



SLEEP HEALTH & LIFESTYLE

Use Cases

Potential real-world applications of the dataset

1. Have sleep deprived individuals experienced drastic changes in their lifestyle due to lack of sleep?
2. Has anyone experienced chronic diseases and conditions due to unhealthy sleep cycles?
3. How might sleep clinics utilize this data to improve patient care and treatments?
4. How can healthcare providers use the information in this dataset to mediate recommendations for patients struggling with sleep disorders?

This dataset explores how sleep cycle and other factors affect the mental health landscape and lifestyle of individuals. A sufficient amount of sleep and quality sleep enhances productivity and the emotional well being while disruptions towards sleep cycle can lead to cognitive decline, mood disturbances and health risks.

Nutrition Facts:

Gender	2
Age	32
Occupation	10
Physical Activity	90
Stress Level	10
Sleep Quality	10
Sleep Duration	24
BMI Category	3
Blood Pressure	2
Sleep Disorder	3

