Results on Sleep Health and Lifestyle Research

Patterns in the better sleep

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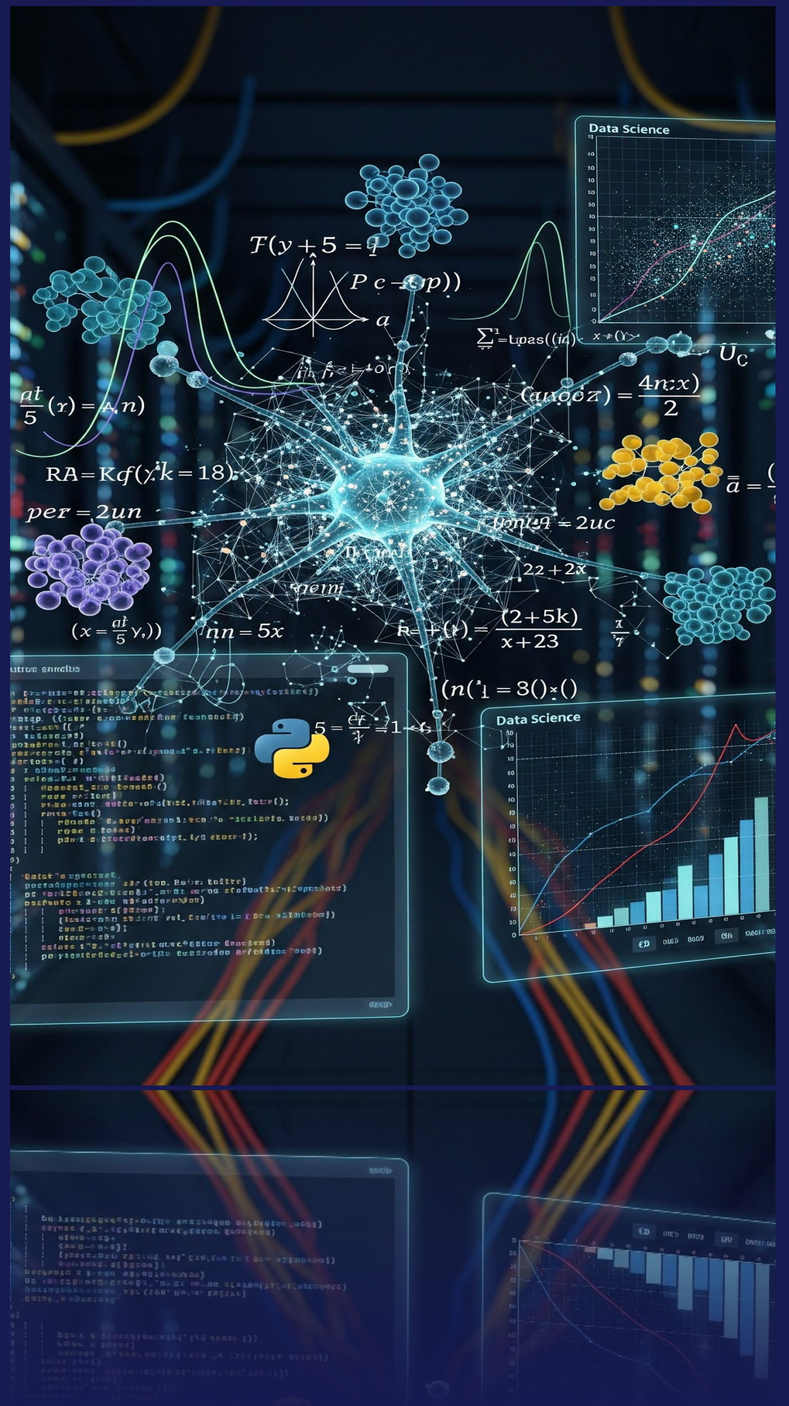


Agenda

Results of sleep health and lifestyle analysis

- Data Description
- Typical Amount of Physical Activity
- Number of Daily Steps
- Distribution of Heart Rates

Data Description

- ‘Age’ is an example of a continuous variable in the dataset.
- ‘Daily Steps’ is an example of an integer variable in the dataset.
- ‘BMI Category’ is an example of an ordinal categorical variable in the dataset.
- ‘Sleep Disorder’ is an example of a nominal categorical variable in the dataset.

Typical Amount (Minutes) of Physical Activity

MEAN	MEDIAN	MODE
59.17112299	60	60

Analysis of Daily Steps Taken

Mean	Median	Mode
6,816.84	7,000.00	8,000.00

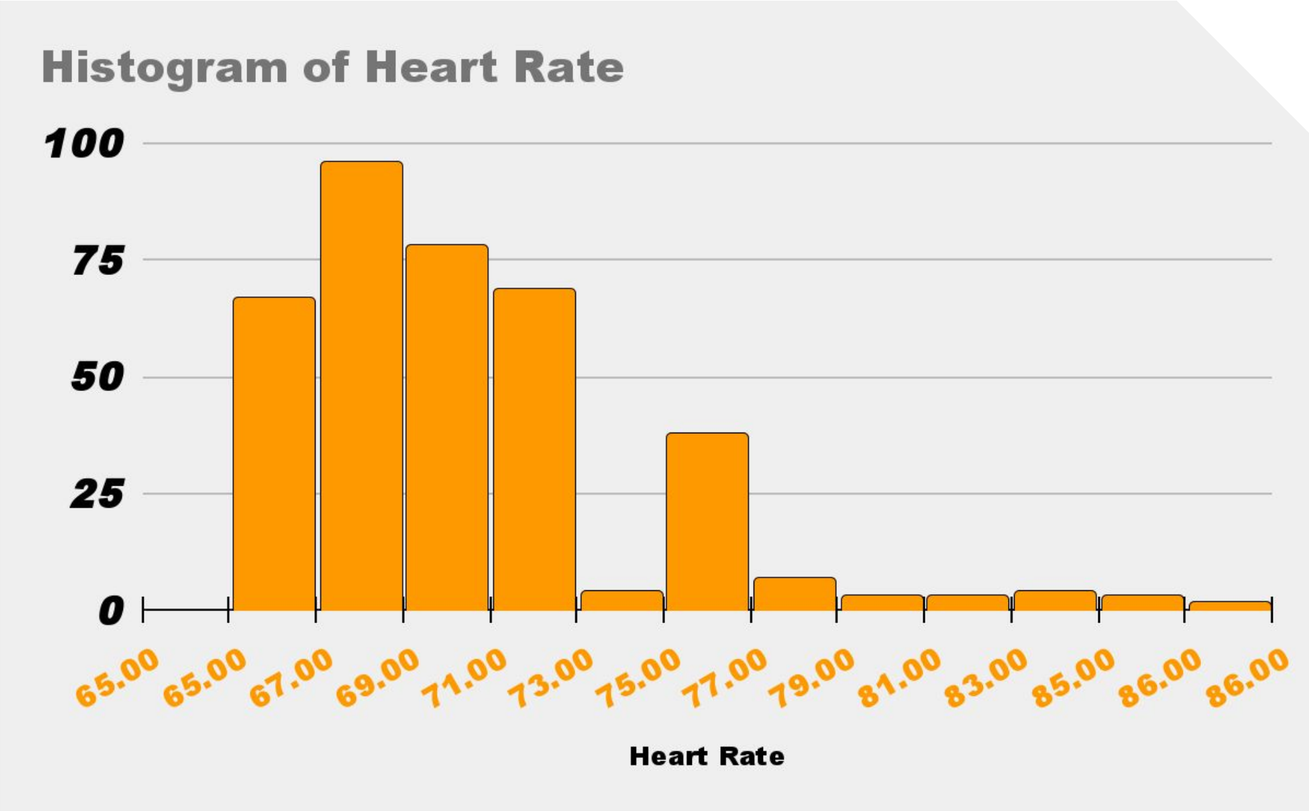
MAX	MIN	RANGE
10,000.00	3,000.00	7,000.00

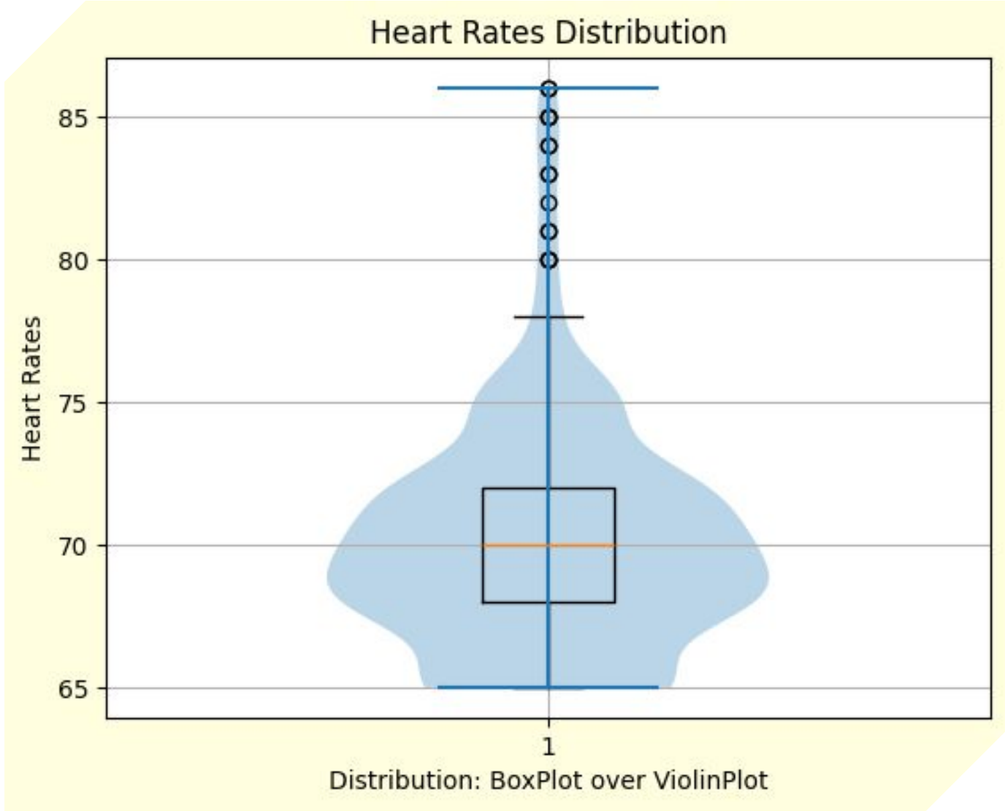
Sum of Squares	Variance	Standard Deviation
976,383,877.01	2,610,652.08	1,615.75

Q1	Q2	Q3
5,600.00	7,000.00	8,000.00

Distribution of Heart Rates

View of the Heart Rate Distribution

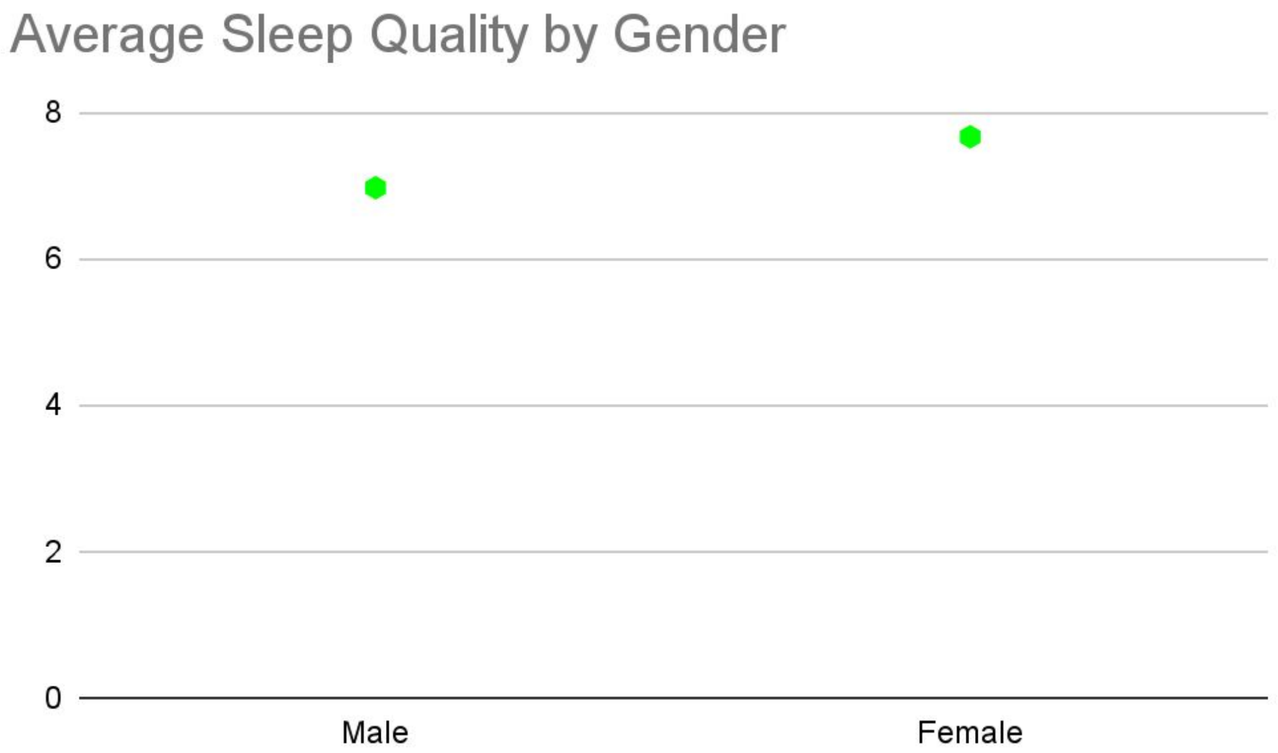




Heart Rate Mean:

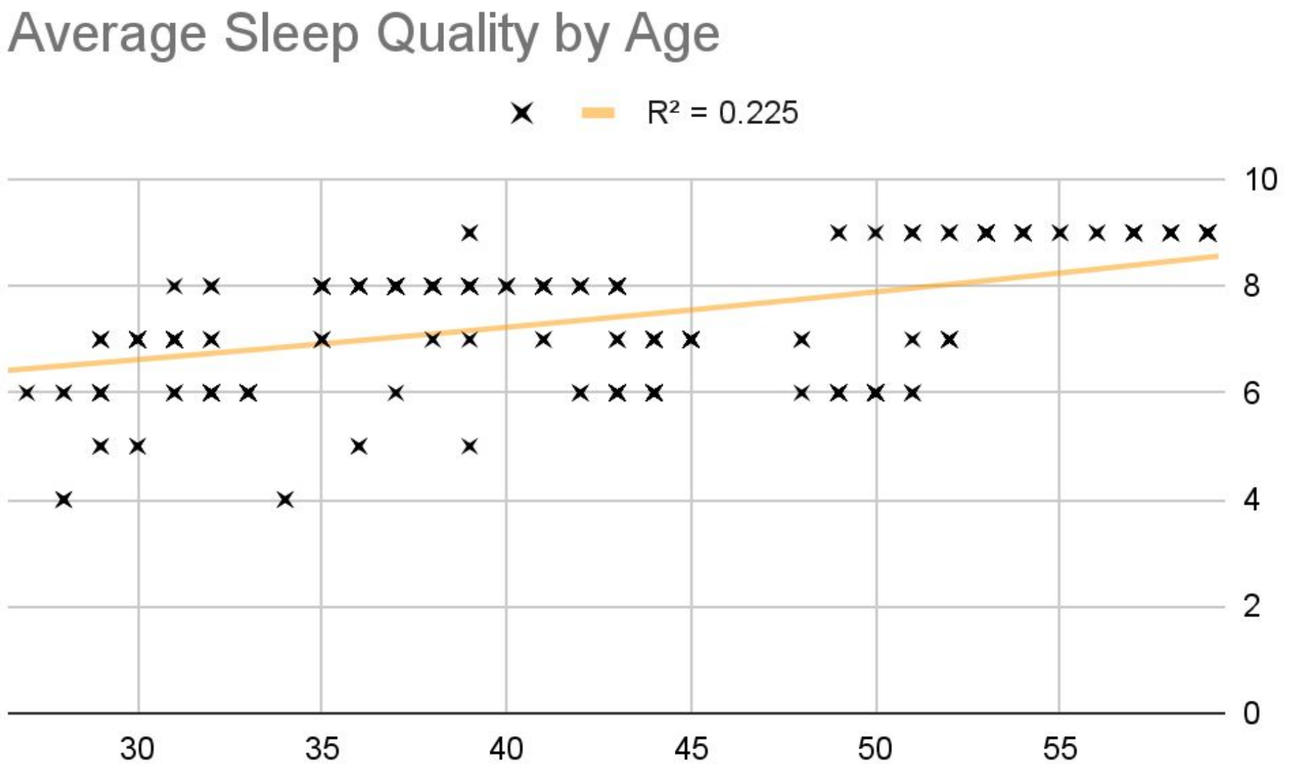
Difference between Man and Woman sleep

- Woman, sleep better than man, in average.



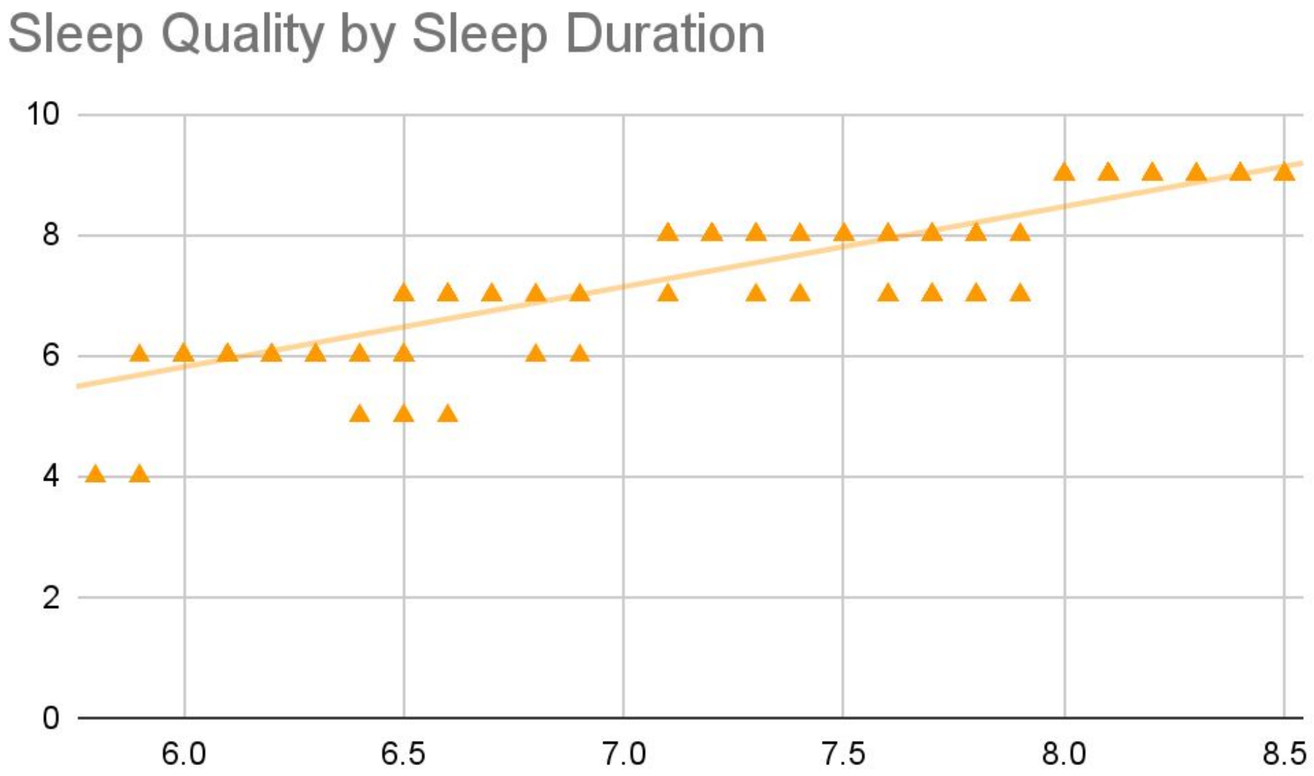
The older, the better

- We can see some positive correlation between age and sleep quality

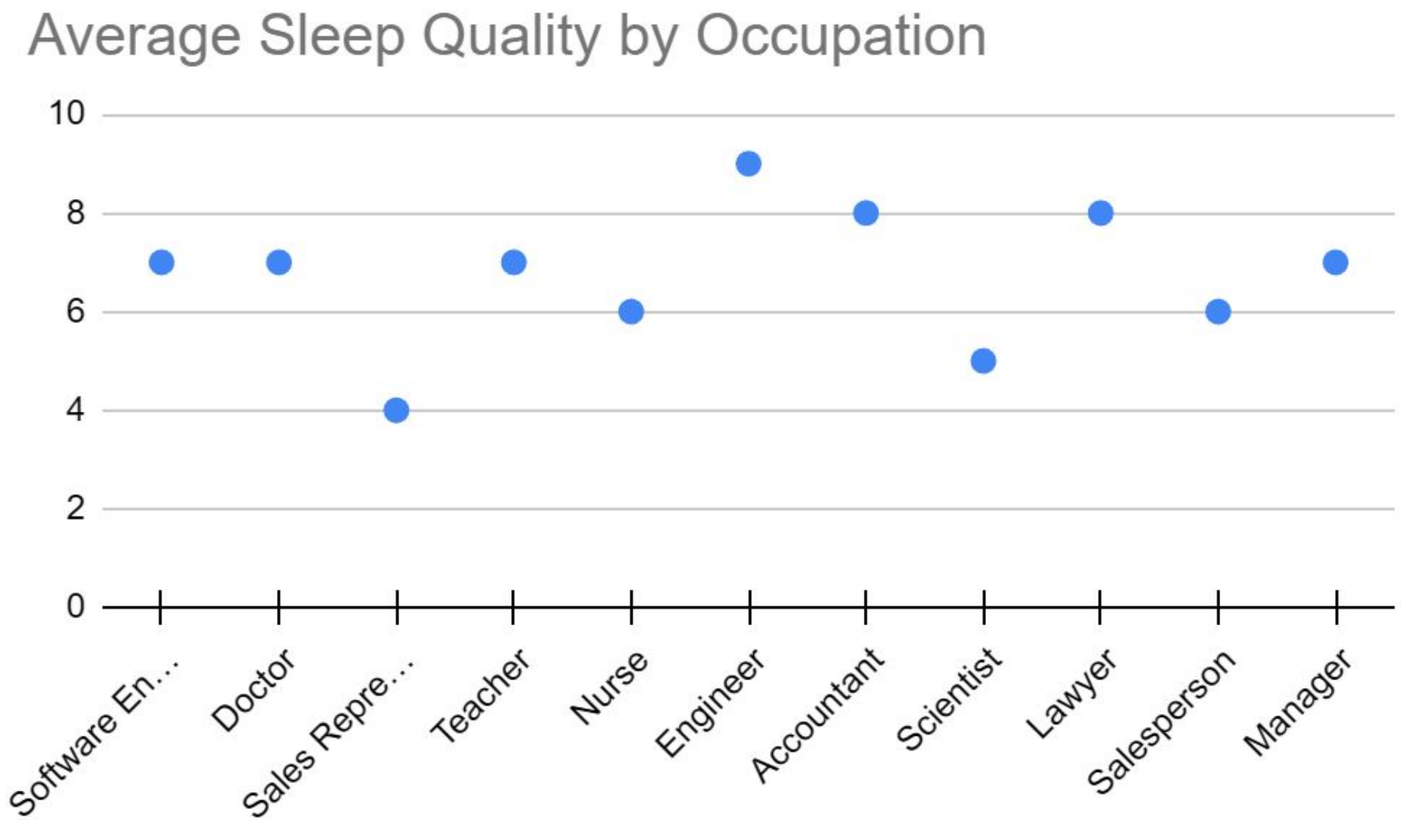


Sleep more, Sleep better

- The obvious must be said?

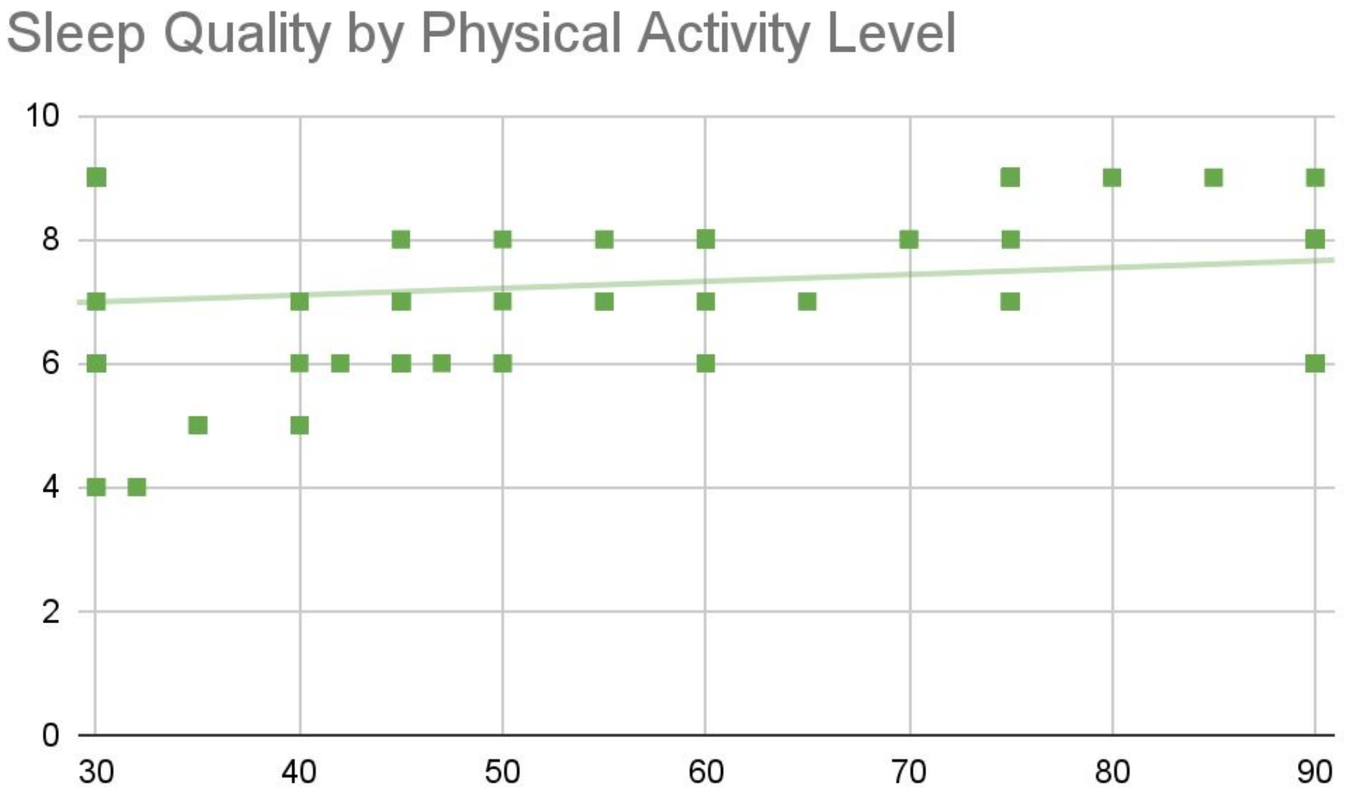


Mean of sleep quality by occupation



People who exercise tend to sleep better

- We can a very weak positive correlation between physical activity level and sleep quality



Calm down to get your rest

- Stress tend to make your sleep quality worse

Average Sleep Quality by BMI