



HEALTH AND WELLNESS DASHBOARD



Total Participants

374



Average Age

42



Average Heart Rate

70 BPM



Average Sleep Time

7 Hours



Average Exercise Time

59 Minutes/Day



Participants by Weight



Obese 10

Overweight 148

Normal Weight 216

Participants by Blood Pressure



Normal Blood Pressure 41

Elevated Blood Pressure 1

High Blood Pressure (Stage 1) 261

High Blood Pressure (Stage 2) 71

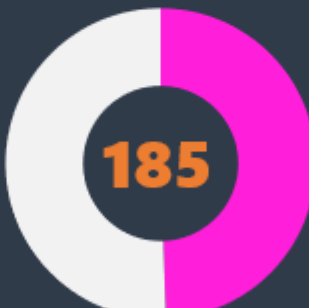
Participants by Sleep Disorder

Insomnia 77

Sleep Apnea 78

None 219

Participants by Gender



Filters

Sleep Disorder



Insomnia

None

Sleep Apnea

Weight



Normal Weight

Obese

Overweight

Occupation



Accountant

Doctor

Engineer

Lawyer

Gender



Female

Male

Average Systolic
Blood Pressure

129 mmHg

Average Diastolic
Blood Pressure

85 mmHg

Average Sleep Quality:

3.66/5



Average Stress Level:

2.69/5

