

# Analysis of sleep health and lifestyle among active worker

Gender

Female

Male

Occupation

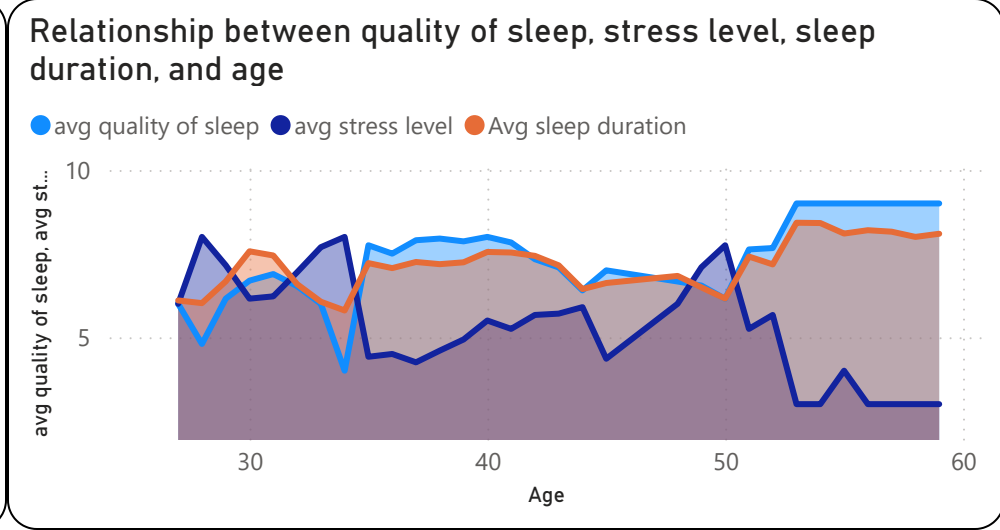
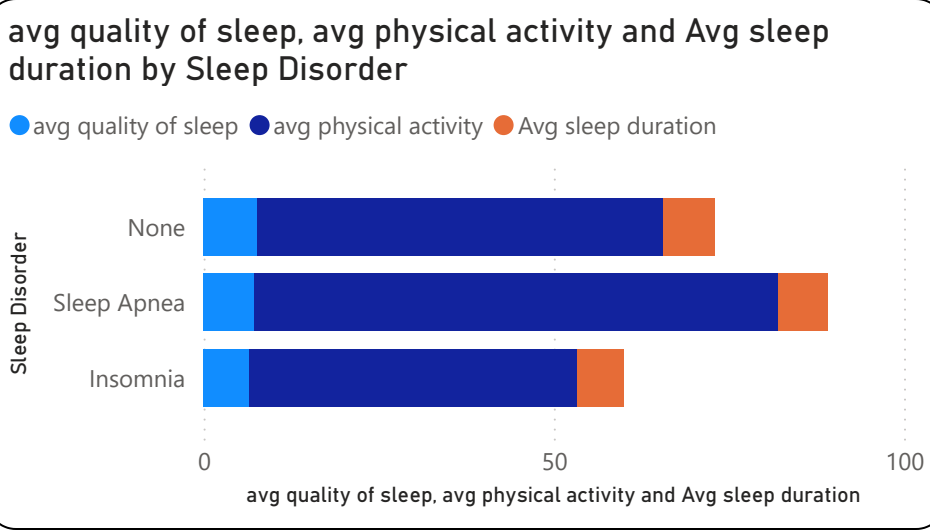
All

42.18  
Avg age

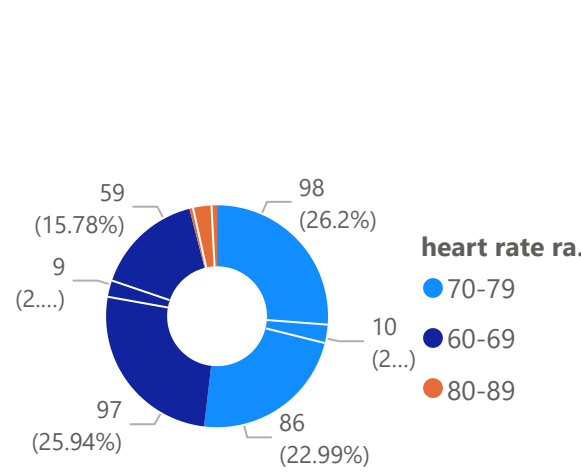
5.39  
avg stress level

7.13  
Avg sleep duration

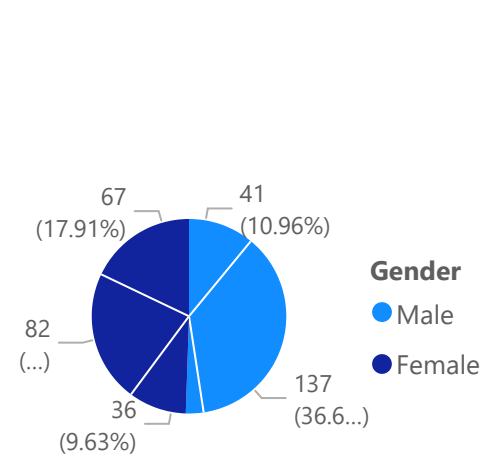
7.31  
avg quality of sleep



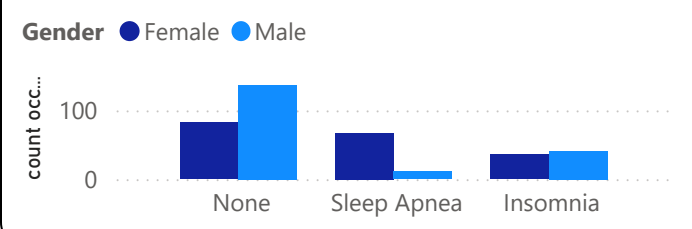
Participants per HR Category by heart rate range and BMI Category



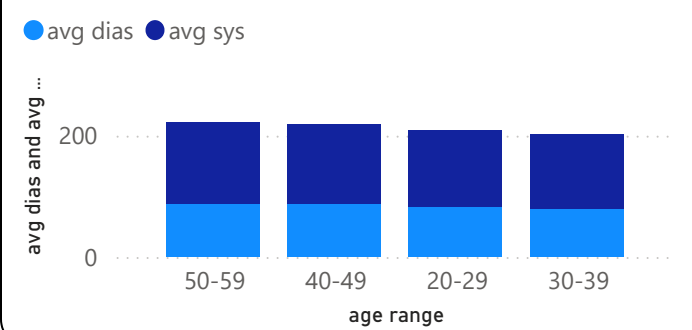
Total Participants by Gender and Sleep Disorder



count occupation by Sleep Disorder and Gender



avg dias and avg sys by age range



Relationship between BMI category, physical activity, daily steps, and occupation

