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Sleep Project 1 Summary

This is the summary of our project 1. This project we looked at data that covered how different aspects of life affected the quality of sleep.

**What impact does age have on the quality of sleep?**

There does not appear to be a strong linear relationship between age and sleep quality, or age and sleep duration. But there does seem to be some sort of relationship where older subjects reported higher sleep quality, as well as longer sleep duration.

A graph of age bracket and age bracket

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A graph with blue dots and a red line

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r value for Sleep Quality is: 0.4499975170665754

r value for Sleep Duration is: 0.31947739857337487

**What impact does the physical activity level have on the quality of sleep?**

There is a very weak linear relationship between physical activity level and quality of sleep.

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r value for Sleep Quality: 0.1468286388908252

r value for Sleep Duration: 0.18369128406592292

**What impact does the stress level have on the quality of sleep?**

There is a strong linear relationship between higher stress levels and lower duration of sleep. There is a strong negative correlation between stress level and quality of sleep. The more stressed you are, the worse your quality of sleep is.

A graph of a stress level

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r value for Sleep Quality: -0.9072204322730772

r value for Sleep Duration: -0.8071158601014956

**What impact do sleep disorders have on the quality of sleep?**

There was not as much of a difference between sleep quality and sleep duration in the sleep disorder category as we thought. But there was still some difference. Having no sleep disorder had the highest average in sleep quality and sleep duration. Having Sleep Apnea had averages in the middle, and having Insomnia had the lowest average in both sleep quality and sleep duration.

A graph of a sleep disorder

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