## Lifestyle & Screen Time Premium Dashboard

**Analytics Dashboard Based on a Sample Dataset of 400 Individuals of 2025** 



Avg Work Screen Time

2.18 hrs

Avg Leisure Screen Time
6.84 hrs

Entertainment & social

Avg Sleep Quality

1.40/4

Sleep quality rating

Avg Stress Level

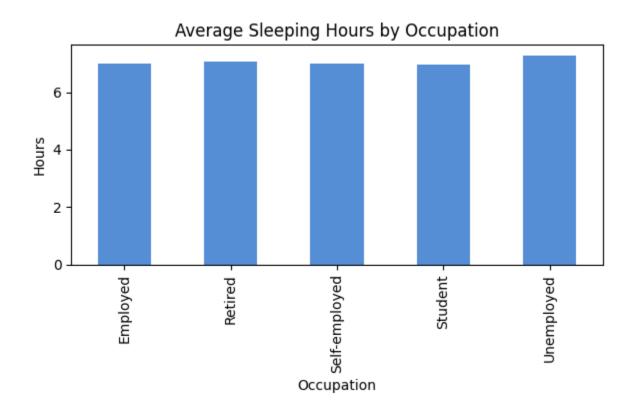
8.15/10

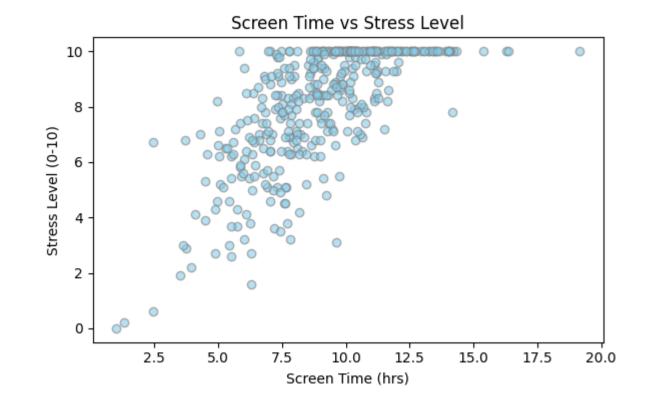
Reported stress level

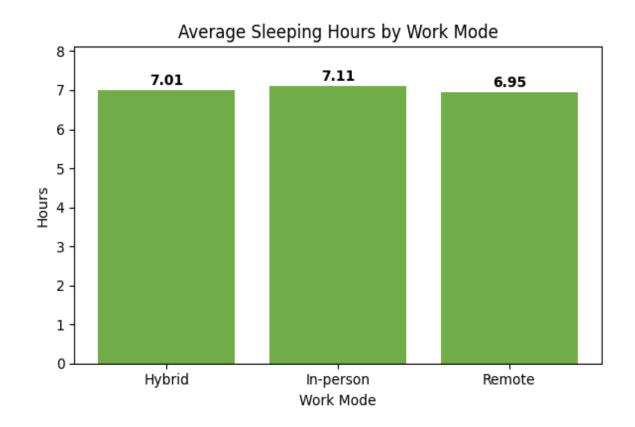
Avg Total Screen Time

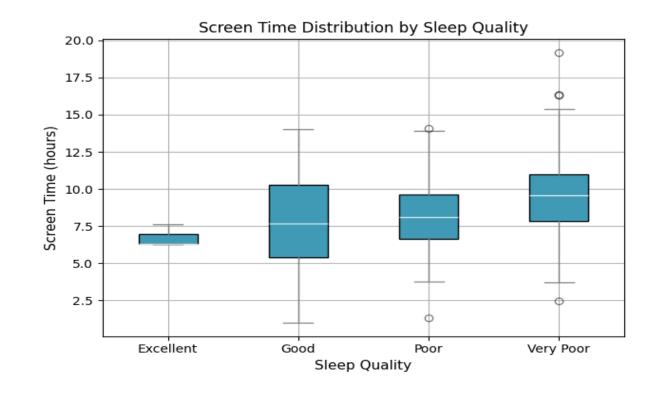
9.02 hrs

Daily screen exposure









**Data Reference** <a href="https://www.kaggle.com/datasets/adharshinikumar/screentime-vs-mentalwellness-survey-2025">https://www.kaggle.com/datasets/adharshinikumar/screentime-vs-mentalwellness-survey-2025</a>

Analytics Work Reference

https://github.com/anasshahzad0175/dashboard\_screen\_time

## Worked By:

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