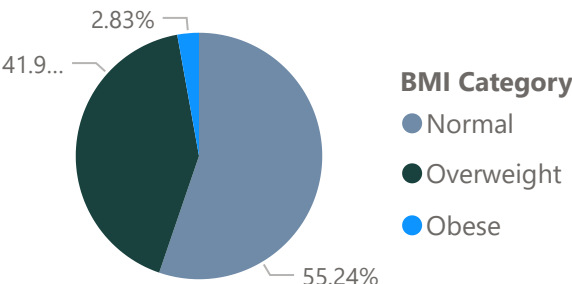
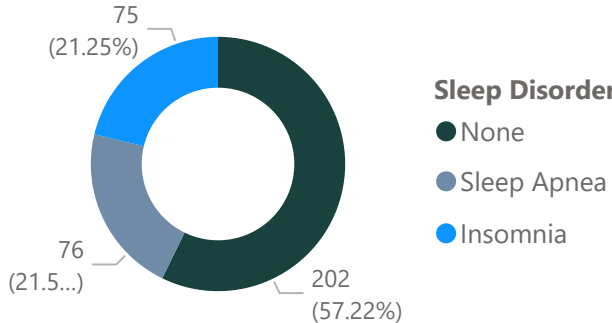


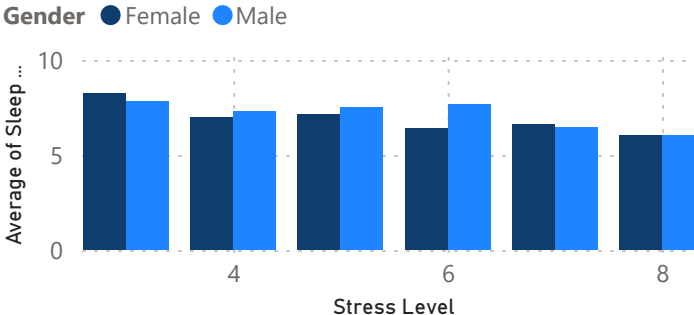
Distribution of BMI Categories



Distribution of Sleep Disorders

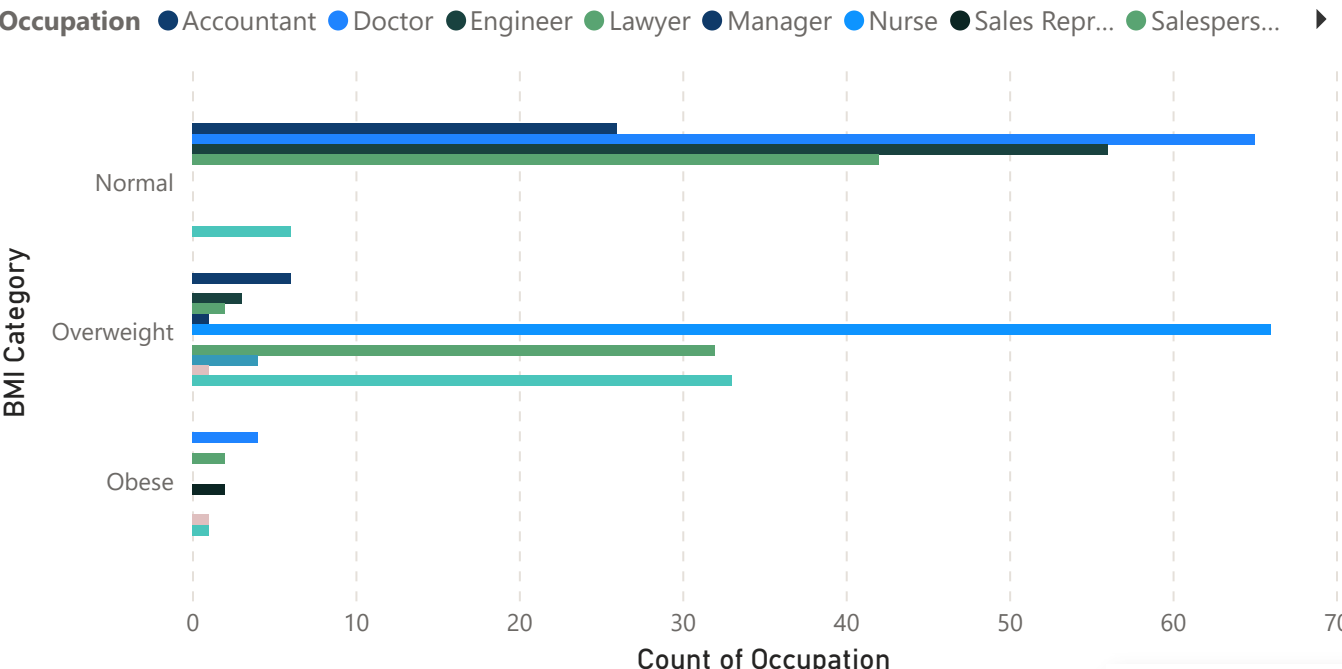


Average of Sleep Duration by Stress Level and Gender

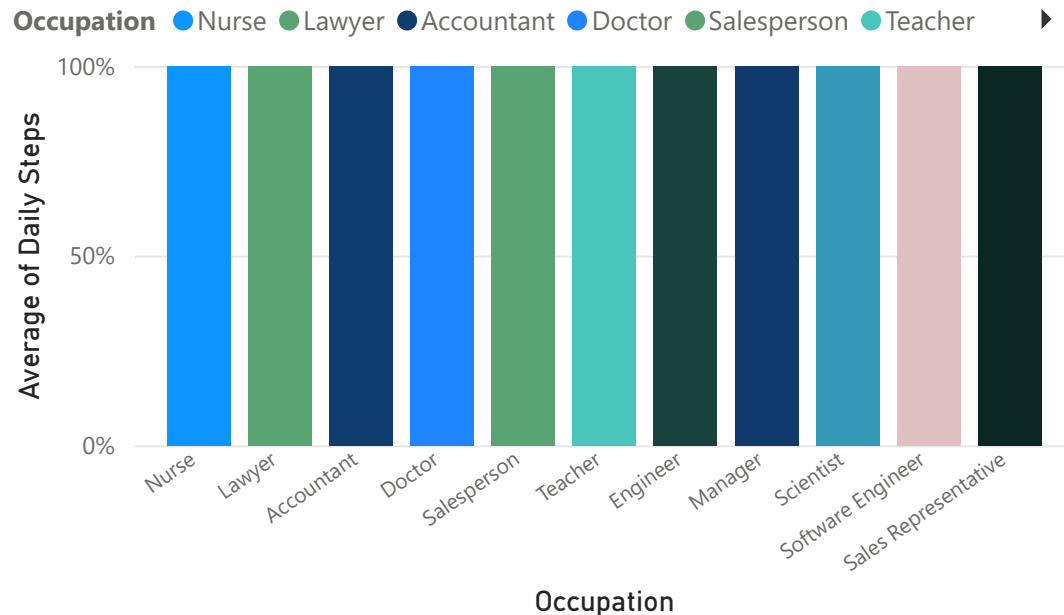


In both Males and Females, as the stress levels increase, avg sleep duration decreases.

BMI Category and Occupation

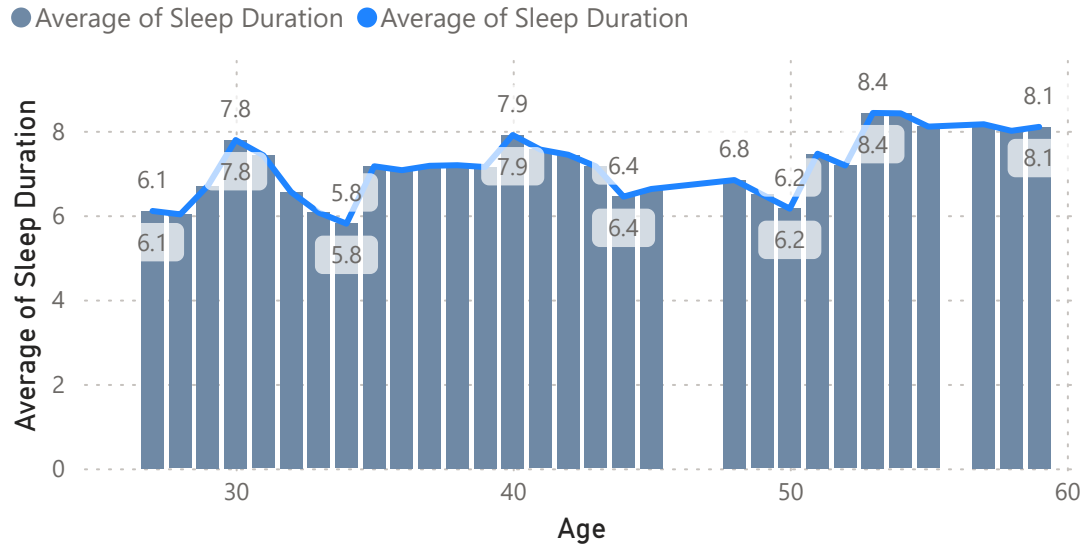


Daily Steps wrt Occupation



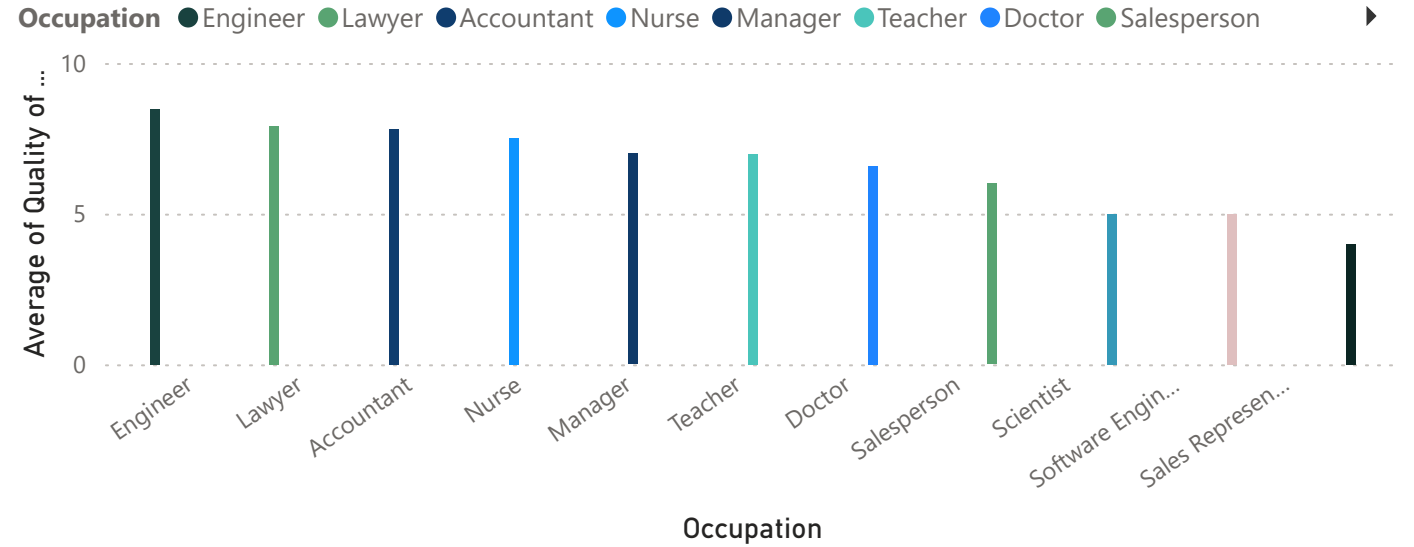
Most sedentary jobs like Software Engineers. Sales Representatives, Teachers, have low daily steps and a higher BMI

Average of Sleep Duration by Age



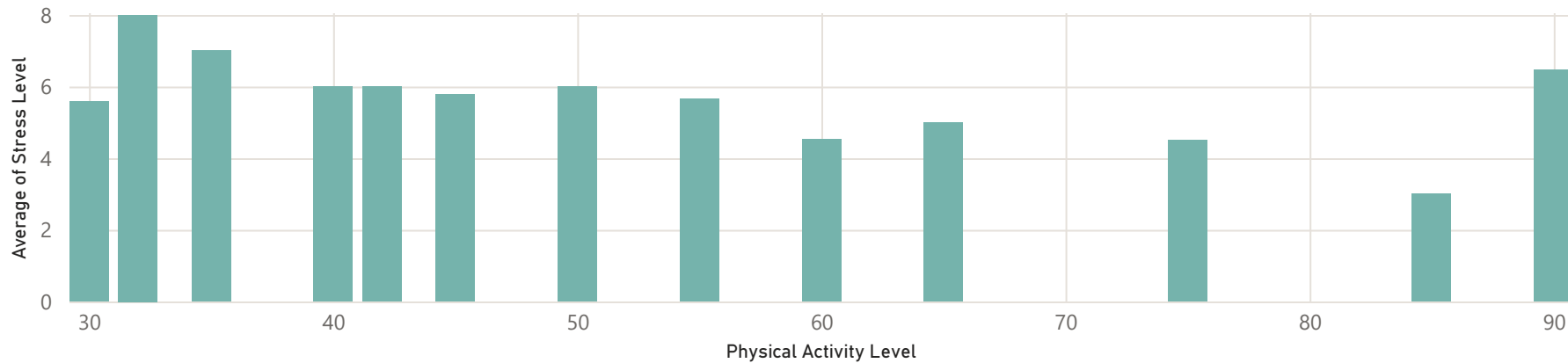
As the age of a person increases, the average duration of sleep increases with it especially during old age. Sleep duration is least during middle age 25-35 yrs old

Average of Quality of Sleep by Occupation



People having a profession which is filled with performance pressure, uncertainty, rejection, expectations of others usually have poor sleep quality.

Stress Level and Physical Activity Level



Physical activity reduces stress levels but too much of it is stressful