

Enhanced Data Analysis Report

Dataset: Sleep Health And Lifestyle Dataset

Generated: 2025-09-15 12:10:52
Domain: ** **Health and Wellness**

Executive Summary

This report presents a comprehensive analysis of the sleep health and lifestyle dataset dataset. The dataset contains 374 records with 13 features, including 8 numeric and 5 categorical variables. The analysis identified this as a ** **Health and Wellness** domain dataset.

Dataset Overview

- Total Records: 374
- Total Features: 13
- Numeric Features: 8
- Categorical Features: 5
- Missing Values: 0
- Duplicate Records: 0

Feature Analysis

name	dtype	num_missing	num_unique	mean	std
Person ID	int64	0	374	187.5	108.10874155219827
Gender	object	0	2	nan	nan
Age	int64	0	31	42.18449197860963	8.673133465547243
Occupation	object	0	11	nan	nan
Sleep Duration	float64	0	27	7.132085561497325	0.7956567308898189
Quality of Sleep	int64	0	6	7.31283422459893	1.196955919733606
Physical Activity Level	int64	0	16	59.17112299465241	20.83080365807167
Stress Level	int64	0	6	5.385026737967914	1.774526444198519
BMI Category	object	0	4	nan	nan
Blood Pressure	object	0	25	nan	nan

■ Generated Analysis Questions

The following questions were automatically generated to guide the analysis:

1. What is the distribution of age across the dataset?
2. Are there any correlations between sleep duration and other variables like gender, age, or occupation?
3. What are the most extreme values in each column?
4. Can we build a model to predict sleep duration based on other variables like age, gender, and occupation?
5. How can this data be used to improve the well-being of employees or customers?
6. ue individuals?
7. What is the distribution of age across the dataset?
8. Are there any correlations between sleep duration and other variables like gender, age, or occupation?

■ User Analysis Sessions

The following 1 questions were asked by the user with AI-generated insights:

Q1. [2025-09-15 12:10] question 1

Answer:

■ AI Analysis: ## Analysis of Age Distribution: 1. ****Direct numerical answer or finding:**** The average age in the dataset is 42.18 years old, with a range from 27 to 59 years. 2. ****Brief explanation:**** The data shows a relatively even distribution of ages, with a peak around 40-50 years, suggesting a balanced age range within the sample. 3. ****Key insight:**** The data suggests a relatively older population, with a majority of individuals falling within the 30-50 age range. ****Explanation:**** The data provides a snapshot of the age distribution within the dataset. While the average age is 42.18, the range of ages (27 to 59) suggests a broader age spectrum. The peak around 40-50 years indicates a larger proportion of individuals in this age group.

Key Finding: ■ AI Analysis: ## Analysis of Age Distribution: 1

■ Included data visualization (view HTML files for interactive charts)

■ Recent Visualizations

Found 5 recent visualizations:

- sleep_health_and_lifestyle_dataset_20250915_121004.html (Created: 2025-09-15 12:10:04)
- sleep_health_and_lifestyle_dataset_20250914_135245.html (Created: 2025-09-14 13:52:45)
- sleep_health_and_lifestyle_dataset_20250914_134745.html (Created: 2025-09-14 13:47:45)
- sleep_health_and_lifestyle_dataset_20250914_113101.html (Created: 2025-09-14 11:31:01)
- sleep_health_and_lifestyle_dataset_20250914_112846.html (Created: 2025-09-14 11:28:46)

■ Statistical Summary

Key Statistics for Numeric Features:

Feature	Mean	Std	Min	Max
Person ID	187.50	108.11	1.00	374.00
Age	42.18	8.67	27.00	59.00
Sleep Duration	7.13	0.80	5.80	8.50
Quality of Sleep	7.31	1.20	4.00	9.00
Physical Activity Level	59.17	20.83	30.00	90.00

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