SLEEP & LIFESTYLE DASHBOARD REPORT

Dashboard Overview: Stress, Sleep & Blood Pressure

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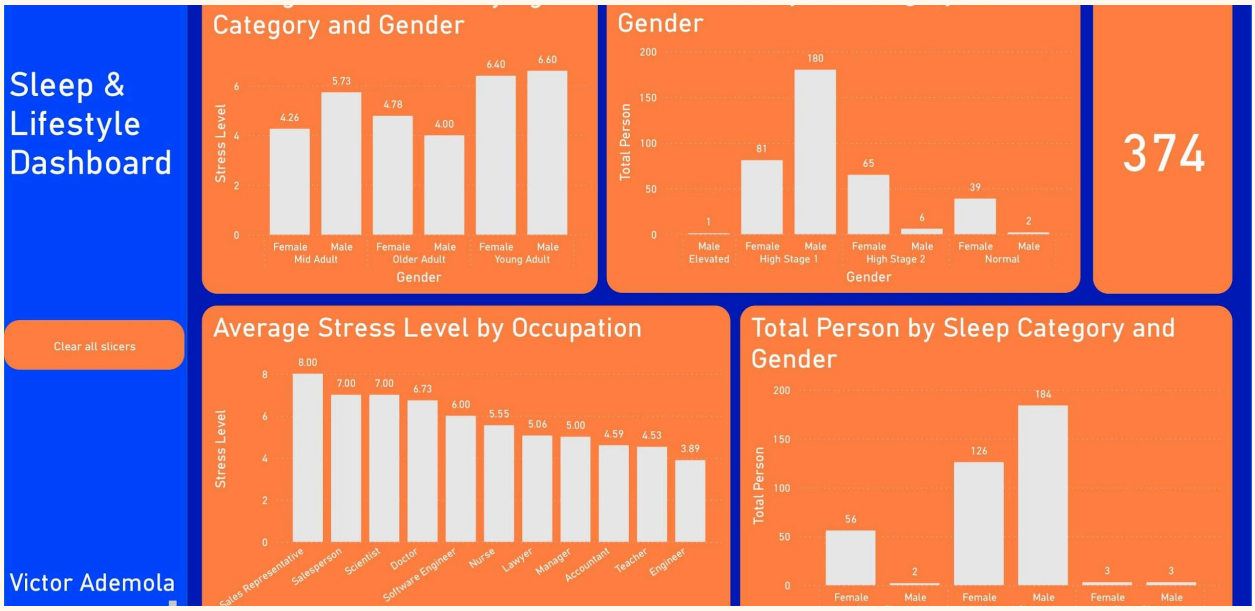
Dashboard Overview



This report presents an analysis of stress levels, sleep patterns, and blood pressure across 374 participants. The data has been categorized by age, gender, occupation, and health indicators to provide actionable insights into lifestyle and wellness trends.

The aim of this dashboard is to highlight key patterns, identify groups at higher risk of stress or irregular health metrics, and support data-driven decision-making for wellness and lifestyle interventions. All insights are based on aggregated averages to provide a clear, high-level view of the population studied.

1. Stress Level by Age Category and Gender

Young Adults: Male (6.60), Female (6.40)

→ Highest stress levels, likely driven by career-building, work pressures, and lifestyle habits such as late nights.

Mid Adults: Male (5.73), Female (4.26)

→ Moderate stress; males slightly higher, potentially due to balancing work and personal life responsibilities.

Older Adults: Male (4.00), Female (4.78)

→ Lower stress levels overall; females slightly higher, which may reflect health concerns or family obligations.

Insight: Stress peaks in young adulthood and decreases with age. Gender differences shift across age categories, suggesting targeted wellness strategies could be age and gender-specific.

Additional Insight: Young adults may benefit from stress-management programs such as time management training, mindfulness, or flexible work schedules.

2. Stress Level by Occupation

Highest Average Stress:

- Sales Representative – 8.00
- Sales Person – 7.00
- Scientist – 7.00
- Doctor – 6.73

Moderate Stress:

- Software Engineer – 6.00
- Nurse – 5.55

- Lawyer – 5.06
- Manager – 5.00

Lowest Stress:

- Accountant – 4.59
- Teacher – 4.53
- Engineer – 3.89

Insight:

Jobs with high client interaction, performance pressure, or critical decision-making correlate with higher stress. Predictable or structured roles have lower stress.

Additional Insight: Interventions such as mentorship, peer support, or workload management could help reduce stress in high-pressure occupations.

3. Total Persons by BP Category and Gender

Elevated: Male (1)

High Stage 1: Male (180), Female (81)

High Stage 2: Male (6), Female (65)

Normal: Male (2), Female (39)

Insight:

High Stage 1 is the most common BP category; males dominate this stage. Females have higher occurrences in High Stage 2 and Normal, indicating gender-specific cardiovascular risk patterns.

Additional Insight: Male participants might benefit from early intervention and lifestyle monitoring to prevent progression, while females may need targeted support for high-risk cases.

4. Total Persons by Sleep Category and Gender

Long Sleep: Male (2), Female (56)

Normal Sleep: Male (184), Female (126)

Short Sleep: Male (3), Female (3)

Insight:

Most males sleep within the normal range; a large portion of females exhibit long sleep patterns. Short sleep affects very few participants.

Additional Insight: Longer sleep in females might be linked to recovery needs, stress, or lifestyle factors. Short sleep patterns, although rare, should be monitored as they can exacerbate stress and affect cardiovascular health.

5. Correlations and Patterns Observed

1. Stress vs. BP: High stress does not always align with high BP, suggesting other factors (like genetics or lifestyle) influence cardiovascular health.
2. Sleep vs. Stress: Normal sleep duration correlates with moderate stress levels, whereas extremes in sleep (short or long) can reflect higher stress or health concerns.
3. Gender Differences: Males tend to cluster in high-stress, high BP categories, while females show wider variation in sleep and BP, suggesting gender-specific health interventions.
4. Occupation & Lifestyle: High-stress roles often require lifestyle adjustments (e.g., work-life balance, flexible schedules, wellness programs).

Overall Observations

1. Young adults face the highest stress levels due to career pressures and lifestyle choices.

2. Occupations with high responsibility, client interaction, or performance pressure experience the greatest stress.

3. Blood pressure patterns show that High Stage 1 is common, with noticeable gender differences.

4. Sleep patterns indicate females may require longer recovery periods, while males mostly maintain normal sleep duration.

5. Interventions for stress management, cardiovascular health, and sleep optimization should consider both age, gender, and occupation.

Conclusion

The Sleep & Lifestyle Dashboard provides a detailed view of stress, sleep, and BP across different demographics. Key takeaways:

- Target young adults for stress management programs.
- Focus on high-pressure occupations for wellness initiatives.
- Consider gender-specific health interventions based on BP and sleep trends.
- Encourage healthy sleep habits and monitor high-risk BP categories.