Dataset:

I will be using the below dataset for my analysis.

 $\underline{https://www.kaggle.com/datasets/uom190346a/sleep-health-and-lifestyle-dataset}$

Business Issue:

Sleep is most important for everyone; insufficient sleep will affect individuals' daily activities and lead to long-term health problems. Various factors affect sleep, and I want to analyze using the data above to see what causes sleep apnea.