Heart Health and Lifestyle Excel Dashboard

Objective:-

300+ records of sleep health and lifestyle data has been analysed in order to find out factors contributing to poor heart health in the form of an interactive dashboard

Sections:-

- Physical activity, Sleep and heart health
- Occupation, heart rate and blood pressure
- Effects of BMI & sleep disorders on heart rate and Blood Pressure

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Physical activity, Sleep and heart health

- **Sleep quality and distribution**
- **Sleep duration & stress levels**
- **Effects of sleep duration & sleep quality on heart rate**

Sleep quality and distribution

Consists of:-

- Filter that will allow you to filter table according to the selections

- Table on right hand side in which green marked areas represent the optimum sleep quality & duration highlightingther ideal number of walking steps required per day to attain the same

- Table on left hand side in which red marked areas represent poor sleep quality & duration, green marked areas represent the opposite

Sleep duration and stress level

Consists of:-

- Filterable table and graphical representation

- Table on left hand side represents stress levels according to sleep duration, data bars have been used to represent the distribution

- Right hand side consists of the line graph representation of the data in the table

Effects of sleep duration & sleep quality on heart rate

Consists of:-

- Two filterable tables on the left hand side showing sleep duration & quality effects on average heart rate, low heart rate areas have been marked in green

- Table on right hand side in which green marked areas represent the optimum sleep quality & duration highlighting the ideal number of walking steps required per day to attain the same

- Bar graph & area graphs have been used to graphically represent the same data

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Occupation, heart rate and blood pressure

Occupation Division

- Occupation Division
- Occupation Effects on sleep duration, physical activity and heart rate
- Avg age and stress level of occupants

Occupation division

Consists of:-

- **Shows distribution of occupation percent wise in a pie chart**

Occupation Effects on sleep duration, physical activity and heart rate

Consists of:-

- Filter that will allow you to filter table according to the selections

- Consists of a table in which green marked areas represent the optimum range of sleep quality, duration and heart rate and red marked areas representing the opposite Overall, it helps in determining which occupation has the chances of having heart related problems

Avg age and stress level of occupants

Consists of:-

- Filter that will allow you to filter table according to the selections

- Consists of a table in which professions with oldest average age have been marked in red and data bard have been used to show distribution of stress levels

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Occupation, heart rate and blood pressure

- BMI & Heart Rate
- BMI & Blood Pressure
- Sleep Disorder & Heart Problems

BMI & Heart Rate

Consists of:-

- Filter that will allow you to filter table according to the selections

- Graphical representation of heart rate distribution according to BMI

- Average heart rate according to BMI has been represented in a table

- Elevated average heart rate has been marked in red

BMI & Blood Pressure

Consists of:-

- Filter that will allow you to filter table according to the selections

- Graphical representation of blood pressure distribution according to BMI

- Max Blood Pressure according to BMI has been represented in a table

- Elevated max blood pressure has been marked in red

Sleep Disorders & Heart Problems

Consists of:-

- Filter that will allow you to filter table according to the selections

- Graphical representation of sleep disorder cases

- Sleep Disorder cases distribution has been represented in a data table

- Max & Min Blood Pressure and Avg heart rate according to sleep disorder has been represented in the table on the right hand side, themic color distribution has been used to represent the intensity of the values in the data table
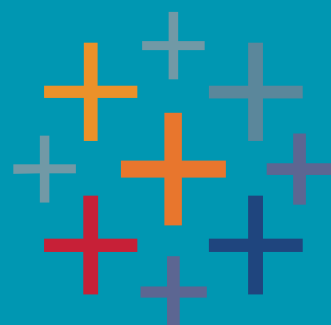
Thankyou for watching!

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