

Lifestyle & Screen Time Dashboard

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

Avg Work Screen Time
2.18 hrs

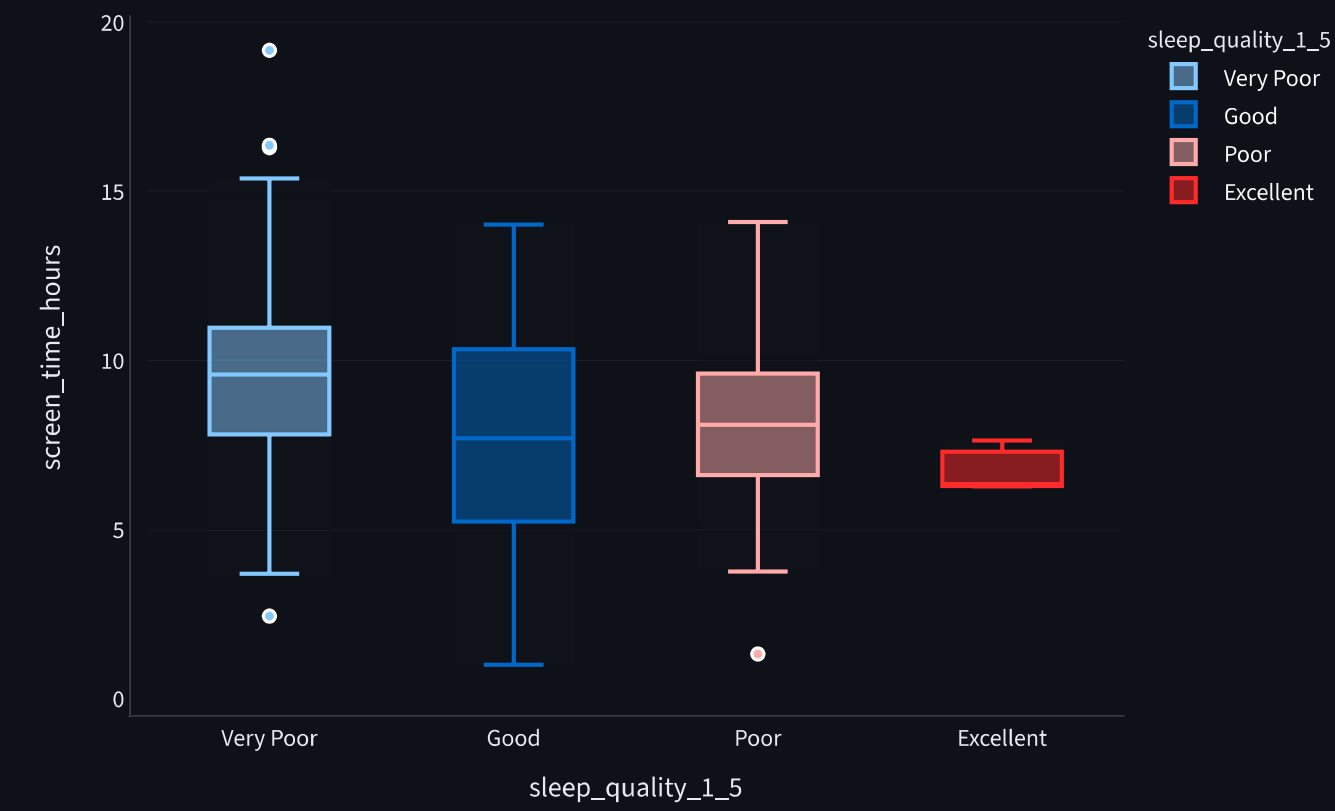
Avg Leisure Screen Time
6.84 hrs

Avg Sleep Quality (1-4)
1.40

Avg Stress Level
8.15

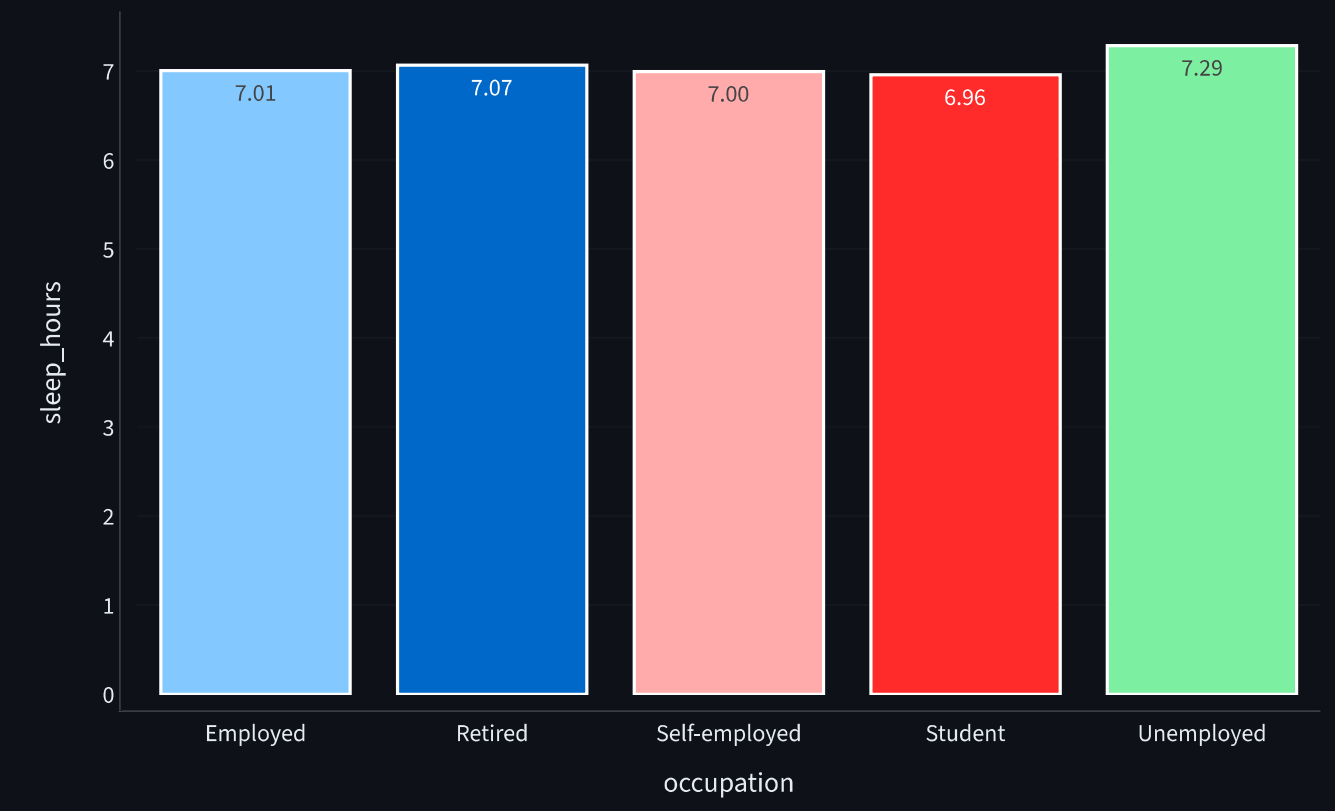
Avg Total Screen Time
9.02 hrs

Screen Time Distribution by Sleep Quality



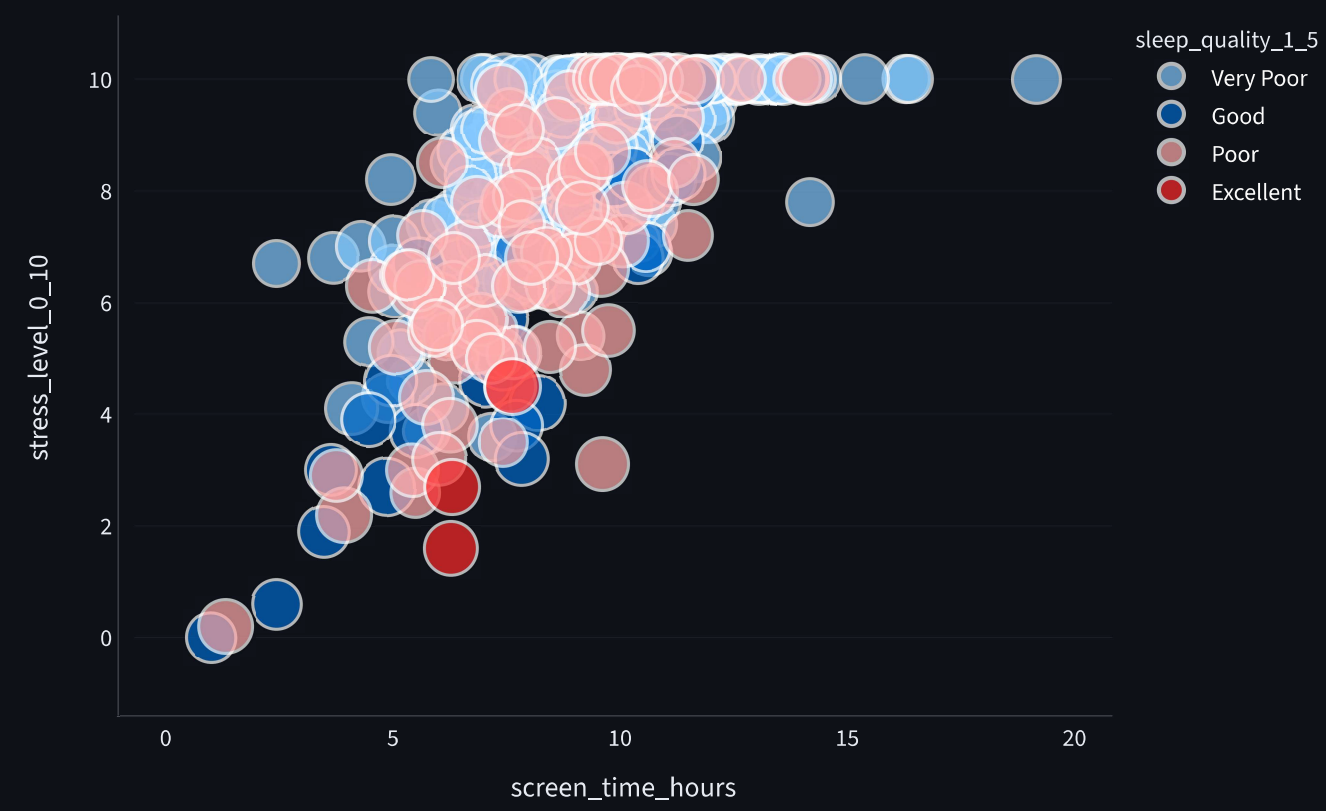
Insight:
People with **better sleep quality** spend **less time on screens**.
Heavy screen users often report **poor sleep**.

Average Sleeping Hours by Occupation



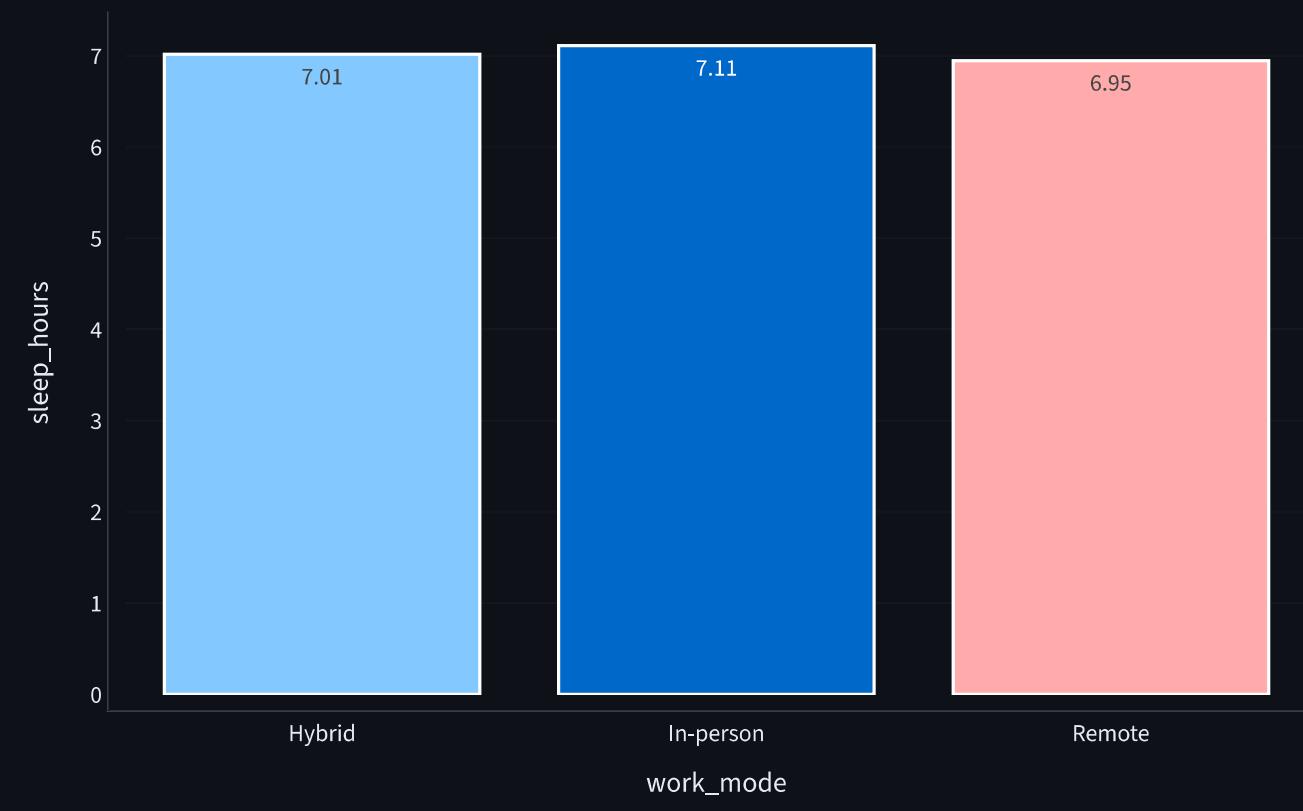
Insight:
People across all occupations sleep roughly **7 hours on average**.
Unemployed and retired individuals tend to sleep slightly more than others.

Screen Time vs Stress Level



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

Average Sleeping Hours by Work Mode



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.