Sleep Health and Lifestyle Analysis

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Data Description

- This slide presentation analyzes the Sleep Health and Lifestyle Dataset from Kaggle. (**https://www.kaggle.com/datasets/uom190346a/sleep-health-and-lifestyle-dataset**)

- This dataset captures comprehensive information about sleep patterns and everyday behaviors. It encompasses variables including demographic details (gender, age, occupation), sleep metrics (duration and quality), lifestyle factors (physical activity levels, daily step counts), health indicators (stress levels, BMI category, blood pressure, heart rate), and whether individuals experience sleep disorders.

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

- An example of a continuous variable in the dataset is the 'Sleep Duration'.
- An example of an integer variable in the dataset is the 'Physical Activity Level'.
- An example of an ordinal categorical variable in the dataset is the 'BMI Category'.
- An example of a nominal categorical variable in the dataset is the 'Gender'.

Typical Amount (Minutes) of Physical Activity

- The average or mean amount of physical activity is 59.17 minutes.
- The median and the mode are both equal to 60 minutes.
- Based from these values of the three measures of centre, the distribution is almost symmetrical.

Analysis of Daily Steps Taken

The 5 number summary of the Daily Steps Taken:

- **Minimum:** 3000
- **Q1**: 5600
- **Median**: 7000
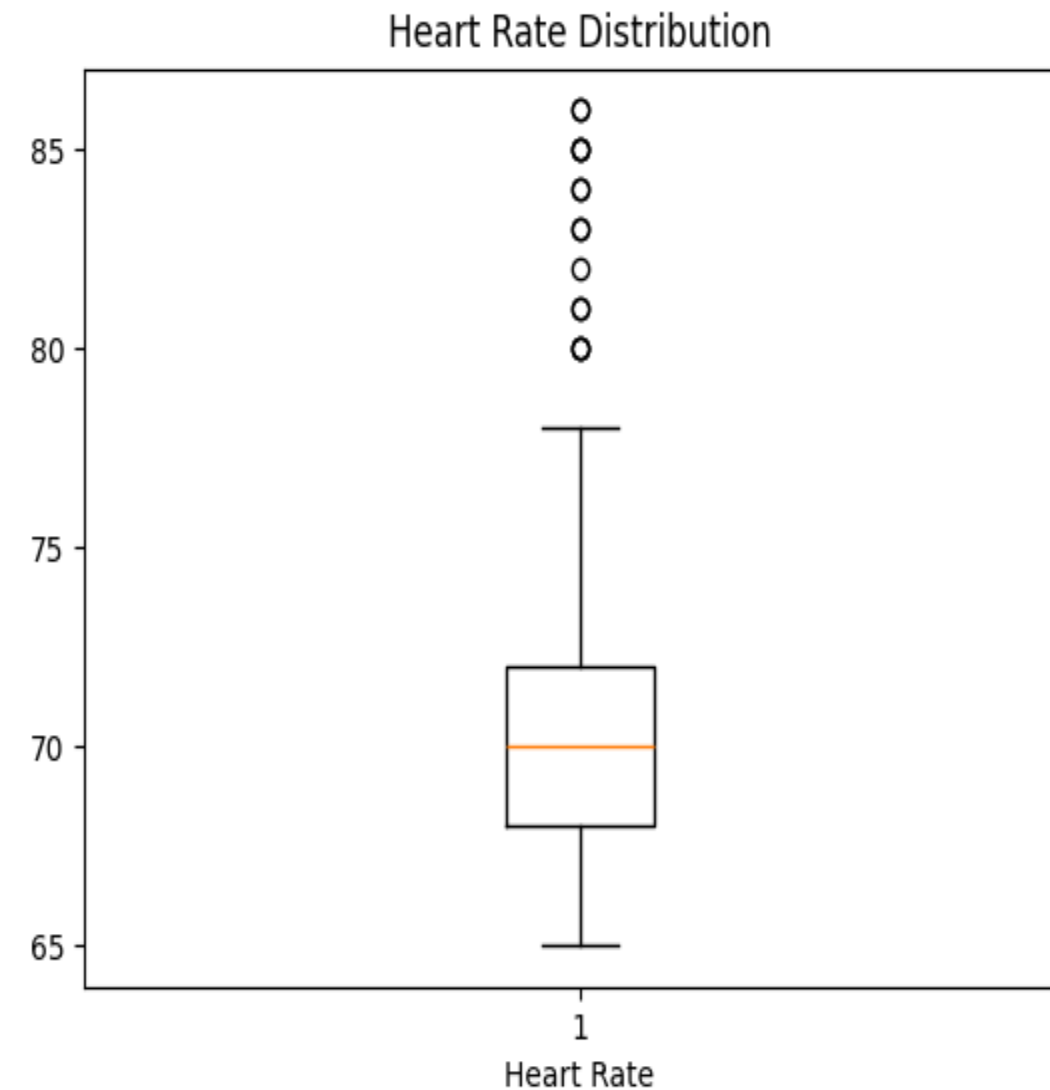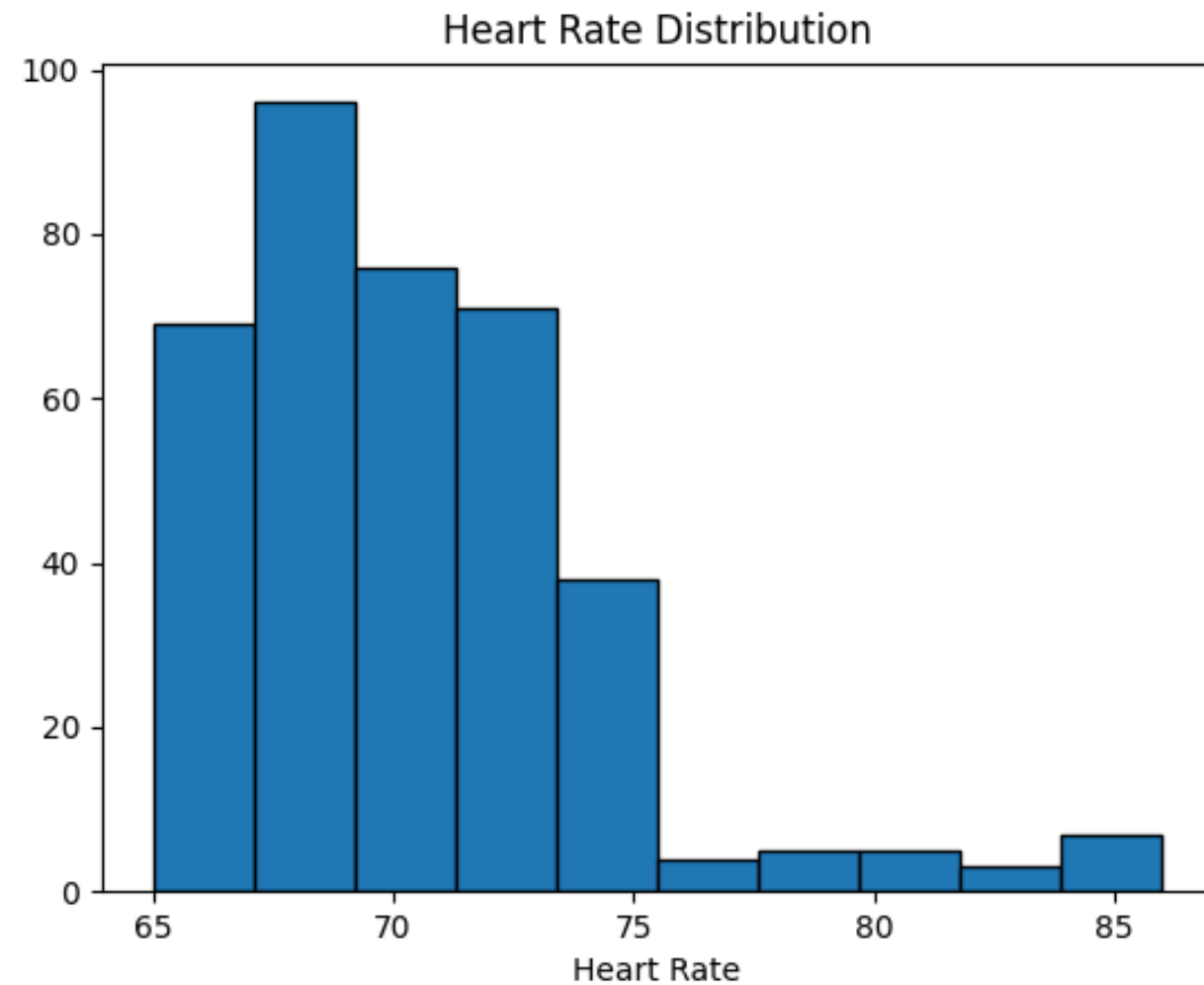- **Q3**: 8000
- **Maximum:** 10000

Other important values:

Mean: 6816.845

Standard Deviation: 1617.916

Range:7000

IQR: 2400

Distribution of Heart Rates

The Heart Rate distibution is right skewed and based from the box plot, it clearly has outliers.