

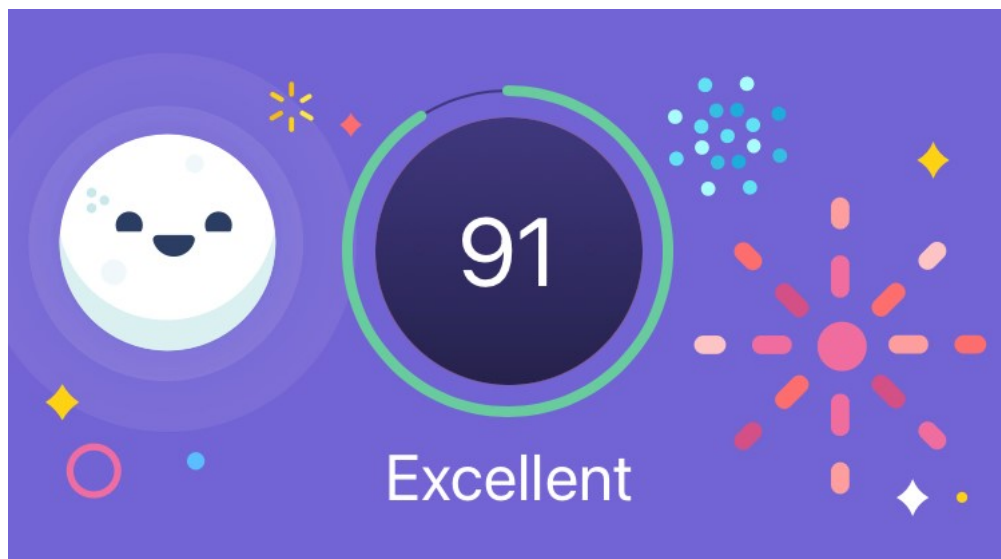
IT UNIVERSITY OF COPENHAGEN

DATA VISUALISATION AND DATA-DRIVEN DECISION MAKING

FITBIT SLEEP DATA

CHRISANNA KATE CORNISH (CCOR@ITU.DK)

4TH SEMESTER, SPRING 2022
DATA SCIENCE BSc



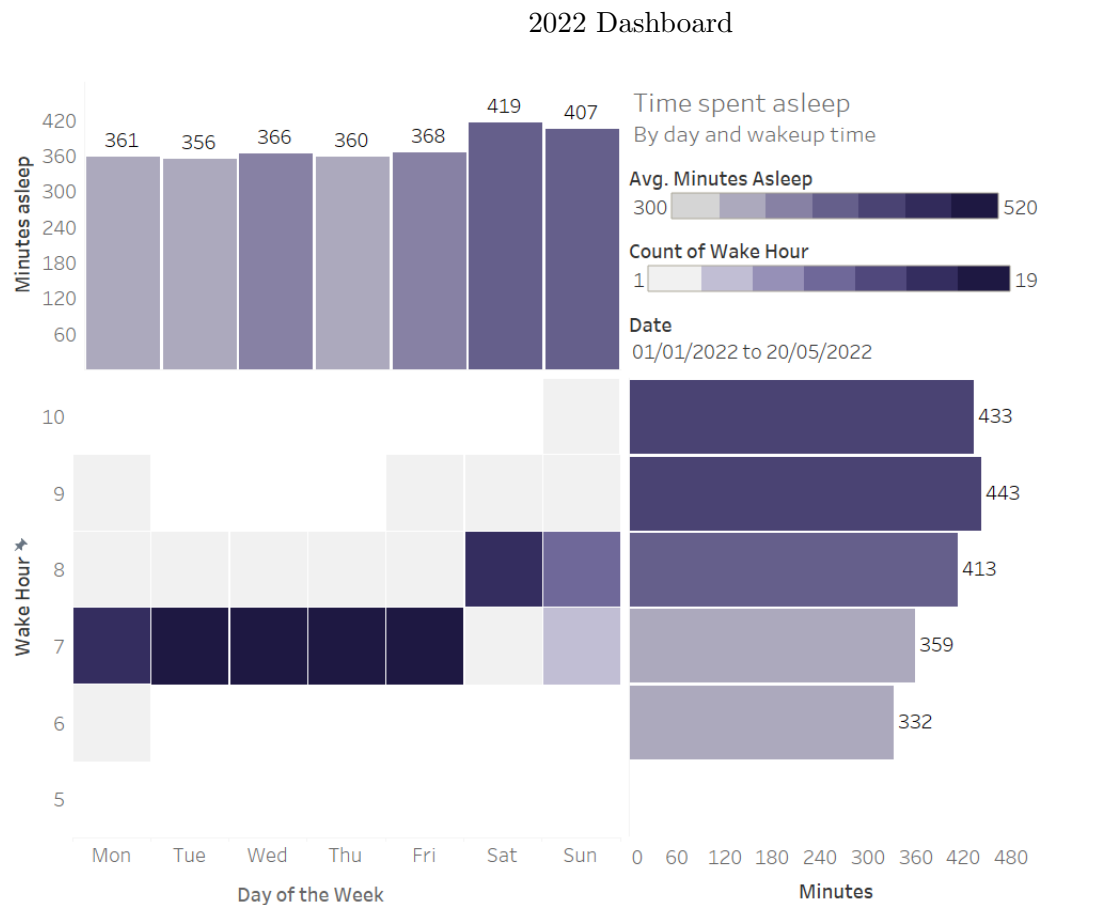
BSDVDDM1KU

1 Introduction

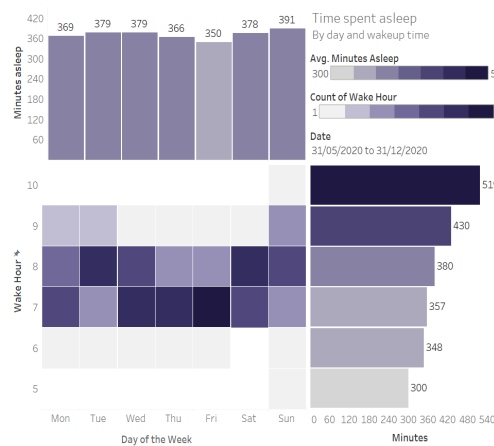
I did some data

2 Dashboard

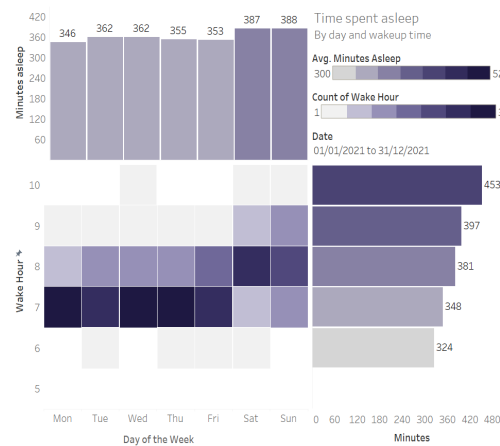
Figure 1: Tableau Dashboard



2020 Dashboard

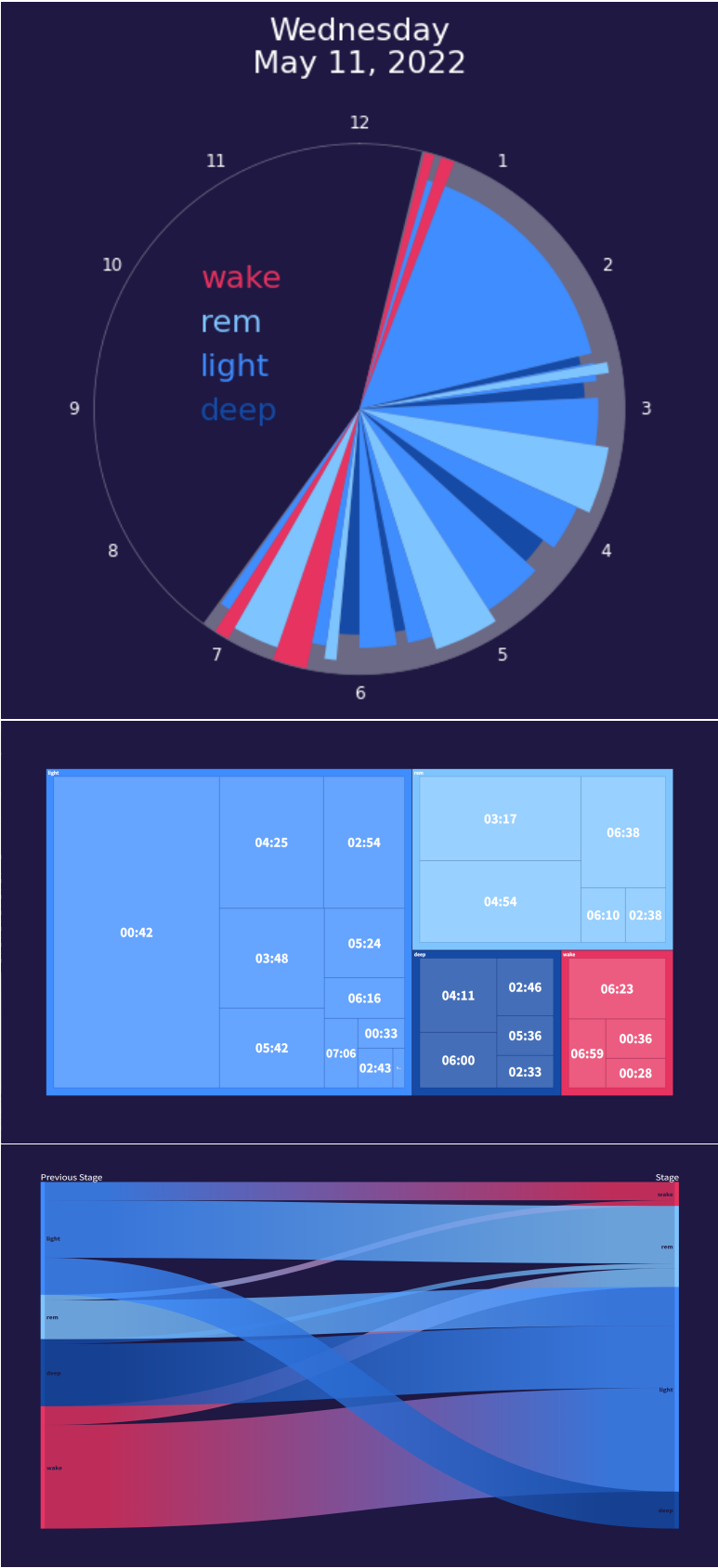


2021 Dashboard



3 App view

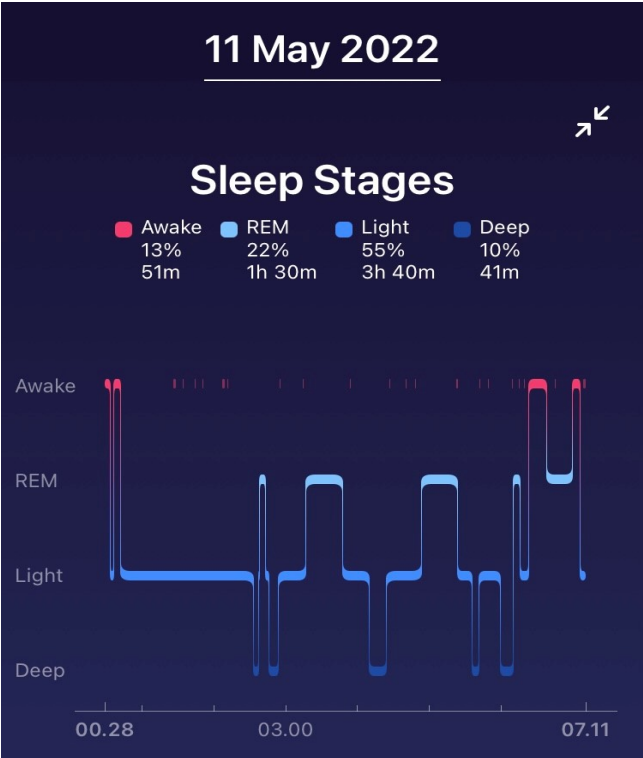
Figure 2: App Layout



Flourish Stages

A Fitbit app screenshots

Figure 3: fitbit app view



Time spent in each stage of sleep

