 **About the Data**

Dashboard Available Here

* Data Set: <https://www.kaggle.com/datasets/adharshinikumar/screentime-vs-mentalwellness-survey-2025>
* The dataset includes 400 people aged 16 to 60.
* It studies the link between screen time and mental wellness.
* Data covers gender, occupation, work mode, screen time, sleep hours, sleep quality, and stress level.
* 57.5% are females and 42.5% are males.
* More than half of the participants are employed, mostly working remotely or in hybrid mode.
* Screen time ranges from 1 to 19 hours per day.
* Sleep hours vary between 4.6 and 9.7 hours per night.
* 68.8% report very poor sleep quality, showing possible digital fatigue and lifestyle imbalance.

**About the Dashboard**

* The dashboard shows how screen time, work style, and demographics affect sleep quality and stress.
* It includes interactive visuals — scatter plots, bar charts, and box plots.
* KPIs at the top display key stats like:
  + Average screen time
  + Average sleep duration
  + Average stress level
* Filters (by gender, occupation, and work mode) help explore specific groups.
* The layout is clear and simple, making it easy to spot trends.
* It gives a complete and user-friendly view of how daily habits affect mental wellness.

**What the Analytics Show**

* There is a positive link between screen time and stress — more screen hours mean higher stress.
* Sleep quality gets worse as screen time increases, even if total sleep hours stay the same.
* Most people have poor or very poor sleep quality, no matter their job type or work mode.
* Remote and hybrid workers spend more time on screens than on-site workers.
* Findings suggest that too much screen use leads to poor sleep and higher stress, showing the need for healthier digital habits.

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