**Data Dictionary**

| **Column Name** | **Description** |
| --- | --- |
| Person\_ID | Unique ID assigned to each person |
| Gender | The gender of the person (Male/Female) |
| Age | Age of the person in years |
| Occupation | The occupation of the person |
| Sleep\_duration | The duration of sleep of the person in hours |
| Quality\_of\_sleep | A subjective rating of the quality of sleep, ranging from 1 to 10 |
| Physical\_activity | The level of physical activity of the person (Low/Medium/High) |
| Stress Level | A subjective rating of the stress level, ranging from 1 to 10 |
| BMI\_category | The BMI category of the person (Underweight/Normal/Overweight/Obesity) |
| Blood\_pressure | The blood pressure of the person in mmHg |
| Heart\_rate | The heart rate of the person in beats per minute |
| Daily Steps | The number of steps taken by the person per day |
| Sleep\_disorder | The presence or absence of a sleep disorder in the person (None, Insomnia, Sleep Apnea) |