Project 1: Proposal

**Project Title:** What Factors Affect Sleep Health the Most?

**Team Members:** Jessica, OC, Abraham, Elisabeth

**Project Description/Outline:**

The Sleep Health and Lifestyle Dataset comprises 400 rows and 13 columns, covering a wide range of variables related to sleep and daily habits. It includes details such as gender, age, occupation, sleep duration, quality of sleep, physical activity level, stress levels, BMI category, blood pressure, heart rate, daily steps, and the presence or absence of sleep disorders. Our goal is to analyze which factors affect sleep health the most through data visualization with pandas.

**Research Questions to Answer:**

1. Does occupation affect your sleep?
2. Does lack of sleep cause certain health problems more than others?
3. Does gender and age affect sleep?
4. What affects the quality of sleep the most?

**Datasets to Be Used:**

Sleep Health and Lifestyle Dataset - <https://www.kaggle.com/datasets/uom190346a/sleep-health-and-lifestyle-dataset>

**Rough Breakdown of Tasks:**

Jessica: Analysis of trends/correlations between health factors and sleep disorders.

OC:gender and age comparison and how it affects sleep disorders

Abraham: Analyzing the factors that seem to correlate most with quality of sleep.

Elisabeth: Analyzing correlation with occupation and sleep disorder