

# How well do people sleep?

% of People

100.00 %

Mean of Quality of Sleep

7.31

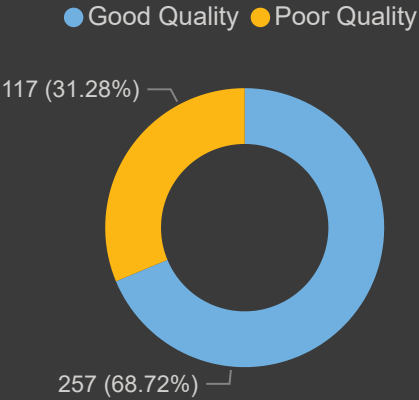
Mean Sleep Duration

7.13

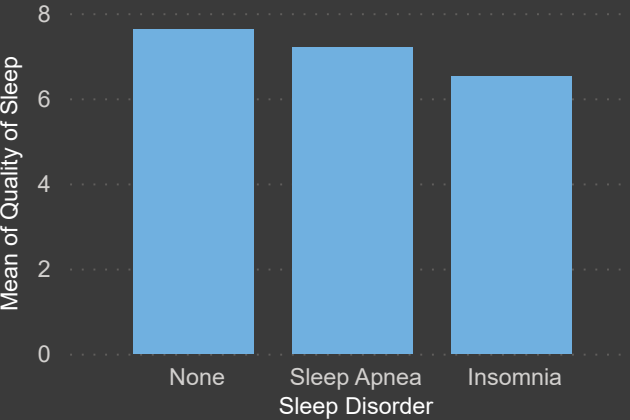
Mean Stress Level

5.39

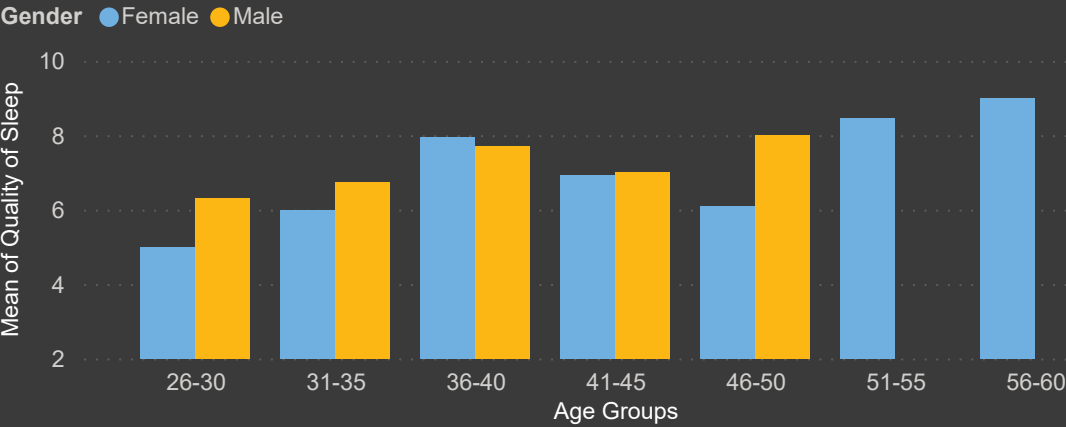
Number of Persons by Quality of Sleep Class



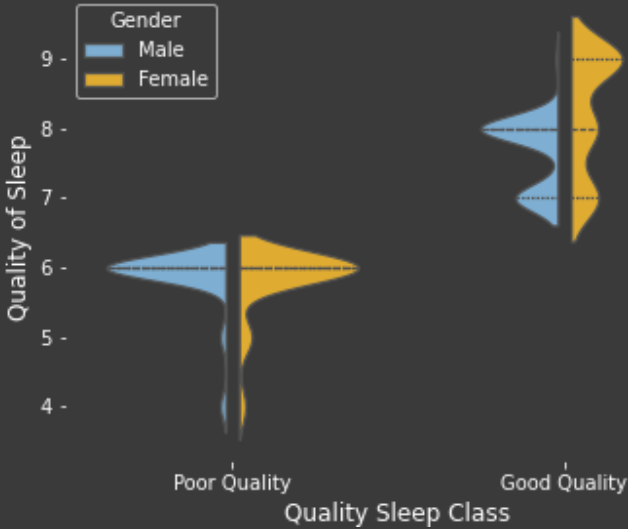
Mean of Quality of Sleep by Sleep Disorder



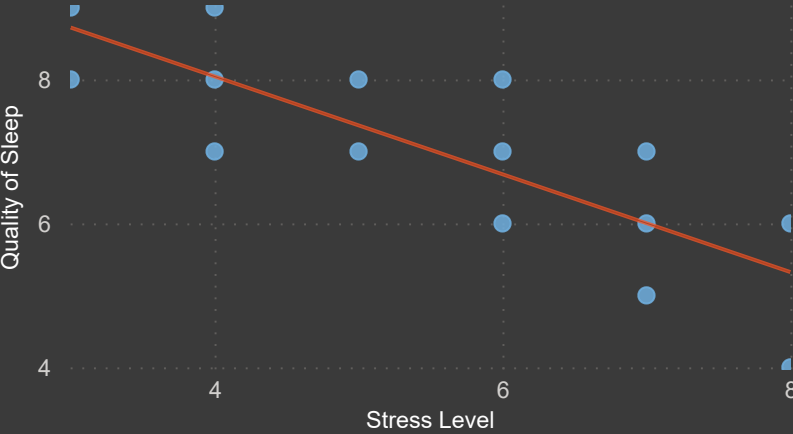
Mean of Quality of Sleep by Age and Gender



Number of Persons by Quality of Sleep, Gender and Quality Sleep Class



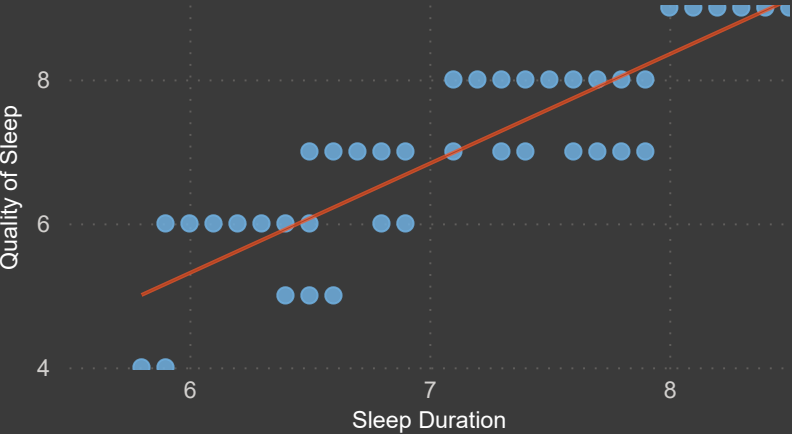
Relationship between Stress Level and Quality of Sleep



Correlation Index

-0.90

Relationship between Sleep Duration and Quality of Sleep



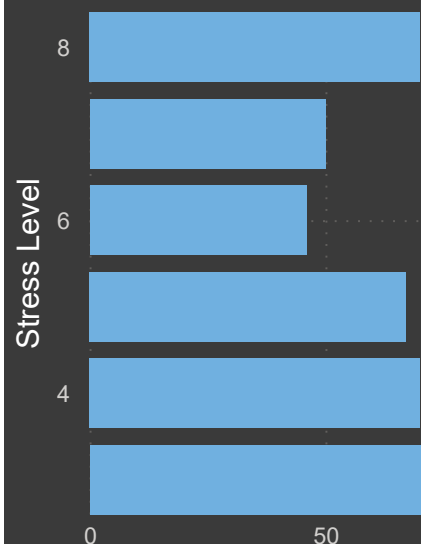
Correlation Index

0.88

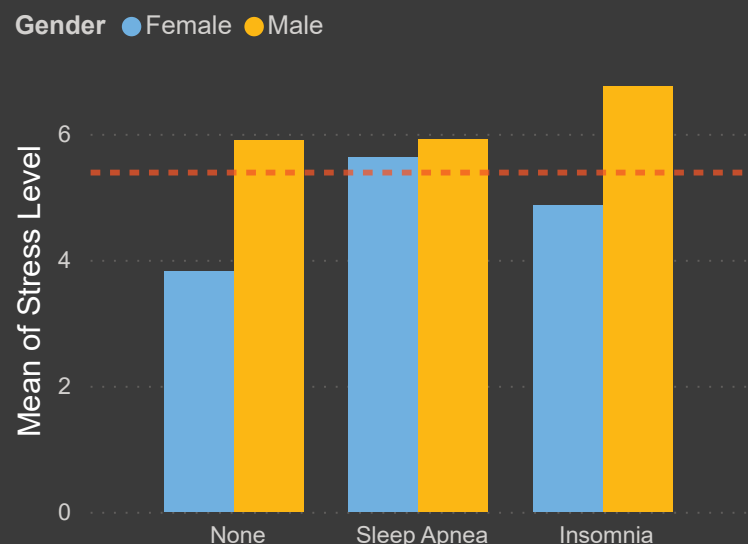


## What Factors Influence Stress Level?

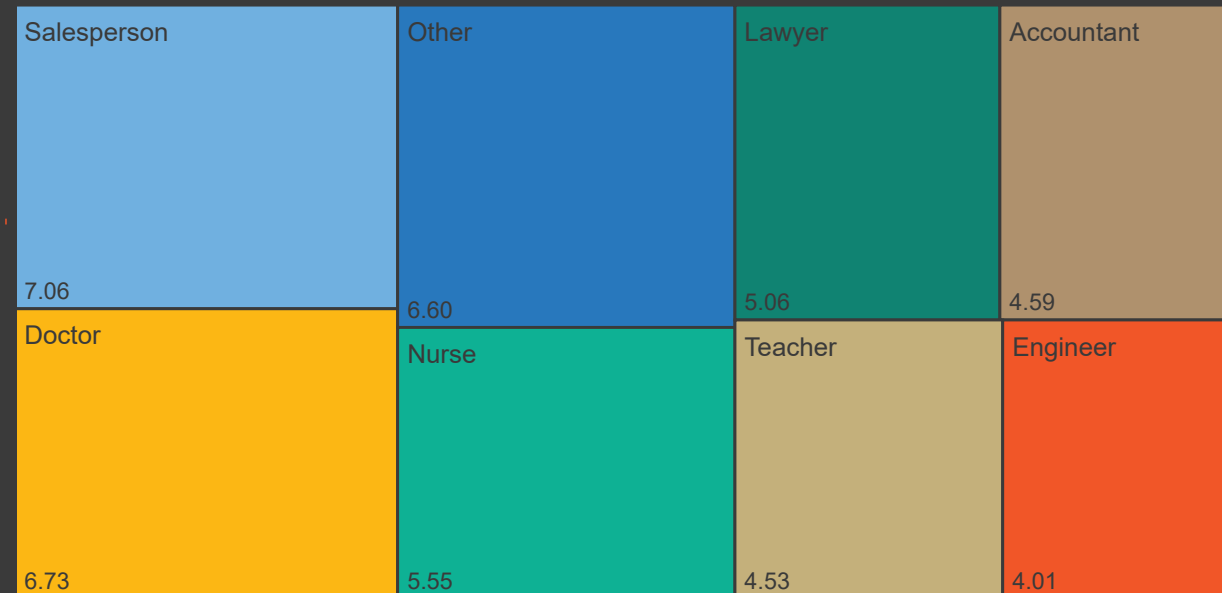
Number of Persons by Stress Level



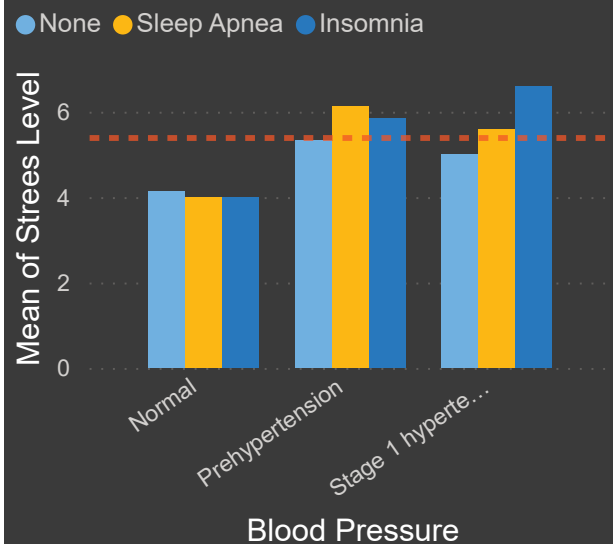
Mean of Stress Level by Sleep Disorder and Gender



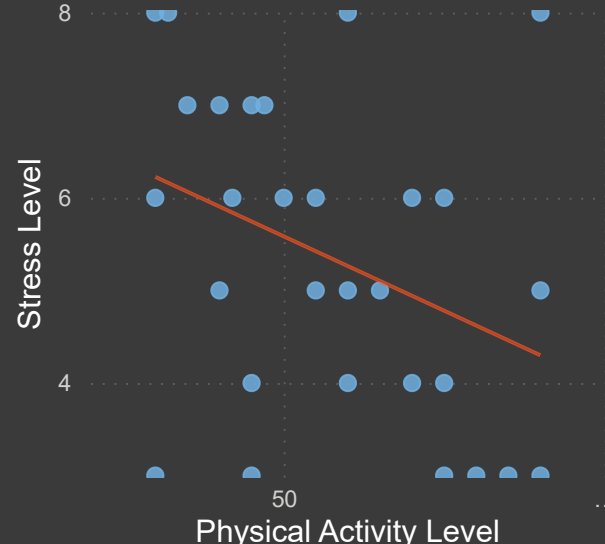
Mean of Stress Level and Mean of Quality of Sleep by Occupation



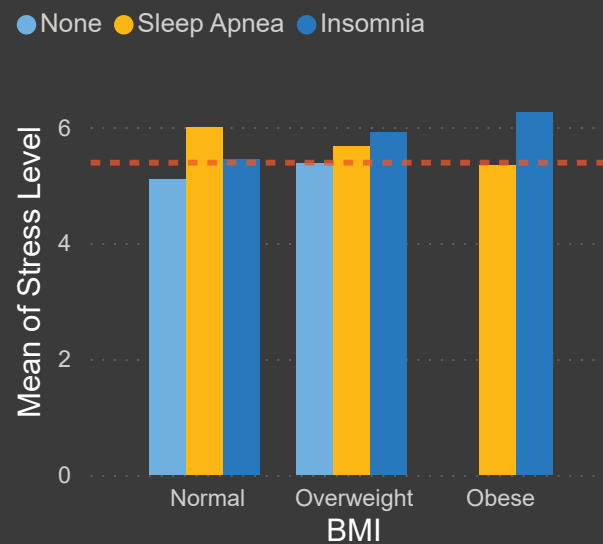
Mean of Stress Level by Blood Pressure and Sleep Disorder



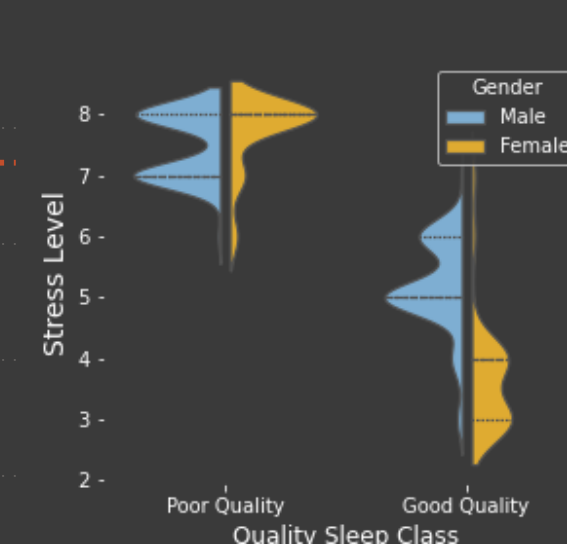
Relationship Between Physical Activity Level and Stress Level



Mean of Stress Level by BMI and Sleep Disorder



Number of Persons by Stress Level, Quality Sleep Class and Gender

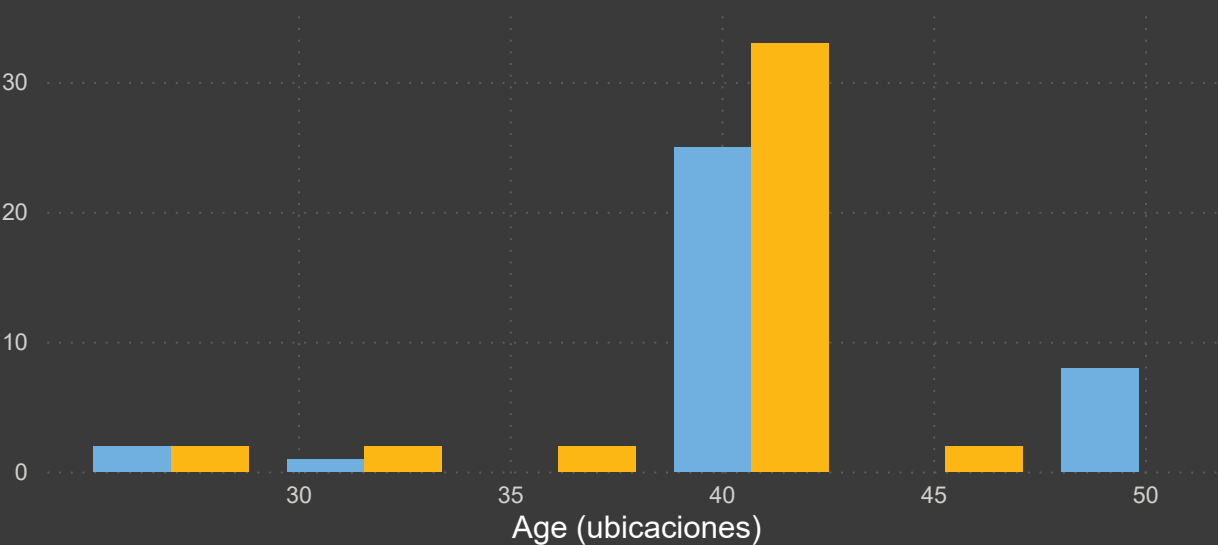




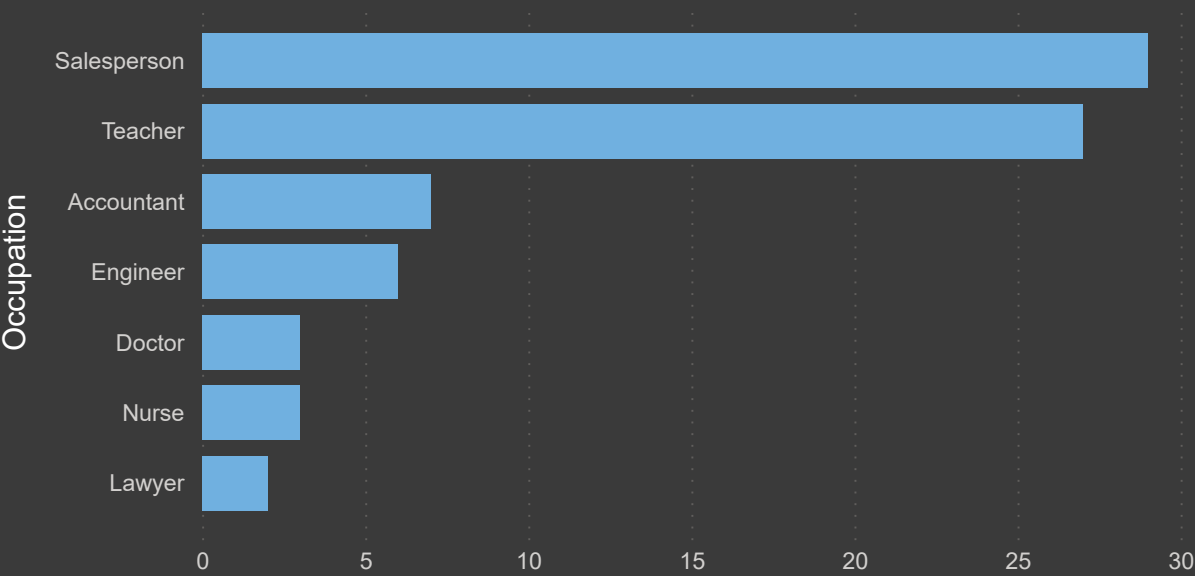
# People with Insomnia

People with Insomnia by Age and Gender

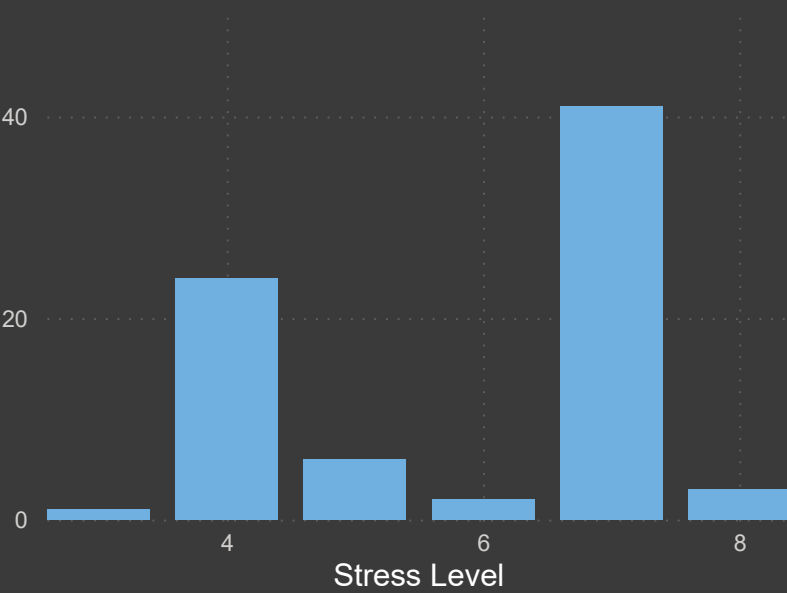
Gender ● Female ● Male



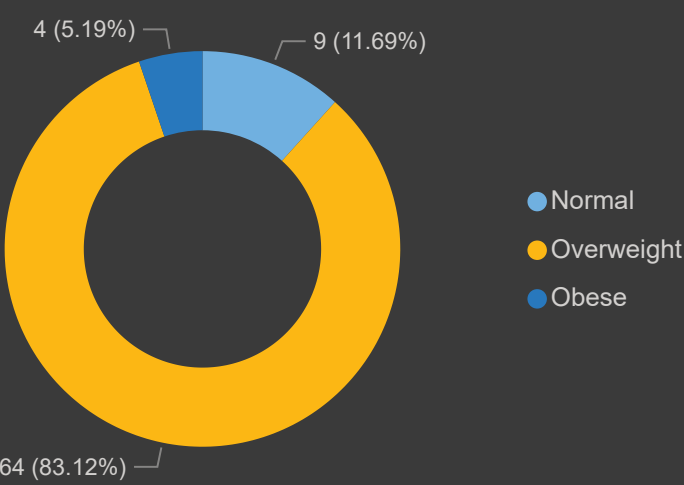
People with Insomnia by Occupation



People with Insomnia by Stress Level



People with Insomnia by BMI



People with Insomnia by Blood Pressure

