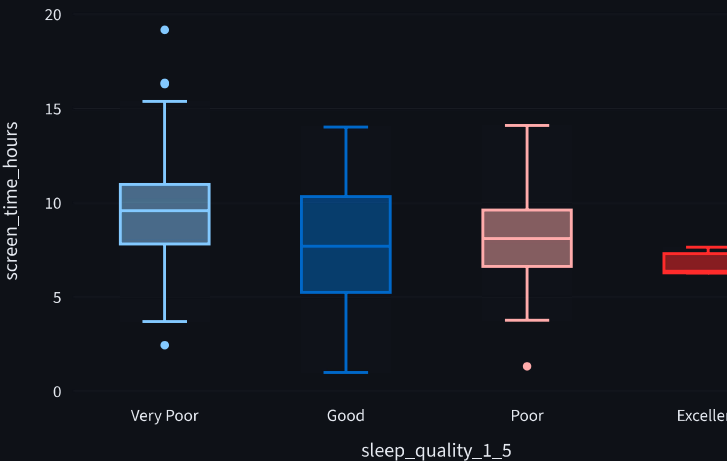


Lifestyle & Screen Time Dashboard

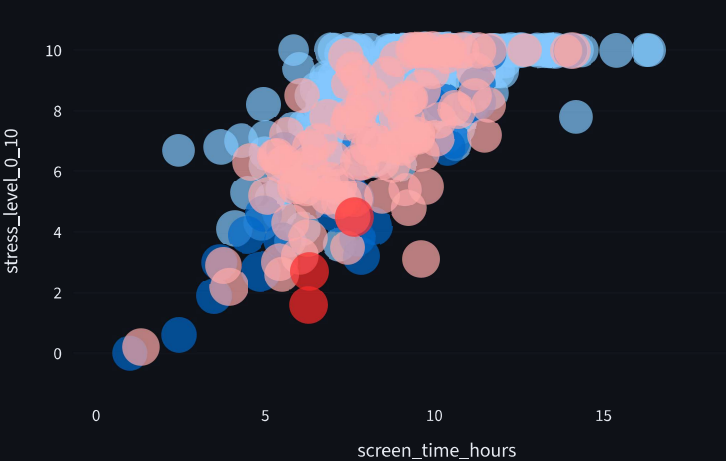
Analyze how **screen time**, **sleep**, and **stress** are connected in daily life.

Avg Work Screen Time	Avg Leisure Screen Time	Avg Sleep Quality (1-4)	Avg Stress Level	Avg Total Screen Time
2.18 hrs	6.84 hrs	1.40	8.15	9.02 hrs

Screen Time Distribution by Sleep Quality



Screen Time vs Stress Level



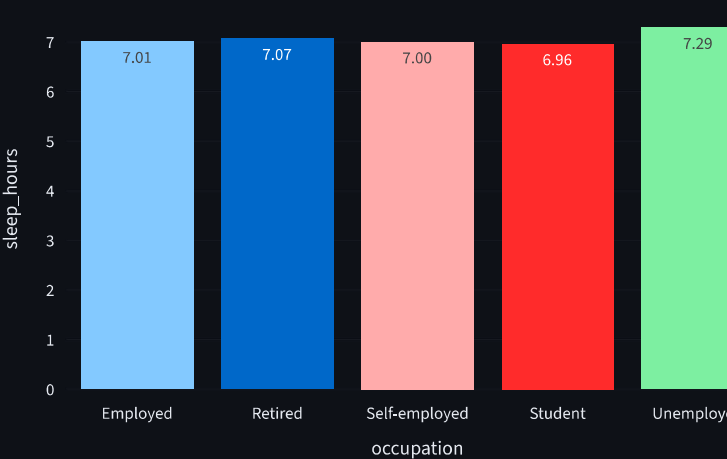
Insight:

People with **better** sleep quality spend **less** time on screens.
Heavy screen users often report **poor** sleep.

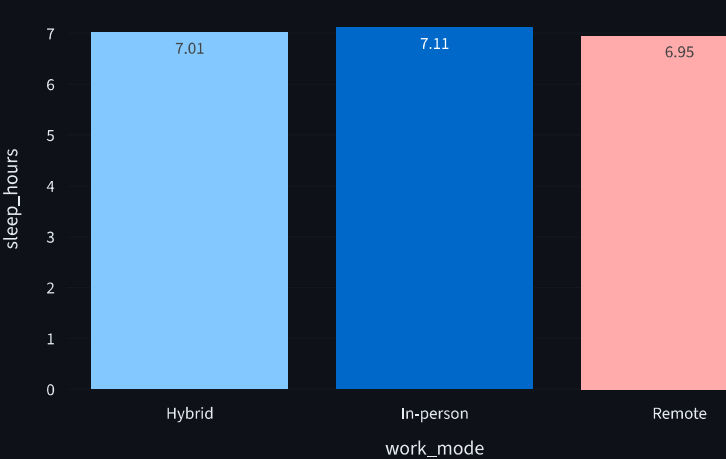
Insight:

Higher **screen time** is clearly linked to **higher** stress levels.
Users with **excellent** sleep tend to report lower stress.

Average Sleeping Hours by Occupation



Average Sleeping Hours by Work Mode



Insight:

People across all occupations sleep roughly **7 hours on average**.
Unemployed and retired individuals tend to sleep slightly more than others.

Insight:

Sleep time is almost the same for all work modes.
In-person workers sleep a little more, while **remote workers** sleep slightly less.



Overall Report Summary

Key Observations:

- Most people get around **7 hours of sleep**, which is healthy.
- **Job type** and **work mode** only make a small difference in sleep time.
- There's a **negative link** between **screen time and sleep quality** — more screen time usually means poorer sleep.
- **Stress levels** go up when **screen time** increases.
Good sleep and balanced screen use can help reduce stress.

Lifestyle Tips:

- Try to use screens less, especially before sleeping, to sleep better.
- Take small breaks from screens to reduce stress and eye tiredness.
- Remote or hybrid workers should keep a regular sleep routine.
- Add offline activities or exercise to keep life balanced.

Final Note:

A good balance between **screen time, sleep, and stress control** helps improve your overall health and daily life.