



visualcrossing

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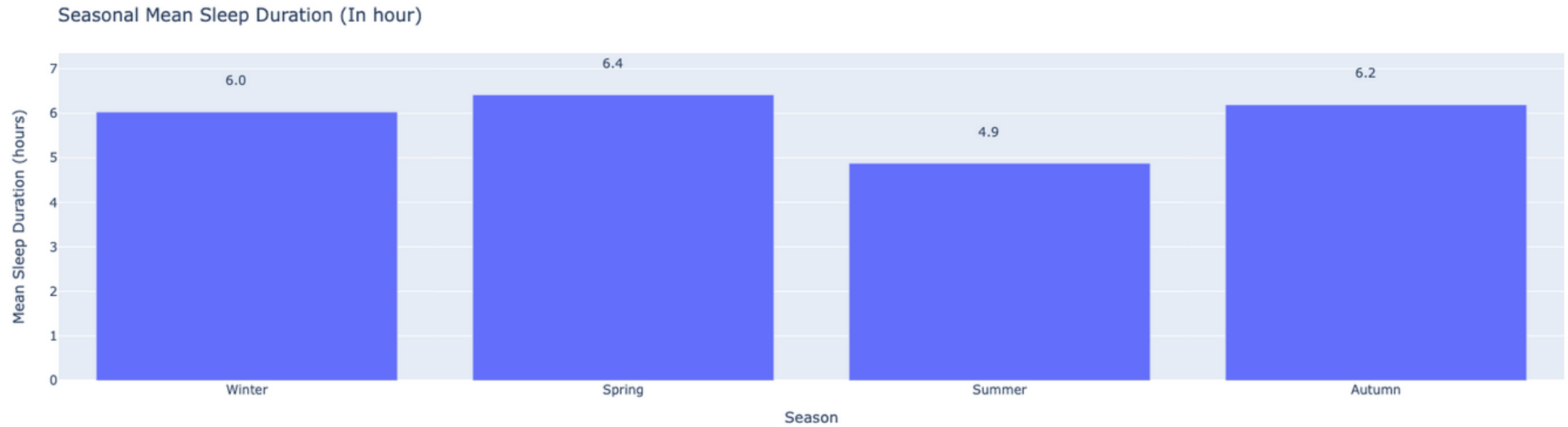


MySleepData



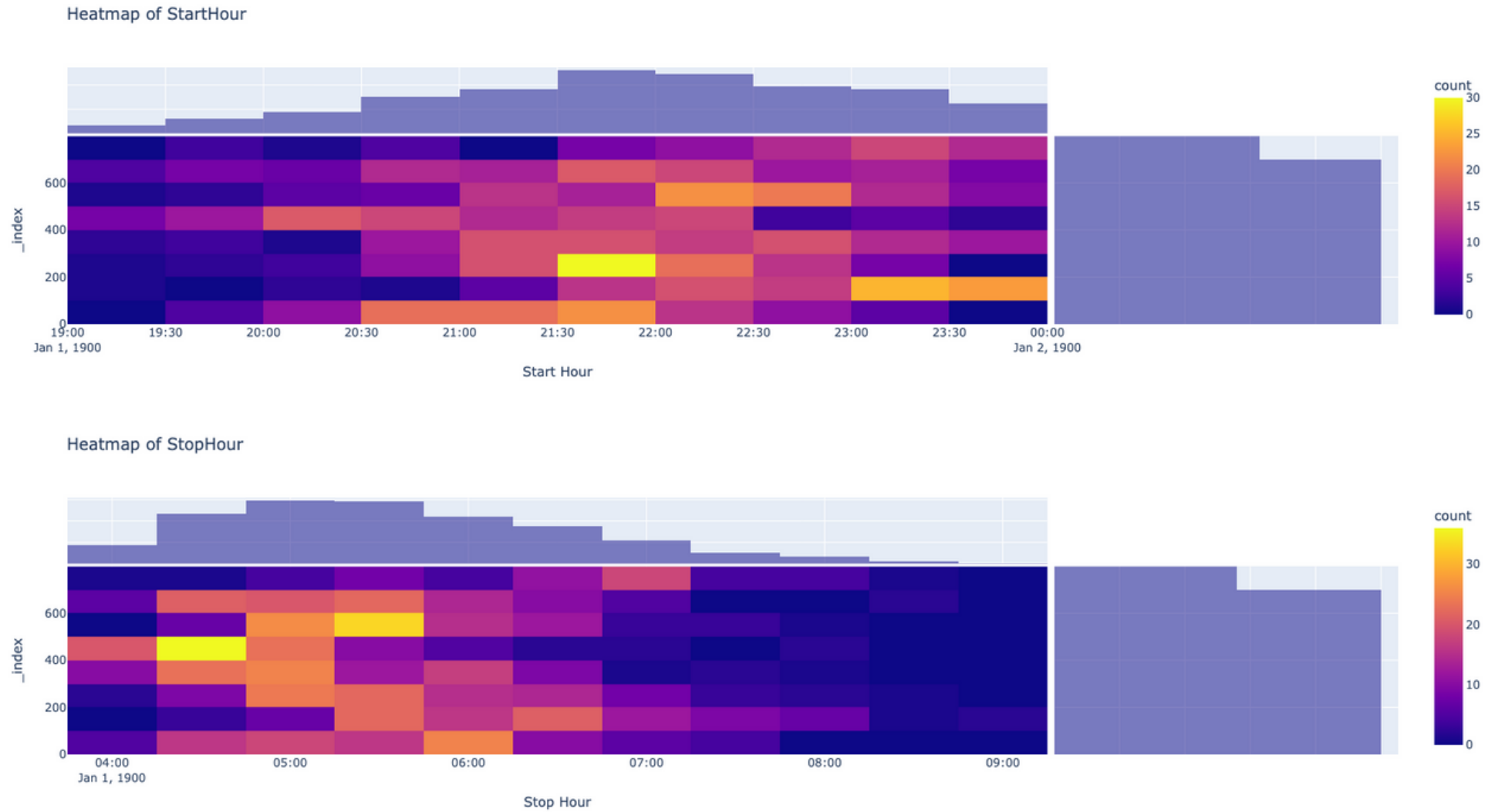
This project was created from my own sleep and walking data among with 3rd party custom weather dataset.



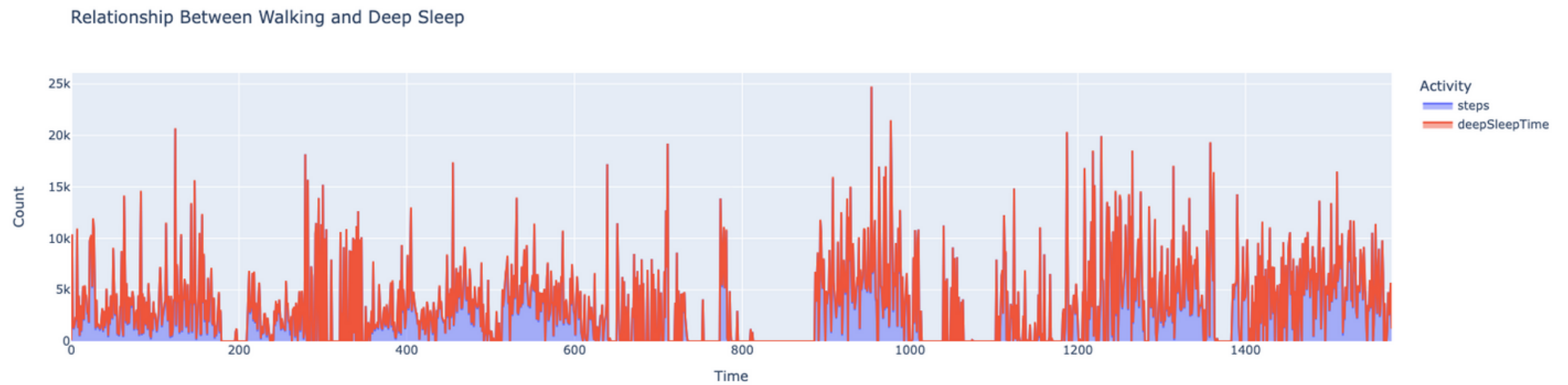


At summers I go my home town apparently its not as comfortable as my home, Sabanci.

MySleepProject



Apparently I tend to sleep at 10 or 11 pm and finish my deep sleep at 4.30 and 5.30 am



My Background

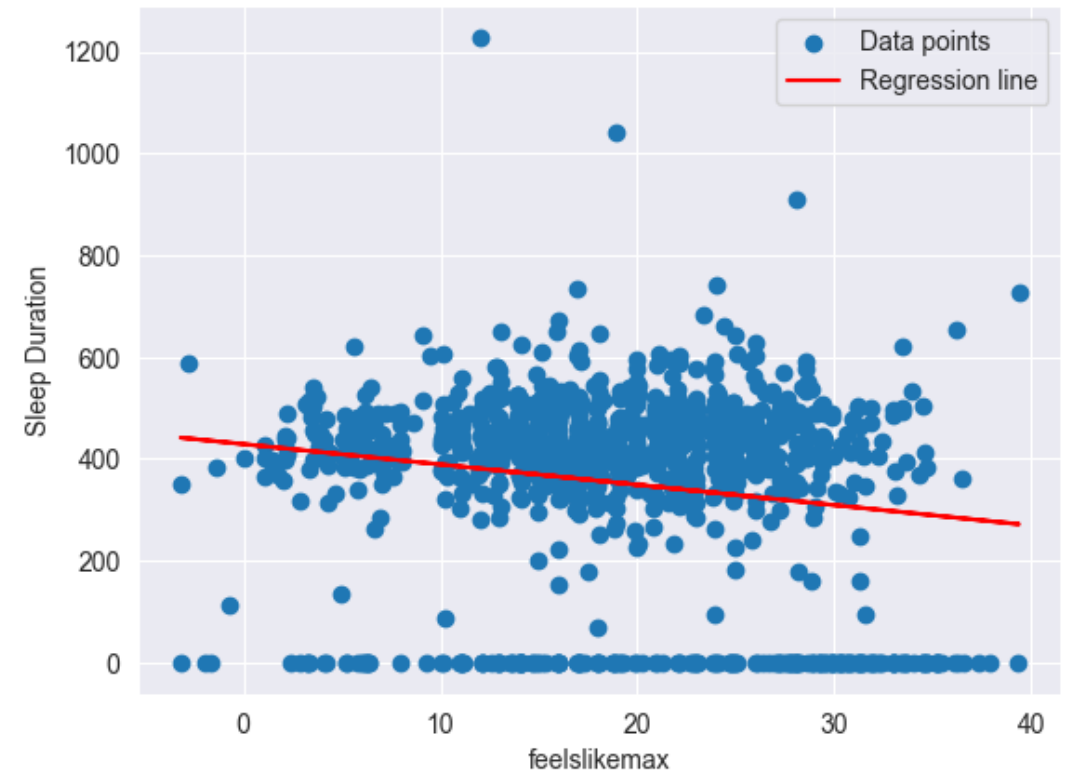
OLS Regression Results

Dep. Variable:	SleepDuration	R-squared:	0.030			
Model:	OLS	Adj. R-squared:	0.029			
Method:	Least Squares	F-statistic:	32.66			
Date:	Fri, 19 Jan 2024	Prob (F-statistic):	1.42e-08			
Time:	22:12:32	Log-Likelihood:	-7082.1			
No. Observations:	1066	AIC:	1.417e+04			
Df Residuals:	1064	BIC:	1.418e+04			
Df Model:	1					
Covariance Type:	nonrobust					
	coef	std err	t	P> t	[0.025	0.975]
const	429.0670	14.428	29.738	0.000	400.756	457.378
feelslikemax	-3.9892	0.698	-5.715	0.000	-5.359	-2.620
Omnibus:	85.768	Durbin-Watson:	1.249			
Prob(Omnibus):	0.000	Jarque-Bera (JB):	104.895			
Skew:	-0.748	Prob(JB):	1.67e-23			
Kurtosis:	3.349	Cond. No.	52.5			

Notes:

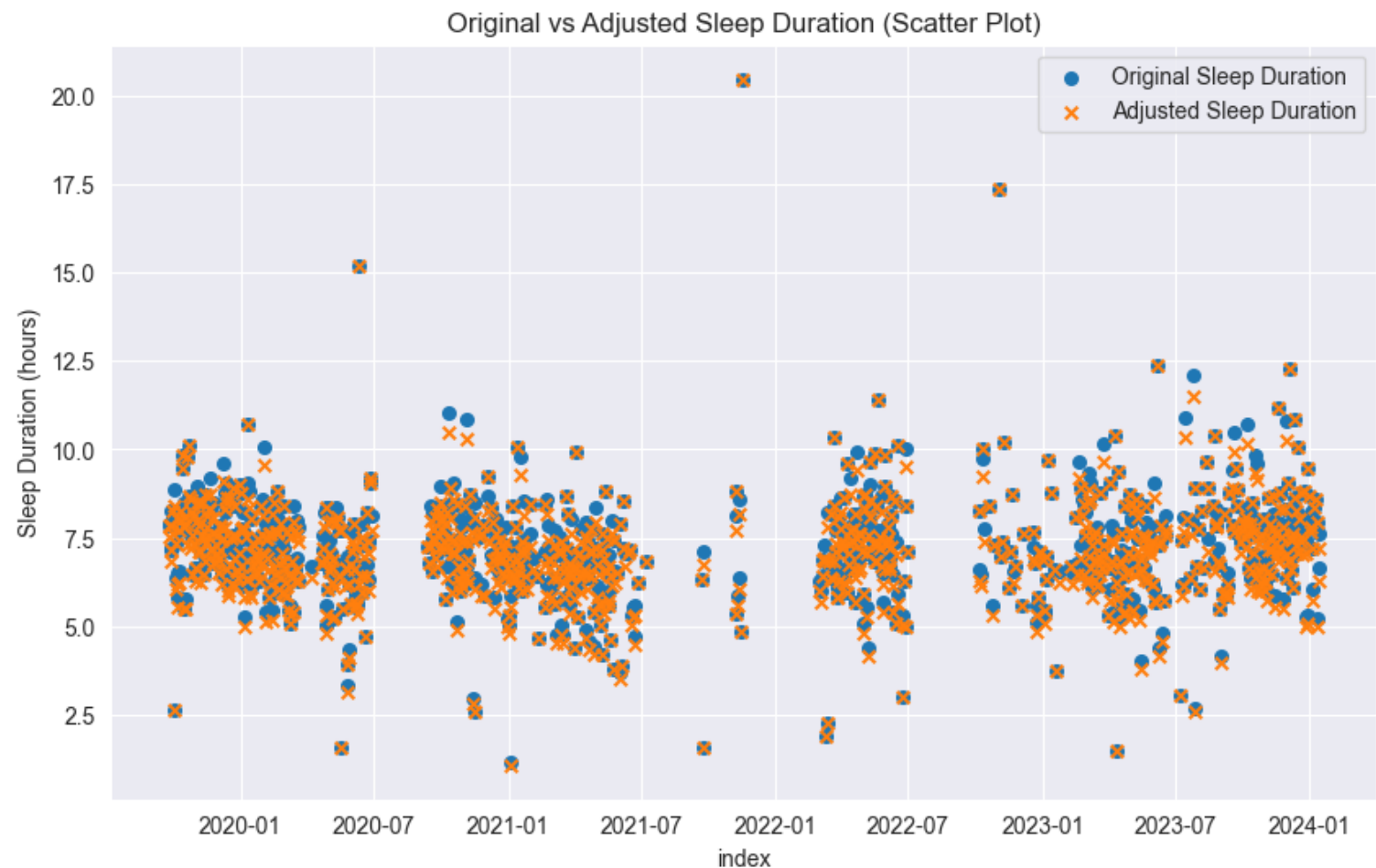
[1] Standard Errors assume that the covariance matrix of the errors is correctly specified.
A 1-unit decrease in feelslikemax is associated with a 398.92% decrease in Sleep Duration.

Relationship between feelslikemax and Sleep Duration



"It's not the heat that gets
you, it's the humidity."
- Rand





Mean Sleep Duration for all days: 5.89 hours

Mean Sleep Duration for days with increased steps: 6.36 hours

Percentage Change: 8.00%

NO
JOKE
THIS TIME!



**Thank you,
For your time**