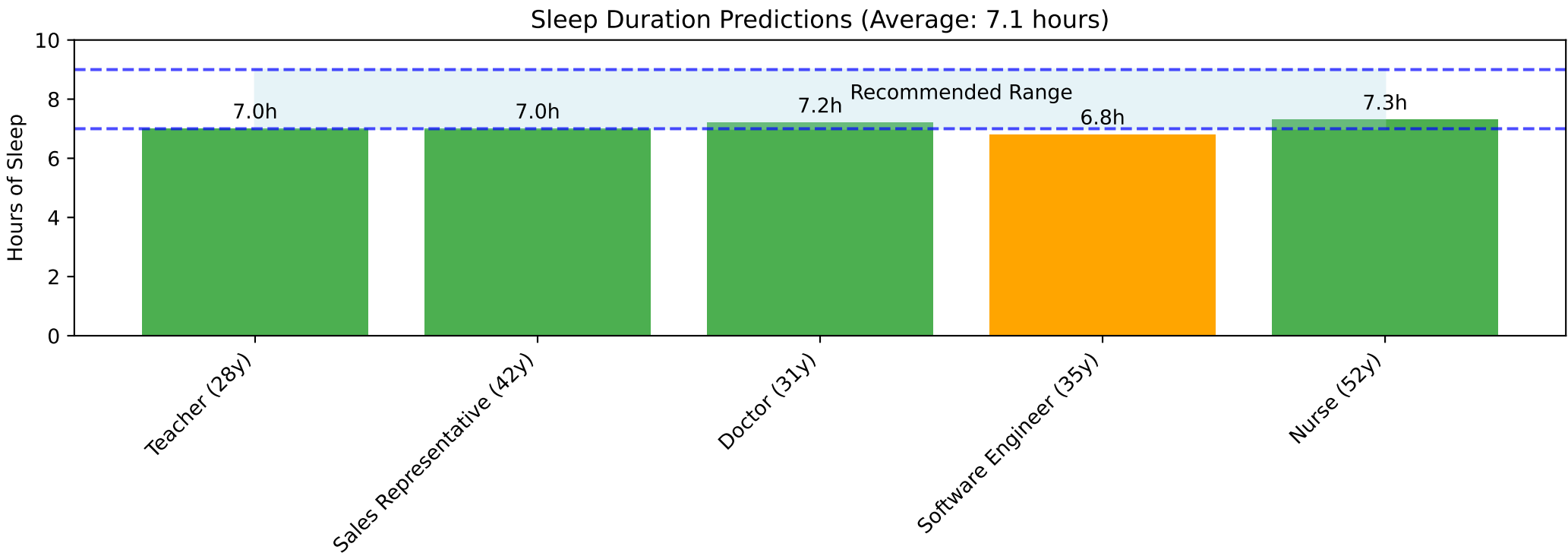


# **Sleep Health Analysis Report**

Generated on 2025-11-28

Analysis of 5 individual profiles

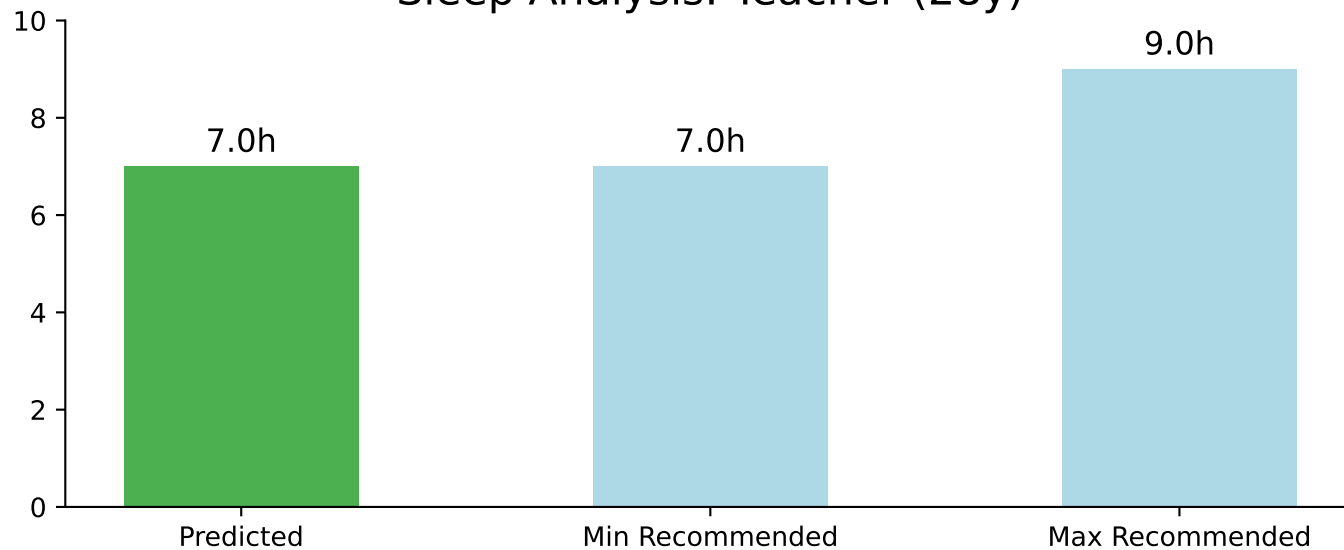
This report provides personalized sleep duration predictions and recommendations based on lifestyle factors including physical activity, stress levels, and physiological metrics.



Summary of All Profiles

Profile	Sleep (h)	Activity	Stress	BMI	Steps	Status
Teacher (28y)	7.0	30	8	Normal	4000	Optimal
Sales Representative (42y)	7.0	20	9	Overweight	3000	Optimal
Doctor (31y)	7.2	60	6	Normal	12000	Optimal
Software Engineer (35y)	6.8	45	7	Normal	8000	Below Recommended
Nurse (52y)	7.3	25	8	Overweight	5500	Optimal

## Sleep Analysis: Teacher (28y)



### Sleep Duration Analysis for Female, Teacher (28y)

Predicted Sleep Need: 7.0 hours (OPTIMAL)

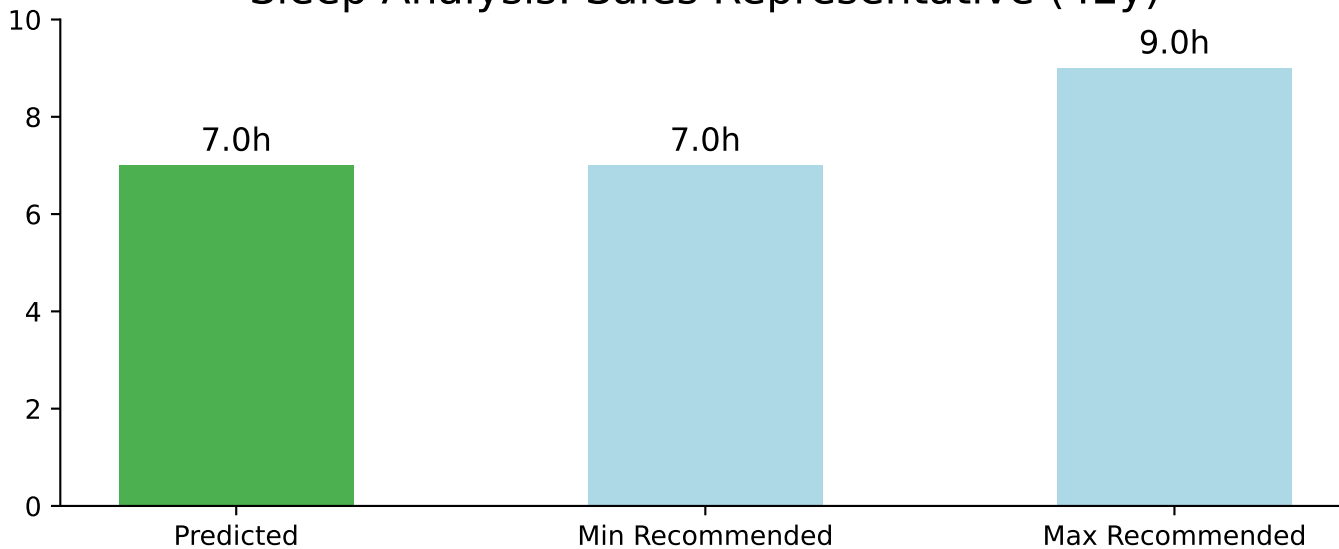
#### Key Factors:

- Physical Activity: 30 min/day ✓
- Stress Level: 8/10 ✗
- Daily Steps: 4000 ✗
- Heart Rate: 72 bpm
- BMI Category: Normal
- Sleep Disorder: None

#### Personalized Recommendations:

- Your high stress levels are significantly affecting sleep - prioritize stress reduction techniques like meditation
- Consider scheduling short relaxation breaks throughout your day
- Your daily step count (4000) is below recommended levels - aim to gradually increase to 7,500+ steps
- Young adults often need more sleep than they get - prioritize your sleep schedule even on weekends
- Maintain consistent sleep and wake times (within 30 minutes) every day, including weekends

## Sleep Analysis: Sales Representative (42y)



### Sleep Duration Analysis for Male, Sales Representative (42y)

Predicted Sleep Need: 7.0 hours (OPTIMAL)

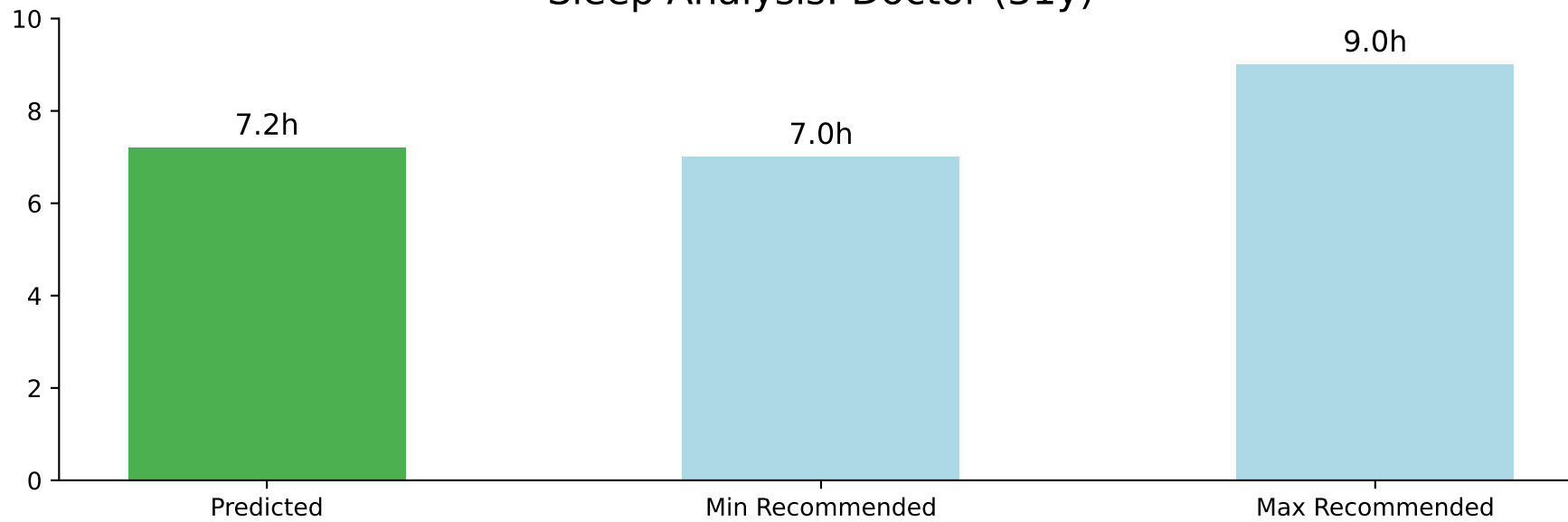
#### Key Factors:

- Physical Activity: 20 min/day **X**
- Stress Level: 9/10 **X**
- Daily Steps: 3000 **X**
- Heart Rate: 82 bpm
- BMI Category: Overweight
- Sleep Disorder: None

#### Personalized Recommendations:

- Your high stress levels are significantly affecting sleep - prioritize stress reduction techniques like meditation
- High-stress positions require deliberate unwinding time - schedule 30 minutes of relaxation before bed
- Your elevated resting heart rate (82 bpm) may affect sleep quality - cardiovascular exercise can help lower it over time
- Gradually increase your physical activity to 30-45 minutes daily for optimal sleep benefits
- Being overweight can impact sleep quality - focus on balanced nutrition and consistent physical activity

## Sleep Analysis: Doctor (31y)



### Sleep Duration Analysis for Female, Doctor (31y)

Predicted Sleep Need: 7.2 hours (OPTIMAL)

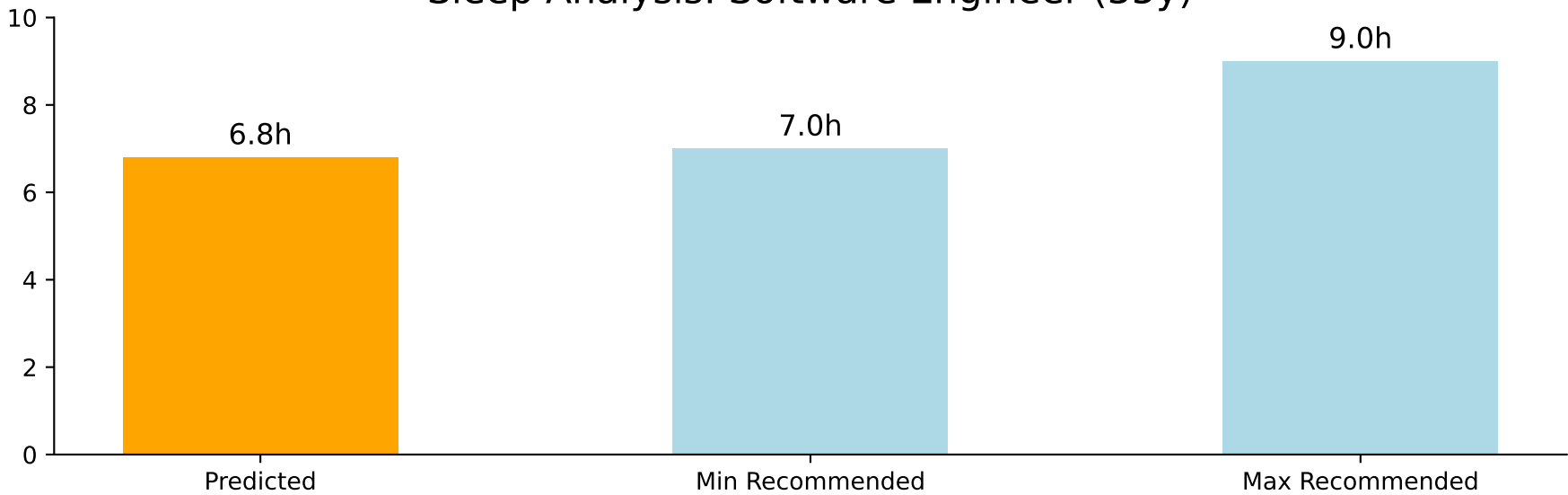
#### Key Factors:

- Physical Activity: 60 min/day ✓
- Stress Level: 6/10 ✓
- Daily Steps: 12000 ✓
- Heart Rate: 68 bpm
- BMI Category: Normal
- Sleep Disorder: None

#### Personalized Recommendations:

- Moderate stress may be affecting your sleep quality - try a 10-minute mindfulness practice before bed
- Shift workers need special sleep strategies - consider using blackout curtains and white noise machines
- Try to keep the same sleep schedule on days off to minimize circadian disruption
- Maintain consistent sleep and wake times (within 30 minutes) every day, including weekends

# Sleep Analysis: Software Engineer (35y)



## Sleep Duration Analysis for Male, Software Engineer (35y)

Predicted Sleep Need: 6.8 hours (BELOW RECOMMENDED)

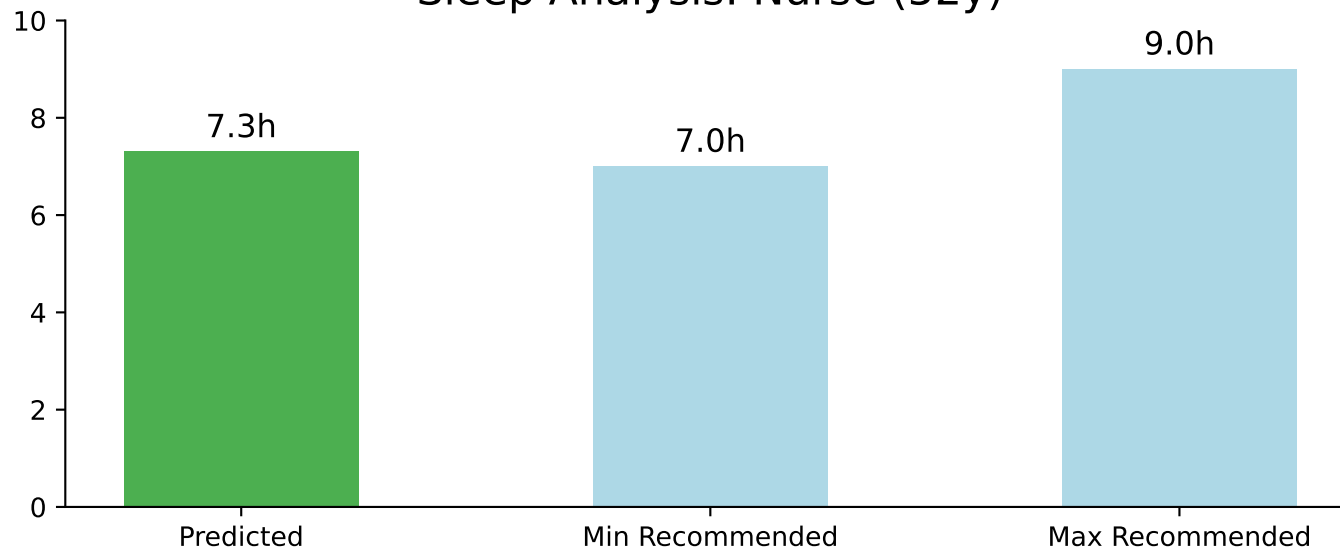
### Key Factors:

- Physical Activity: 45 min/day ✓
- Stress Level: 7/10 ✓
- Daily Steps: 8000 ✓
- Heart Rate: 75 bpm
- BMI Category: Normal
- Sleep Disorder: None

### Personalized Recommendations:

- Moderate stress may be affecting your sleep quality - try a 10-minute mindfulness practice before bed
- Screen time from your job may affect sleep - use blue light filters and the 20-20-20 rule during work
- Your predicted optimal sleep (6.8 hours) is below general recommendations - prioritize sleep efficiency
- Monitor your daytime energy levels and adjust bedtime if you notice fatigue
- Maintain consistent sleep and wake times (within 30 minutes) every day, including weekends

## Sleep Analysis: Nurse (52y)



### Sleep Duration Analysis for Female, Nurse (52y)

Predicted Sleep Need: 7.3 hours (OPTIMAL)

#### Key Factors:

- Physical Activity: 25 min/day ✗
- Stress Level: 8/10 ✗
- Daily Steps: 5500 ✗
- Heart Rate: 78 bpm
- BMI Category: Overweight
- Sleep Disorder: Insomnia

#### Personalized Recommendations:

- Your high stress levels are significantly affecting sleep - prioritize stress reduction techniques like meditation
- For insomnia, establish a consistent bedtime routine and sleep schedule every day (even weekends)
- Gradually increase your physical activity to 30-45 minutes daily for optimal sleep benefits
- Being overweight can impact sleep quality - focus on balanced nutrition and consistent physical activity
- Consider scheduling short relaxation breaks throughout your day