DataVis

For my end of term project I choose a data set from the website called "kaggle" about the connection between lifestyles and sleep patterns of 374 people. The data set contains different important variables such as sleep duration, gender, age, BMI category, stress levels, job occupation, quality of sleep, physical activity levels, blood pressure, hearth rate, daily step counts and sleep disorders. I selected this data set because it seems similar to the ones we use in our classes, although it contains many more variables and is more complex I believe it is still manageable given our current level of knowledge and experience. Topic of sleep and lifestyle is also personally appealing to me as a person with my own issues of sleep and it is also socially important. Sleep has a very important role in physical and mental health, and quality of sleep has a direct effect upon our daily lives. Sleep has been connected to high stress levels, lower productivity, and different health problems. Understanding which factors affect sleep quality can help people make better lifestyle choices in their daily lives. In this project, I am going explore how lifestyle-related variables such as stress, physical activity, and occupation—interact with sleep duration and quality. My intention is to look for potential patterns and relationships that can be explained by statistics. The data set that I am going to use is named Sleep_health_and_lifestyle_dataset and link to it is down bellow.

[https://www.kaggle.com/datasets/minahilfatima12328/lifestyle-and-sleep-patterns?resource=download]