



Sleep Pattern And Health Dashboard

Gender



Sleep Disorder



BMI Category



Total Respondnts

374

Mean Age

42.18

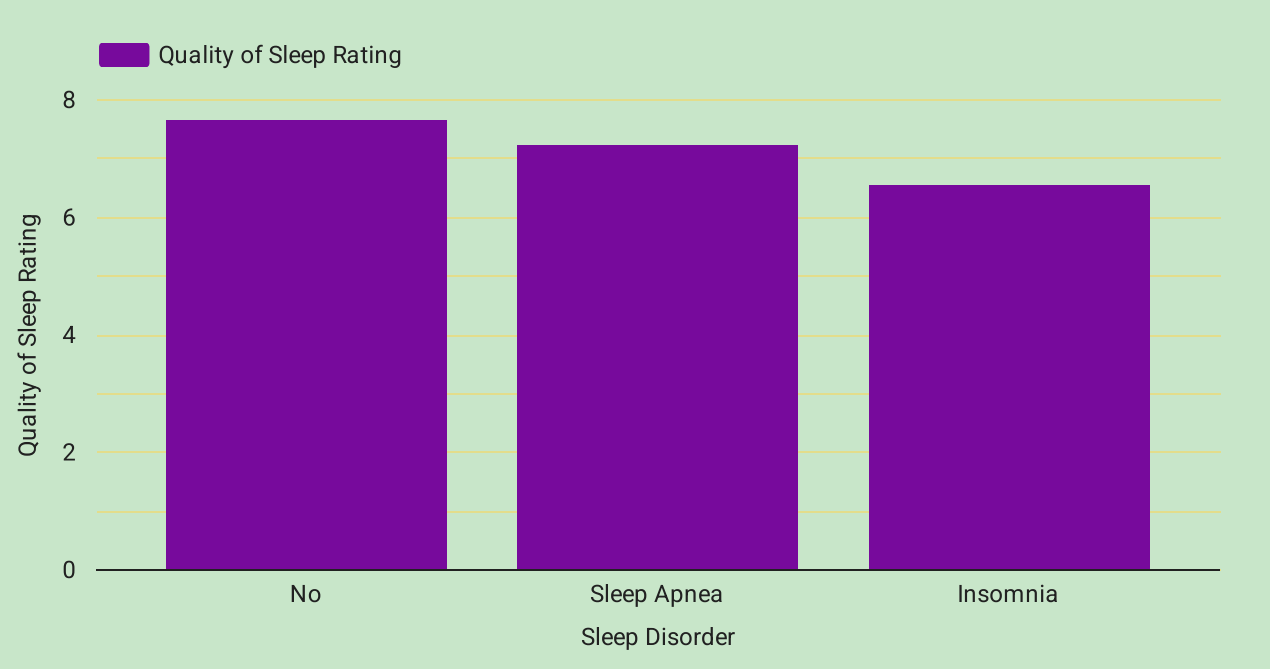
Mean Sleep Duration

7.13

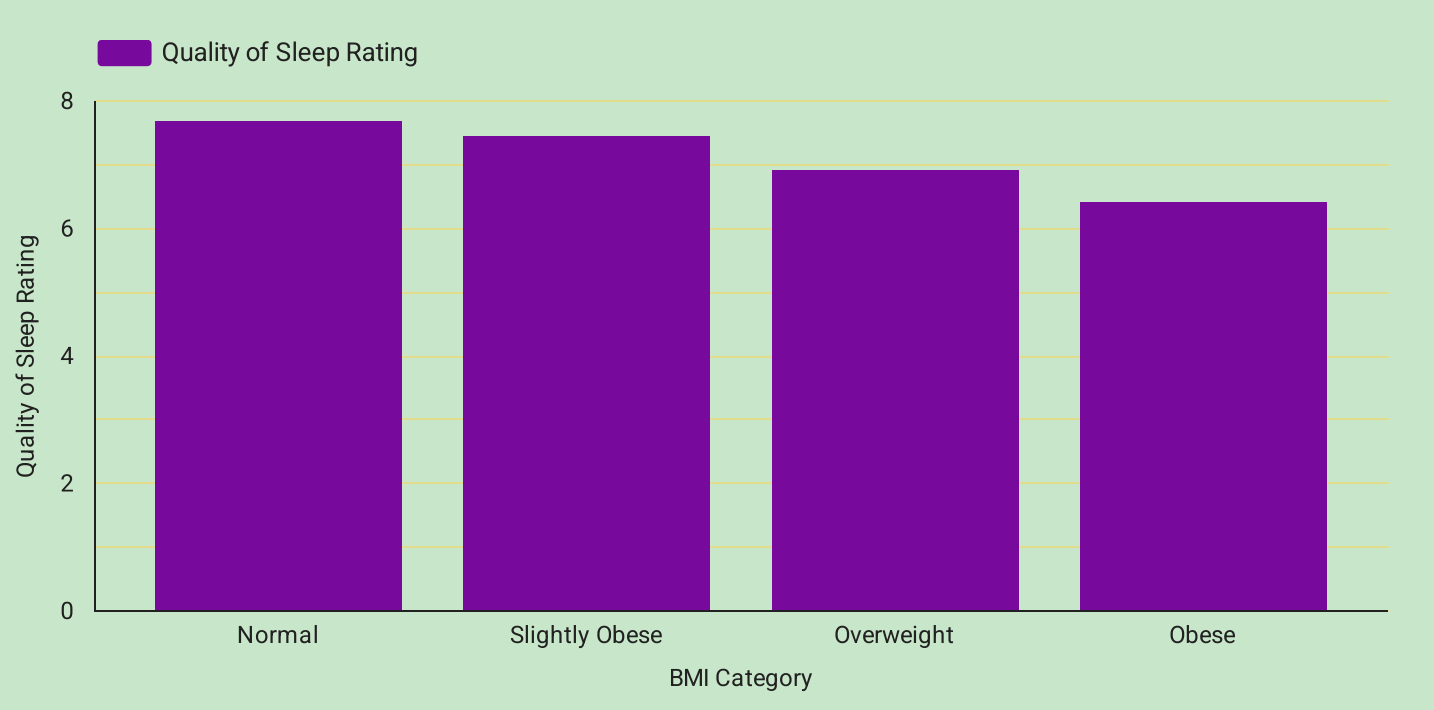
Mean Sleep Quality Rating

7.31

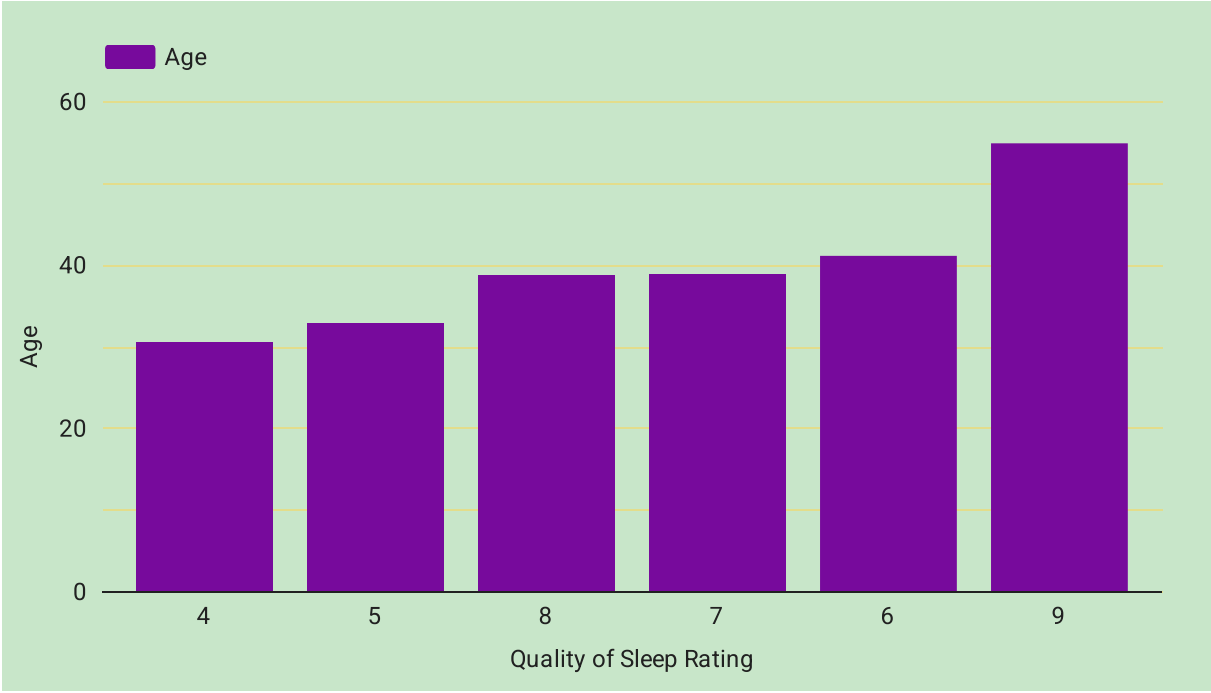
Quality of Sleep Rating by Sleep Disorder



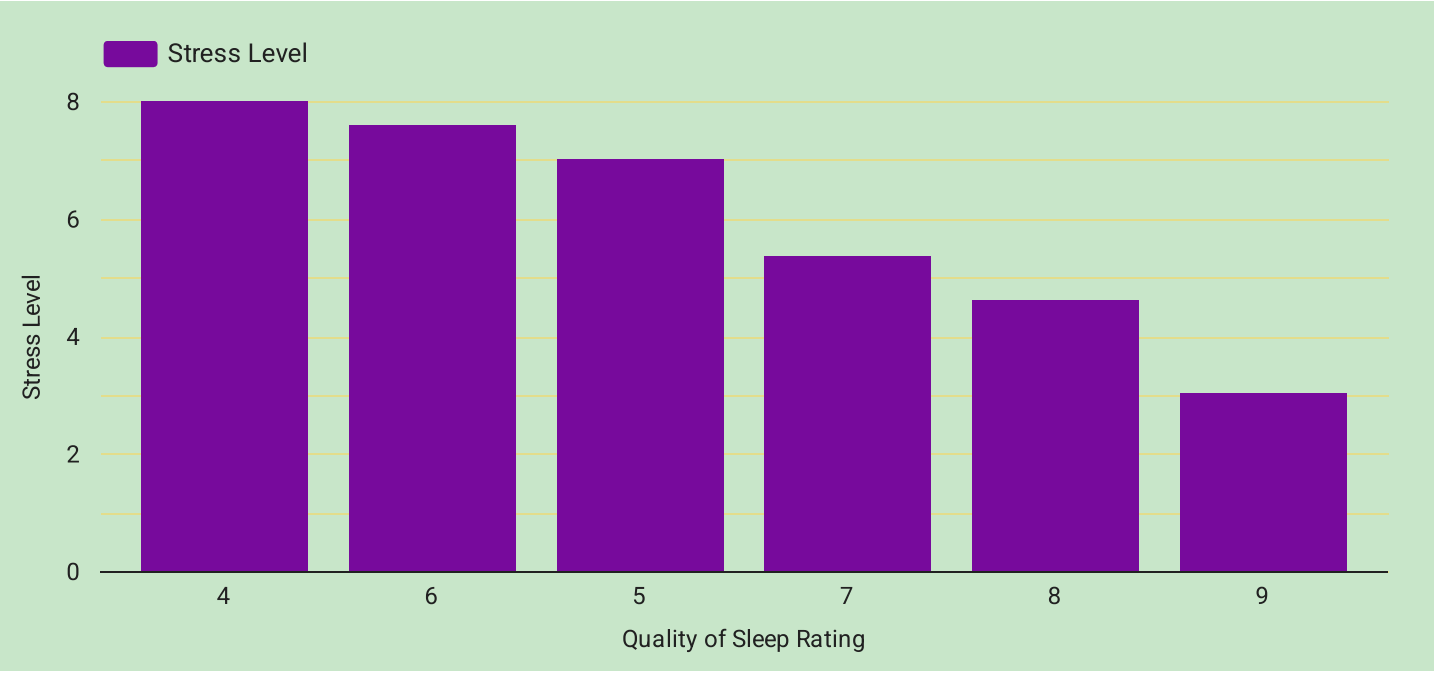
Quality of Sleep Rating by BMI Category



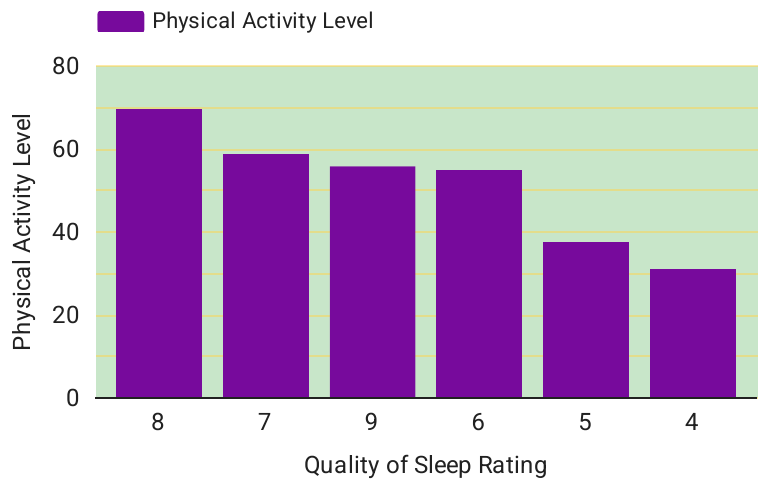
Age by Quality of Sleep Rating



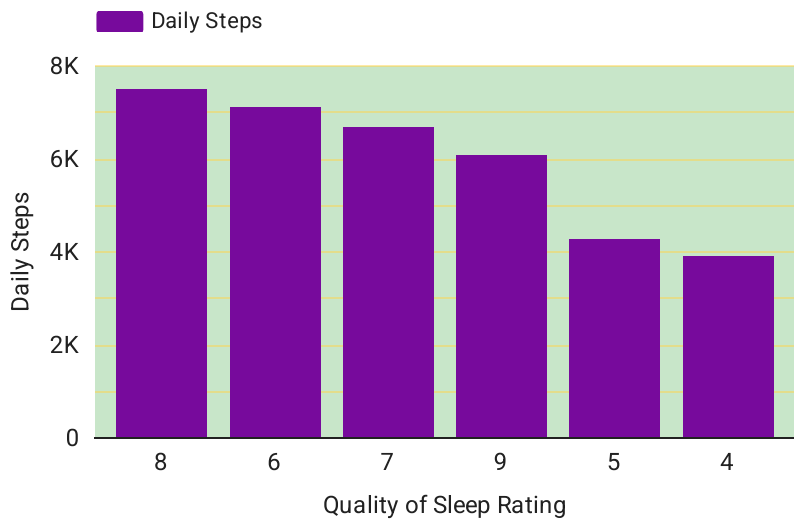
Stress Level by Quality of Sleep Rating



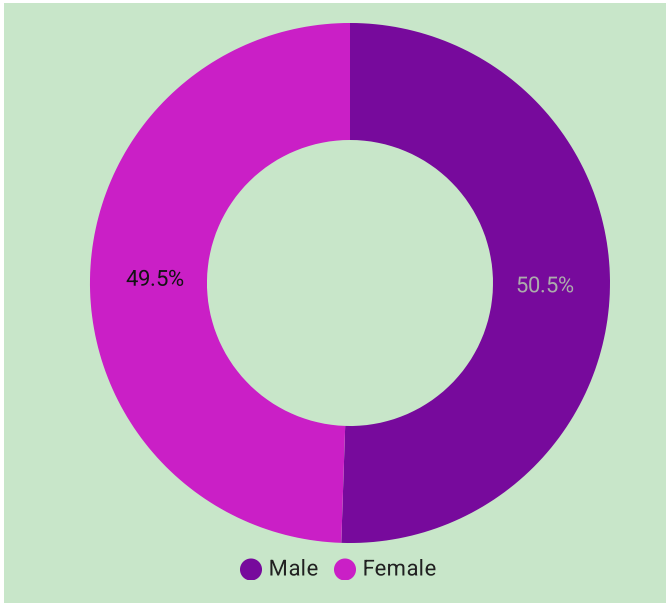
Physical Activity Level by Quality of Sleep Rating



Daily Steps by Quality of Sleep Rating



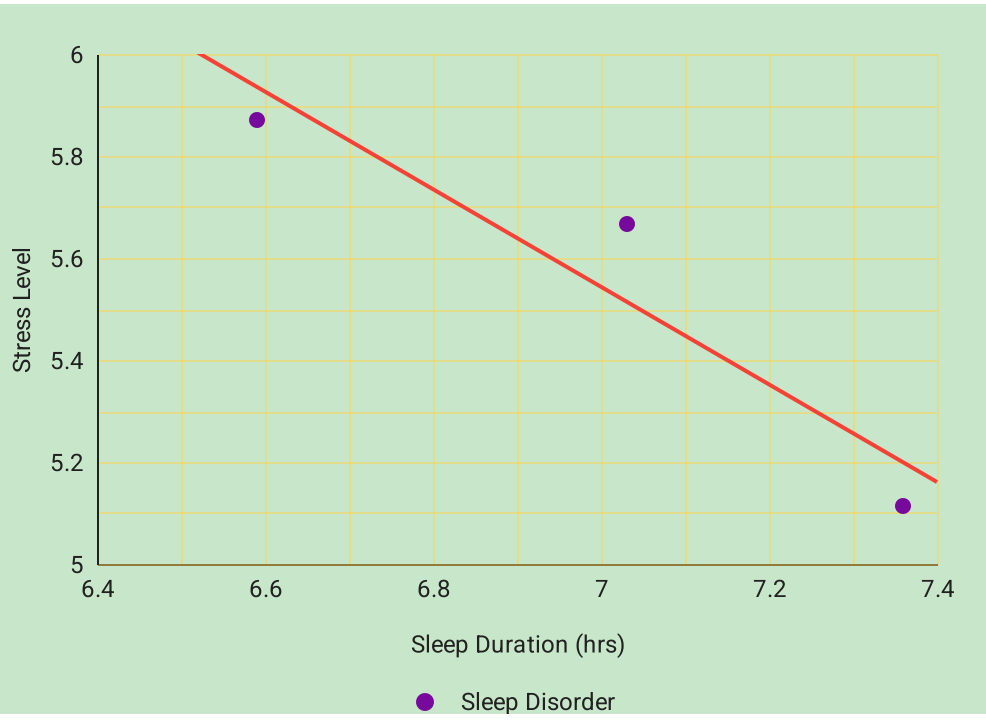
Gender by Record Count



Distribution of Stress Level by Heart Rate



Distribution of Sleep Duration (hrs) by Stress Level



Distribution of Physical Activity Level by Daily Steps

