SLEEP HEALTH & LIFESTYLE

ANALYSIS

Andrea Vicalina - GG3DAGP0167

INTRODUCTION

-Lack of sleep greatly impairs your ability to make good decision-

Sleep plays important role in our lilfe. Having Sleep Health is related to our Lifestyle. By Understanding the relationship between Healthy Sleep & Lifetstyle, it makes us to improve the quality of sleep and optimize our general healthy.
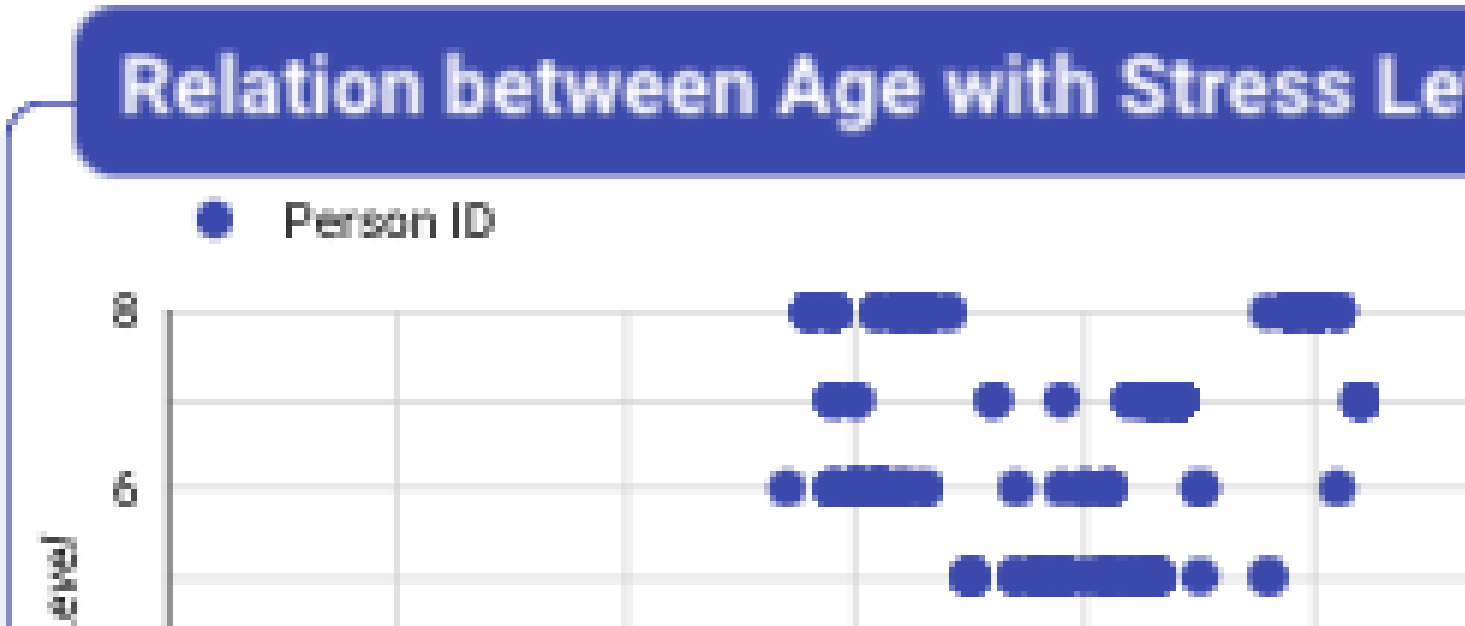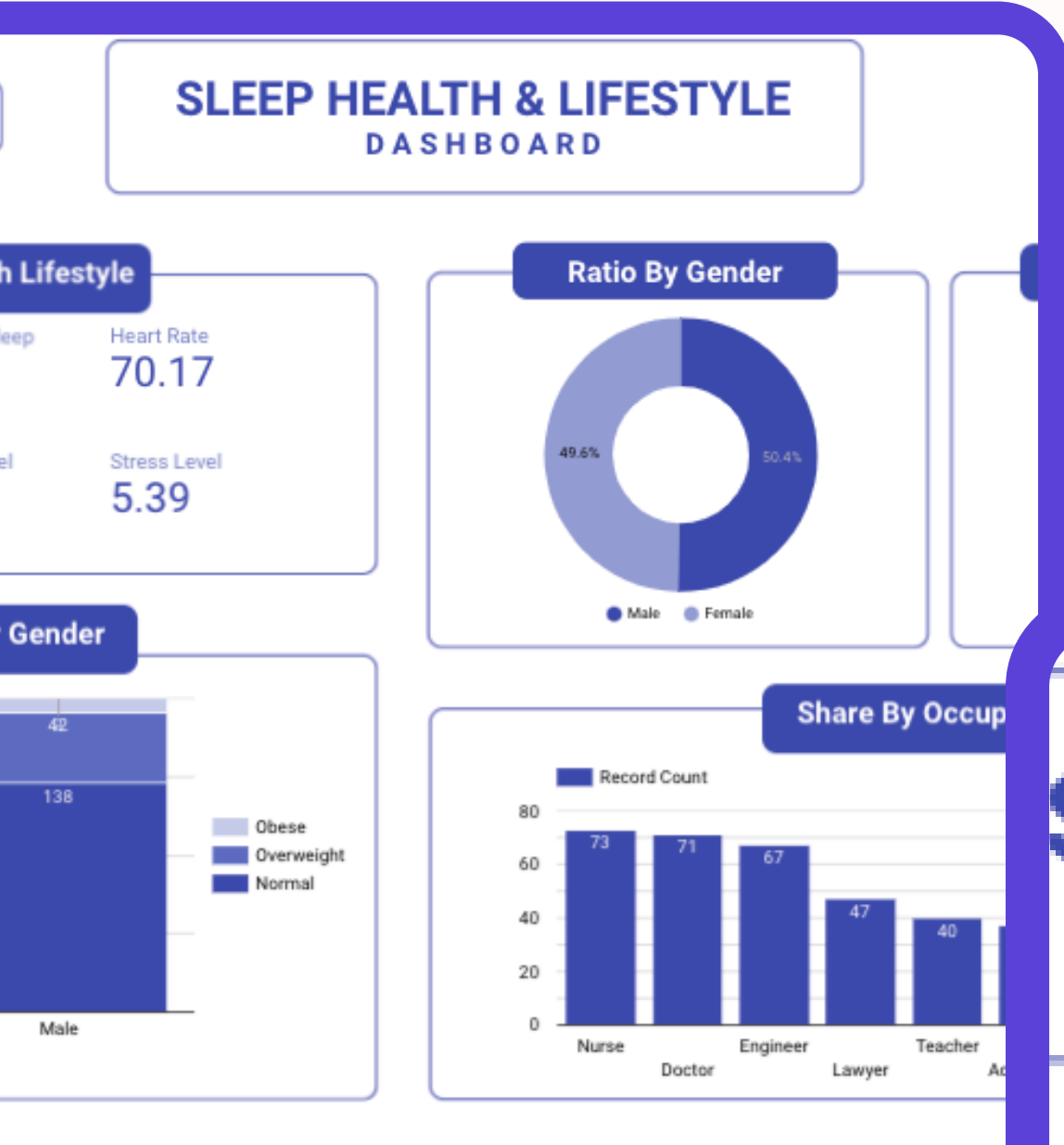
THE AIM OF ANALYSIS

This analysis is aimed at people who are in the stages of early adulthood, late adulthood, early old age, and late old age. With this dashboard, the audience can understand that sleep needs, sleep quality, category BMI, and lifestyle are related to age.
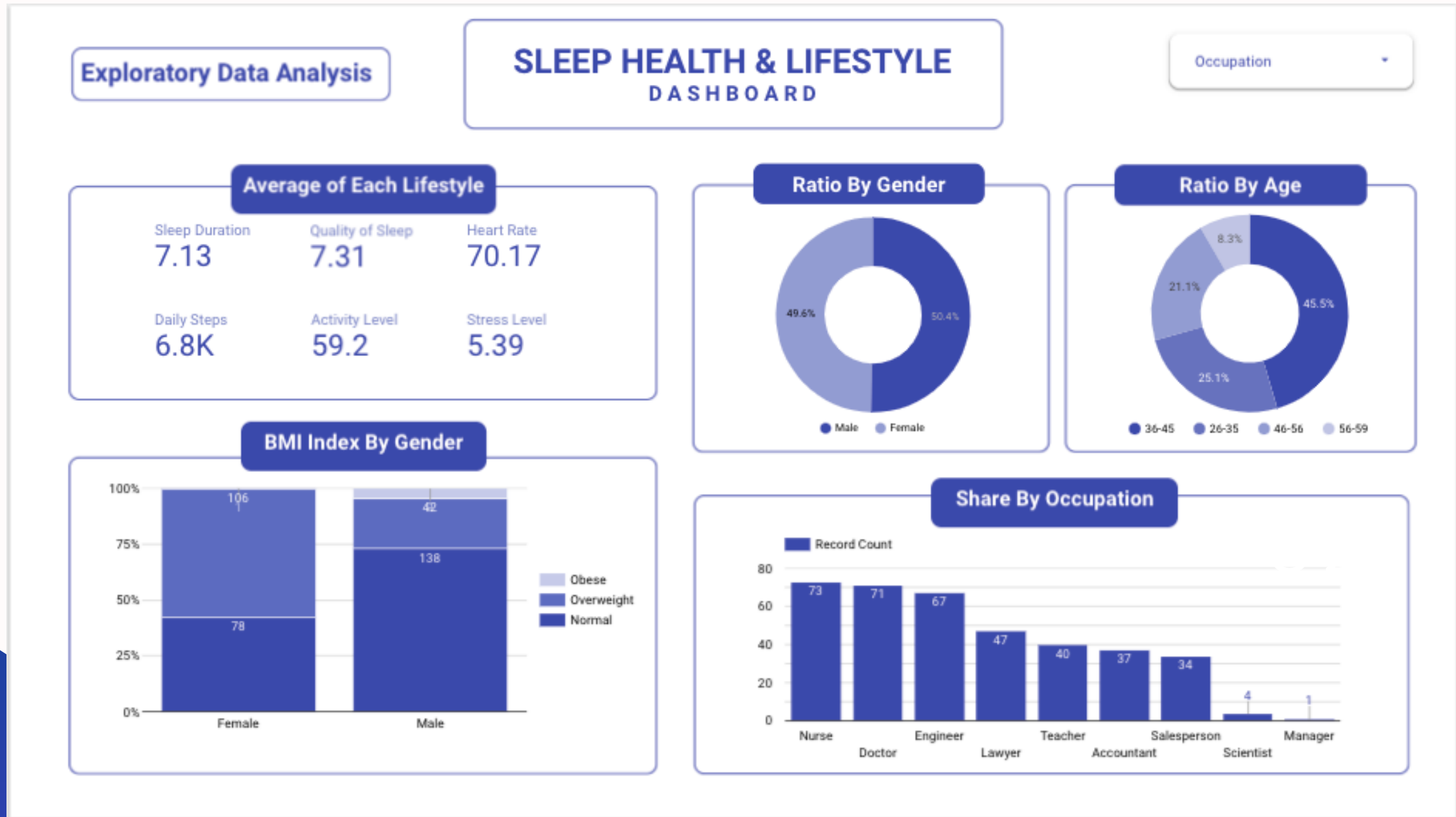
DATASET OVERVIEW

The Sleep Health and Lifestyle Dataset comprises 400 rows and 13 columns, covering a wide range of variables related to sleep and daily habits. It includes details such as gender, age, occupation, sleep duration, quality of sleep, physical activity level, stress levels, BMI category, blood pressure, heart rate, and daily steps.

DASHBOARDS

SLEEP HEALTH & LIFESTYLE
DASHBOARD

th Lifestyle

Ratio By Gender

Heart Rate
70.17

Stress Level
5.39

49.6%   50.4%

● Male ● Female

Gender

42

138

Obese
Overweight
Normal

Share By Occup

Record Count

80

73 71 67

60

47 40

40

20

0
Nurse   Engineer   Teacher
  Doctor   Lawyer   Ac

Male

SLEEP HEALTH & LIFESTYLE
DASHBOARD

sis

SLEEP HEALTH & LIFESTYLE
DASHBOARD

of Each Lifestyle

lity of Sleep   Heart Rate
31   70.17

vity Level   Stress Level
9.2   5.39

Ratio By Gender

49.6%   50.4%

● Male ● Female

ex By Gender

42

138

Obese
Overweight
Normal

Share By Oc

Record Count

80

73 71 67

60

47 40

40

20

0
Nurse   Engineer   Teac
  Doctor   Lawyer

Male

Relation between Age with Stress Lev

● Person ID

8

6

vel

ANALYSIS

Exploratory Data Analysis

SLEEP HEALTH & LIFESTYLE
D A S H B O A R D

Occupation ▾

Average of Each Lifestyle

Sleep Duration	Quality of Sleep	Heart Rate
7.13	7.31	70.17

Daily Steps	Activity Level	Stress Level
6.8K	59.2	5.39

Ratio By Gender

49.6%   50.4%

● Male   ● Female

Ratio By Age

8.3%

21.1%   45.5%

25.1%

● 36-45 ● 26-35 ● 46-56 ● 56-59

BMI Index By Gender

100% 106 42
75%
         78 138
50%
25%
0%
     Female   Male

Obese
Overweight
Normal

Share By Occupation

■ Record Count

80
     73 71
         67
60
             47
40   40 37 34
20
                        4   1
0
   Nurse   Engineer   Teacher   Salesperson   Manager
      Doctor   Lawyer   Accountant   Scientist

FIRST DASHBOARD IS ABOUT GENERAL INFORMATION ABOUT THE DATASET. THIS DESCRIBES ABOUT THE RATIO BY GENDER, AGE, OCCUPATION, AND ALSO BMI CATEGORY

WITH THIS DASHBOARD, WE CAN GET INFORMATION ABOUT SLEEP DURATION, SLEEP QUALITIES, HEART RATE, DAILY STEPS, ACTIVITY LEVEL, AND STRESS LEVEL OF EACH PEOPLE WITH CUSTOMIZE OCCUPATION
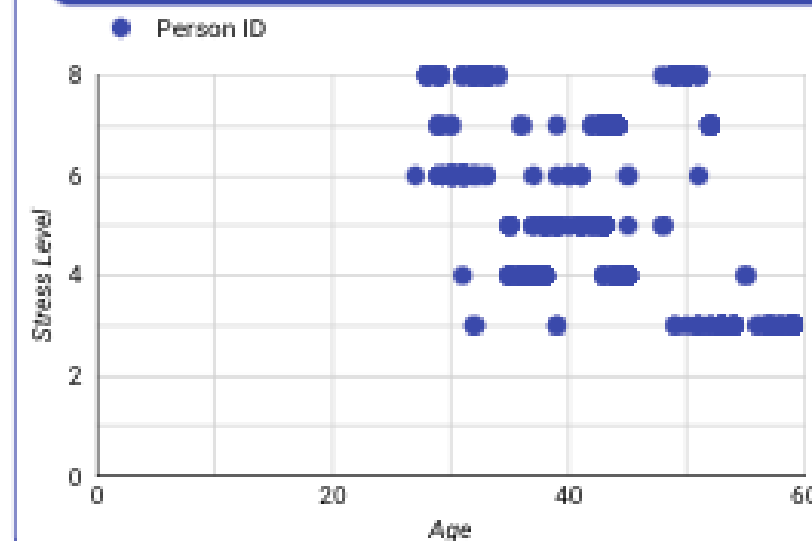
ANALYSIS

Distribution Sleep Disorder by Age

Legend: None, Sleep Apnea, Insomnia

Y-axis: 100%, 75%, 50%, 25%, 0%

X-axis: 26-35, 36-45, 46-56, 56-59

Distribution Stess Level Disorder by Age

Legend: 8, 7, 6, 5, 4, 3

Y-axis: 100%, 75%, 50%, 25%, 0%

X-axis: 26-35, 46-56, 36-45, 56-59

The older a person is, the more likely a person is to have sleep disorder. The frequency of people who do not have sleep disorders decreases along with their age. Conversely, when you get older, the frequency of people who have sleep disorders (insomnia & sleep apnea) increases.
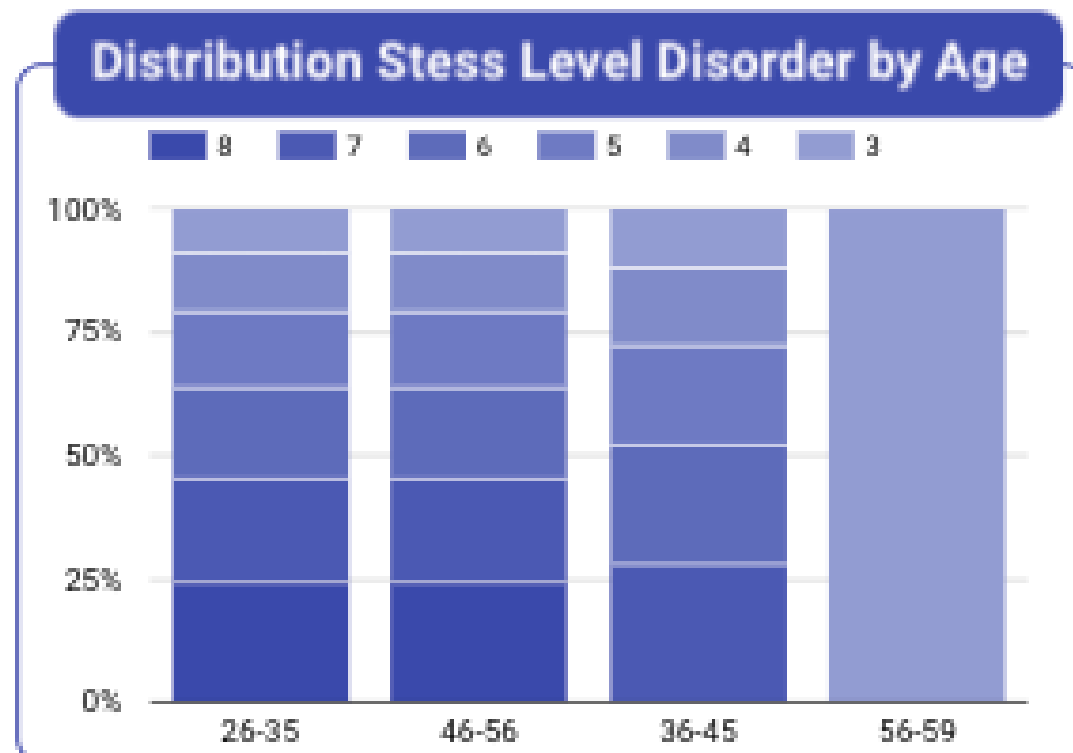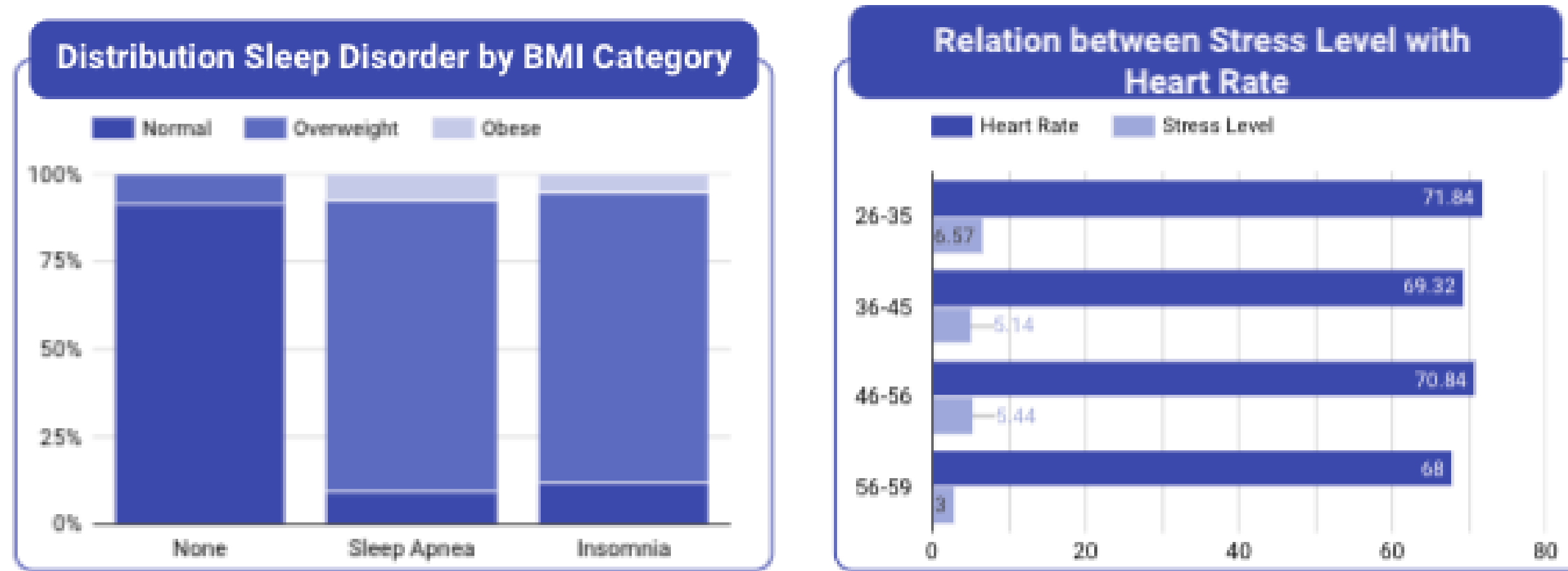
In contrast to sleep disorders, variable stress levels are directly proportional to age. The older a person is, the tension of stress level is less. people who are in their early old age tend to have a high level of stress, this is due to the transition from late adulthood to early old age where humans have begun to experience a decrease in physical performance but still have the desire to carry out activities when they are still in the age category mature.

ANALYSIS
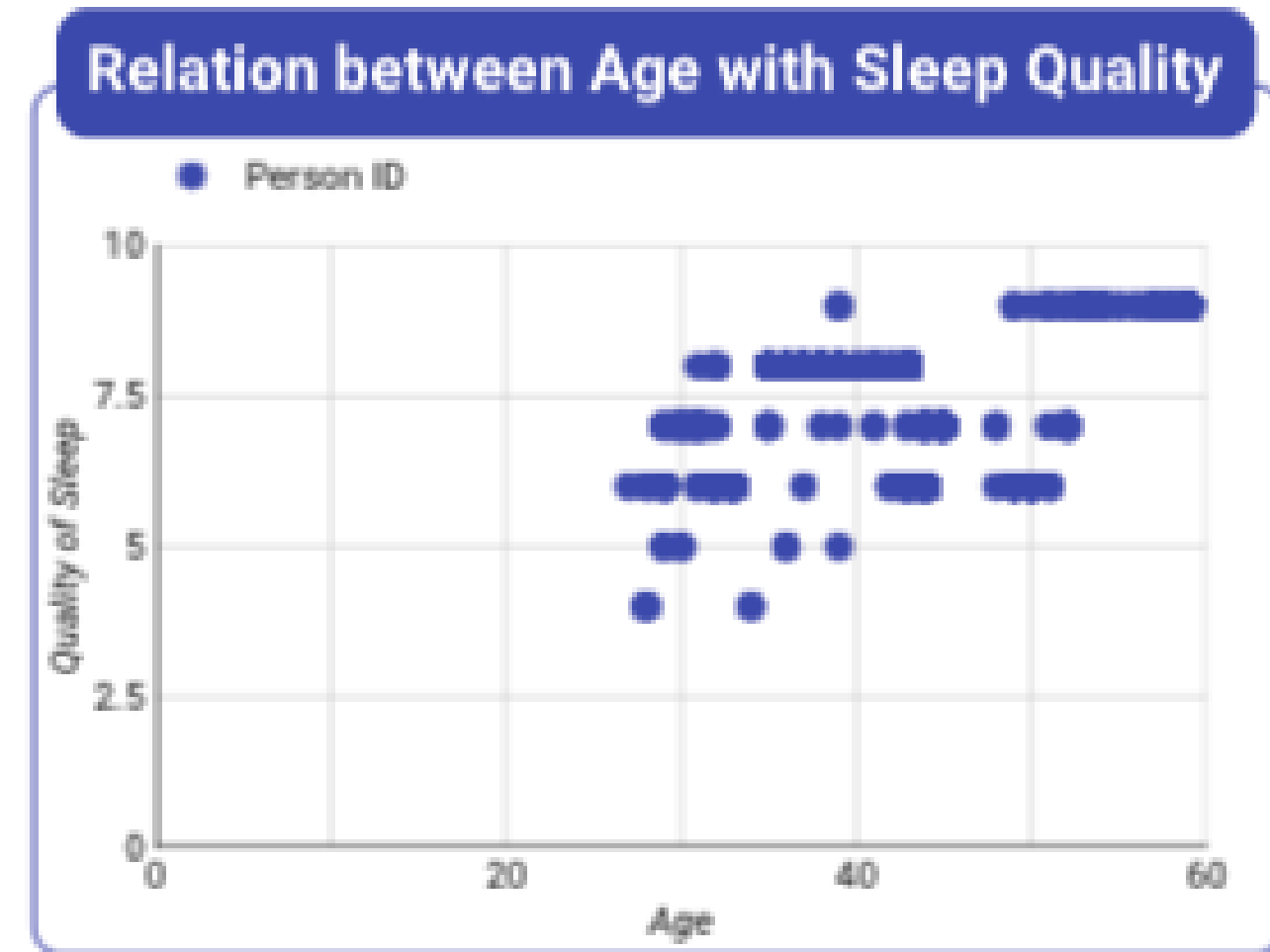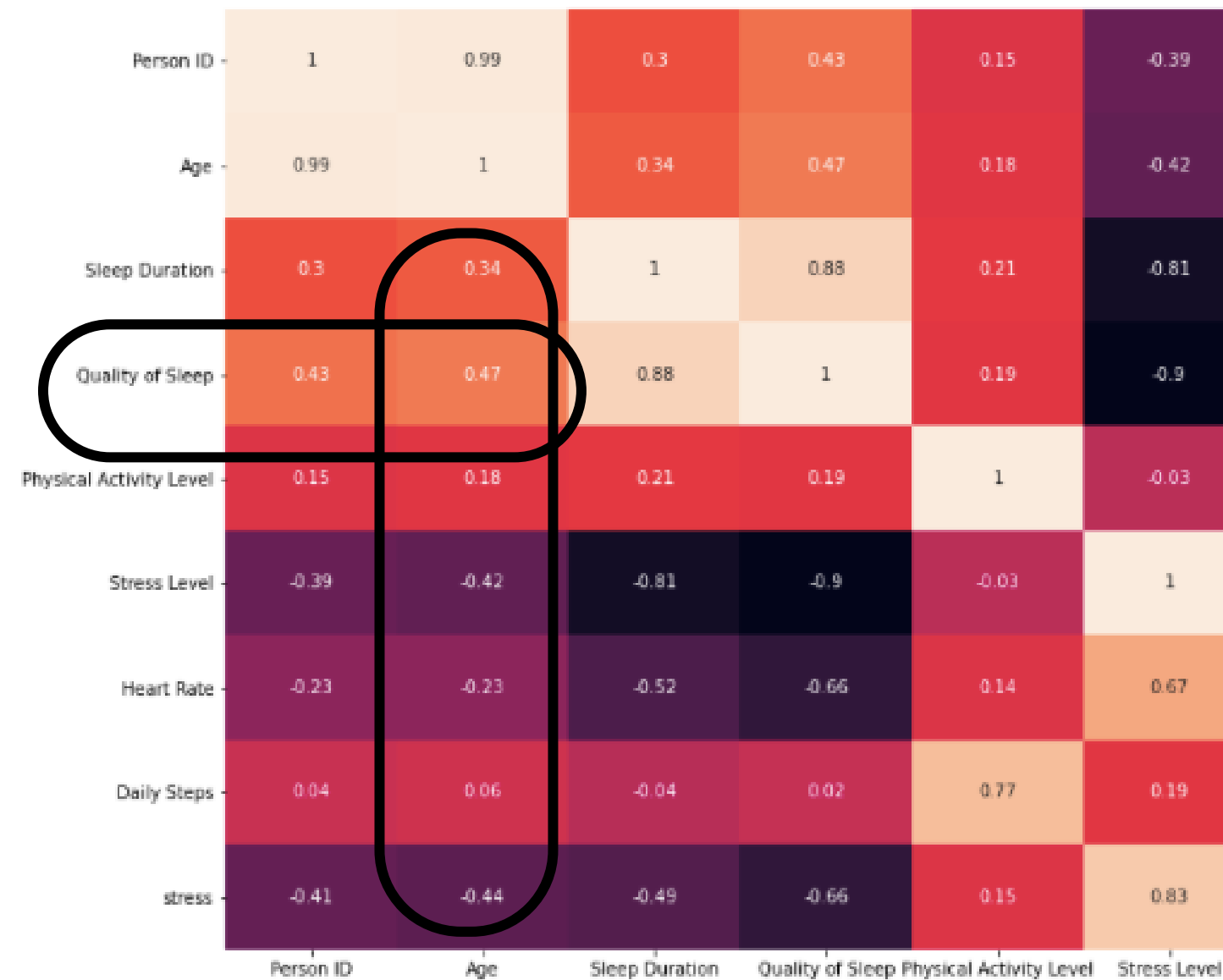
This plot described about the relation between Age with Sleep Quality. The pearson correlation shows there is relationship between quality of sleep with age. It shows that the older people, the more likely to have a good quality of sleep

ANALYSIS

Distribution Sleep Disorder by BMI Category

Legend: Normal, Overweight, Obese

Y-axis: 100%, 75%, 50%, 25%, 0%
X-axis: None, Sleep Apnea, Insomnia

Relation between Stress Level with Heart Rate

Legend: Heart Rate, Stress Level

26-35: 71.84 / 6.57
36-45: 69.32 / 5.14
46-56: 70.84 / 5.44
56-59: 68 / 3

X-axis: 0, 20, 40, 60, 80

This plot described about the distribution sleep disorder by BMI Category. The chart illustrates that people who have sleep disorder is tended to people who is overweight and obese.
The second chart is describe that Heart Rate have relationship with stress Level. The higher Stress Level, the more likely heart rate increases.