Group_3: Project #1- Sleep Health EDA

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Project Title: SleepHealth_EDA

Our study aims to explore the impact of various lifestyle factors on overall sleep health. Sleep is a vital aspect of our well-being, and understanding how different factors influence it can have significant implications for public health.

The central question guiding our analysis is, "How different lifestyle factors affect overall sleep health?"

Datasets to be Used:
https://www.kaggle.com/datasets/uom190346a/sleep-health-and-lifestyle-dataset

Rough Breakdown of Tasks:

How age & Gender affects sleep health? & Gender: **Lois**
Occupation: **Kaylee**
        -Exercise/Steps
BMI & Blood Pressure correlation: **Cooper**
        -Clean BMI category - updating the clean version
Sleep Duration/Quality of Sleep/Stress Level: **Thanh**
Sleep Disorders: Everyone as it relates to their questions
        -Focused on people with no sleeping disorders at first and then can add the other comparisons.
        -Clean out at first and then merge back in.

Research Questions to Answers:

Occupation
Gender
Age
Stress level
Number of hours correlates to quality
General health: Blood Pressure, BMI
Comparing manual labor jobs to non manual labor jobs
Sleep disorders: isolate people with sleep and those without and take a look at that
Data without people with sleep disorders.
Big picture overview
Jobs, exercise, stress

Create another column: categorize based on occupation column
Shows that there aren't many labor intensive jobs. Doesn't fully represent the working class