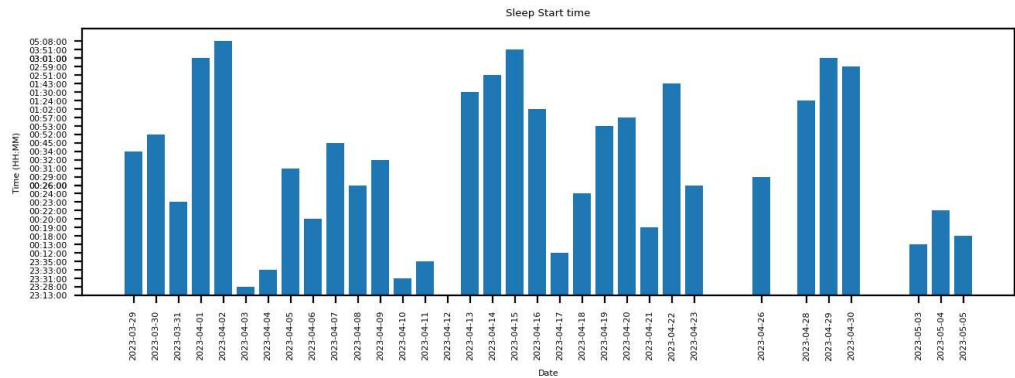Select a chart

Sleep

Fitbit Data Visualization

This is a Streamlit application that shows useful charts from Fitbit data stored in a MongoDB database


This bar chart shows the distribution of sleep start time for the user. The x-axis represents the hour of the day, and the y-axis represents the date where the user went to sleep at that hour. As you can see, the user tends to go to sleep later at night, with a peak around midnight. This information can be useful for understanding the user's sleep patterns and identifying opportunities for improving sleep hygiene.
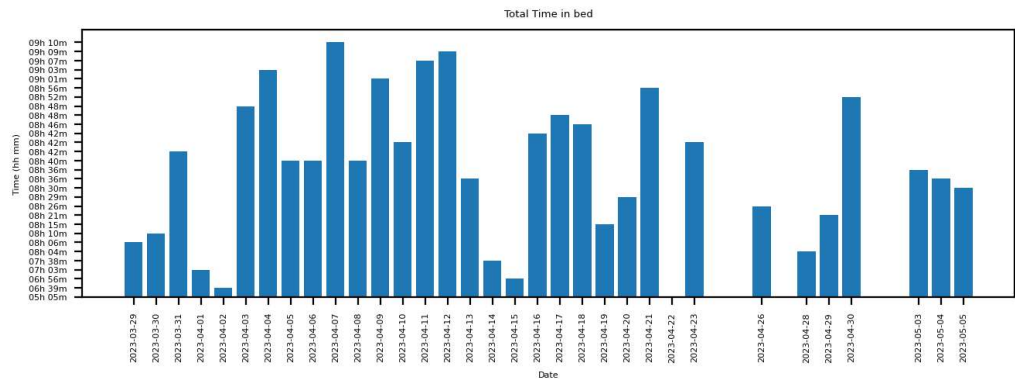

This bar chart displays the sleep duration for each day. The y-axis represents the duration of sleep in hours, while the x-axis shows the date. The length of each bar indicates the amount of time spent sleeping for that day. This chart is useful for identifying patterns in sleep duration over time and can help individuals monitor their sleep habits to ensure they are getting enough rest.
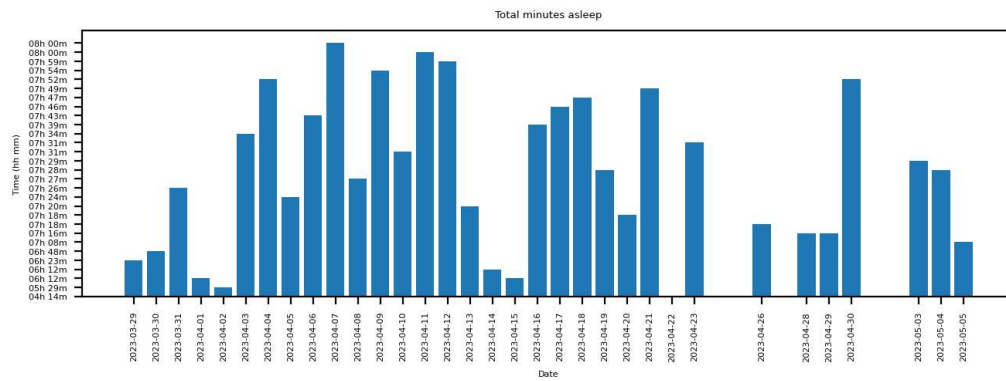
This bar chart shows the total number of hours the user spends asleep each night. It provides a clear visualization of how the user's sleep patterns vary from night to night.
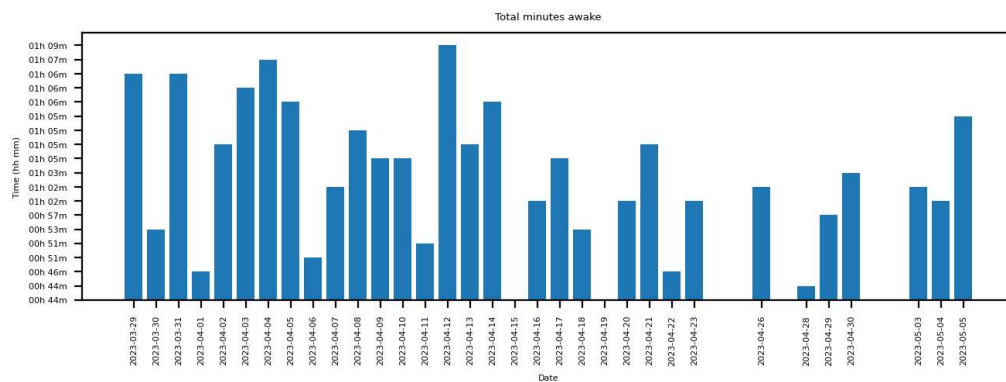
This bar chart shows the total number of hours the user spends awake. It can be useful in identifying patterns of sleep disturbance and how they may be affecting the user's overall sleep quality
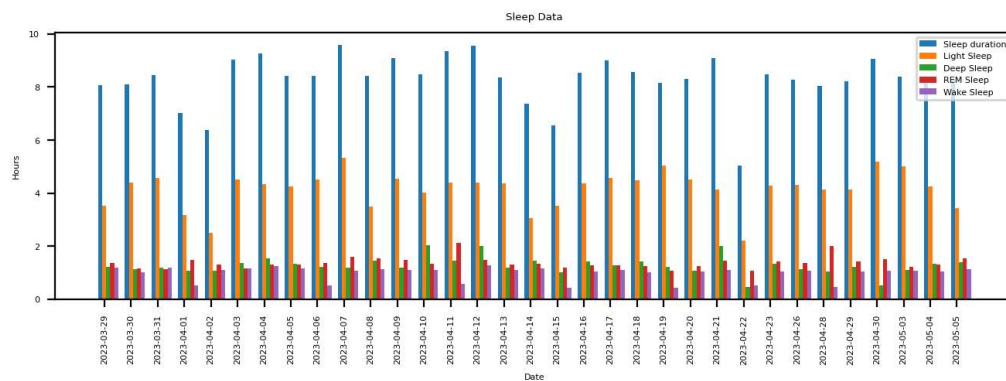
This bar chart provides a detailed breakdown of the different stages of sleep, including light sleep, deep sleep, REM sleep, and wake time, as well as the total sleep duration. The chart is a great way to visualize sleep quality and identify patterns over time.