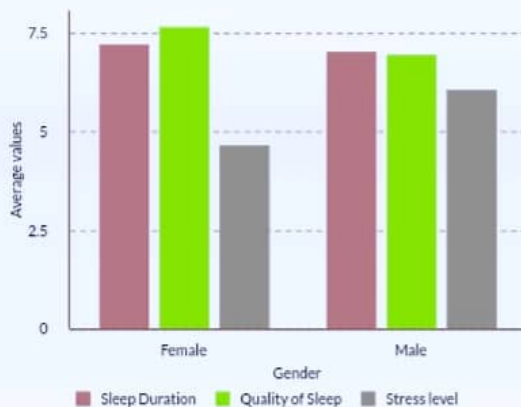
The graph indicates that females typically sleep longer, enjoy better sleep quality, and experience lower stress levels than males.

Sleep Analysis by Occupation

The graph shows lawyers have longer, better-sleep and lower stress, while sales representatives sleep less with poor quality and higher stress levels.

Sleep Analysis by Age

The graph shows that the individuals aged 55 sleep more and better, with lower stress than those aged 50, who sleep less and have higher stress.

Sleep Analysis by Heart Rate
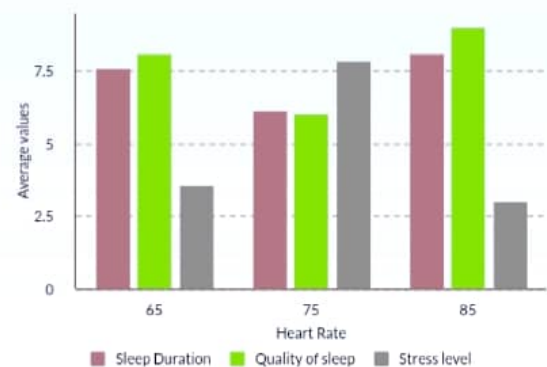
The graph shows that the individuals with a heart rate 85 sleep more and better, with lower stress than those with 75, who sleep less and have higher stress.

Conclusion

In conclusion, females, lawyers, those aged 55, and individuals with a heart rate of 85 consistently sleep longer, enjoy better quality sleep, and have lower stress levels compared to their respective counterparts. This highlights the importance of personalized sleep insights for overall well-being.