Table of

CONTENTS

01 **Project Overview**

Key user attributes : Person ID, Age, Gender, Occupation, Sleep Duration, Quality of Sleep, Physical Activity Level, Stress Level, BMI Category, Blood Pressure, Heart Rate, Daily Steps and Sleep Disorder.

02 **Libraries and Data Handling**

Libraries used : Pandas, Numpy, Seaborn, Matplotlib, DateTime

Data Loading and preprocessing : Loading from CSV, data cleaning, handling dates and categorical data.

03 **Data Analysis Technique**

Descriptive statistics : Mean, median, count, standard deviation. **Visualization methods :** Bar Charts, Scatter Plot, KDE Plot, Count Plot.

04 **Key Findings**

User Demographics : Age and gender distribution, Occupations Distribution **Sleep Disorder Distribution :** BMI and Sleep Disorders, Gender Sleep Disorders. **Environmental Factors Impact on Sleep Quality :** Environmental Impacts.

05 **Advance Analysis**

Environmental Conditions : Discover prevalence of sleep disorders and sleep behaviors based on different environmental conditions **Temporal trends :** Discover patterns and fluctuations in sleep-related metrics across different time intervals.

Table of CONTENTS

06 **Visual Insights**

Sleep Disorder Distribution : Count plots by Gender Occupation, BMI, Age, Sleep Duration **Sleep Level and Quality of Sleep Relationship:** Scatter plot by stress level and quality of sleep.

07 **Conclusion**

Summary of insights and knowledge derived, implications for future strategic decisions.

Appendix

Code Snippets : Provided Python code used for loading, cleaning, transforming data, and generating visualizations.

Datasets : Sample dataset of Netflix users for data analysis.

Additional References : Referenced any external datasets or tools used during the analysis process.

Github Website Link :
https://github.com/Rozumary/CSEL-302-FINAL-PROJECT