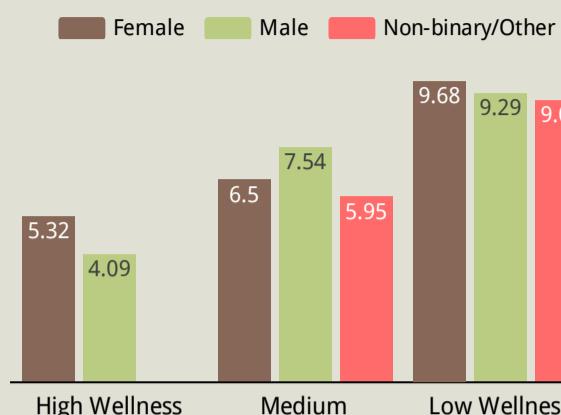
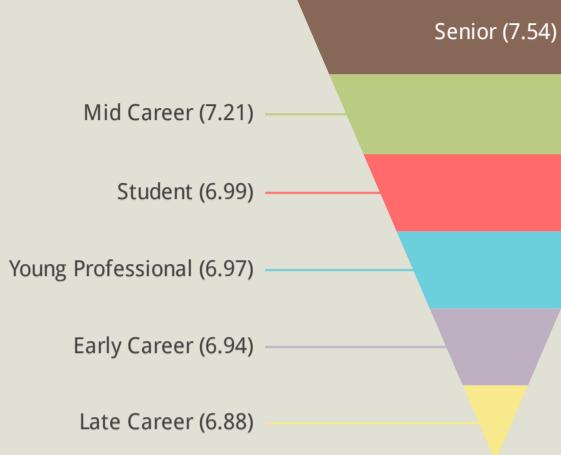


Analysis of Lifestyle Habits and Their Impact on Mental Wellness

Well-Being Segments VS Screen Time



Age Group VS Sleep Time



Exercise Minutes per We...

109.81

Choose Gender ▾

Work Mode ▾

Experience ...

Student

Early Career

Young Professional

Mid Career

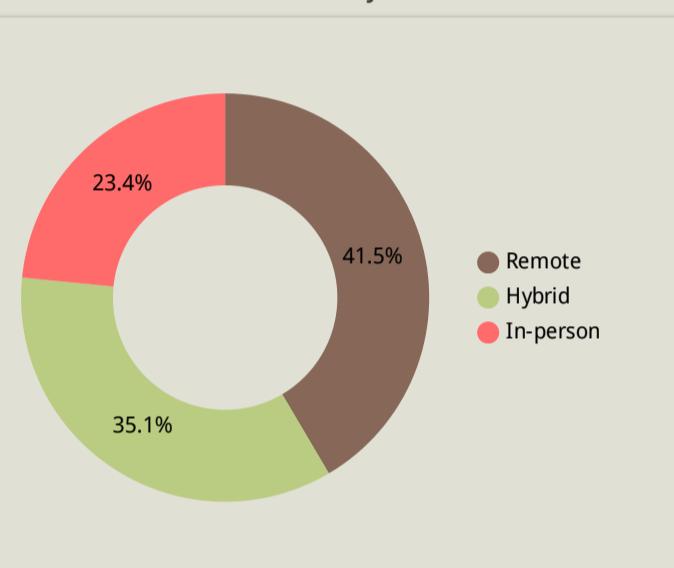
Late Career

Senior

Occupational Comparison



Screen Time by Work Mode

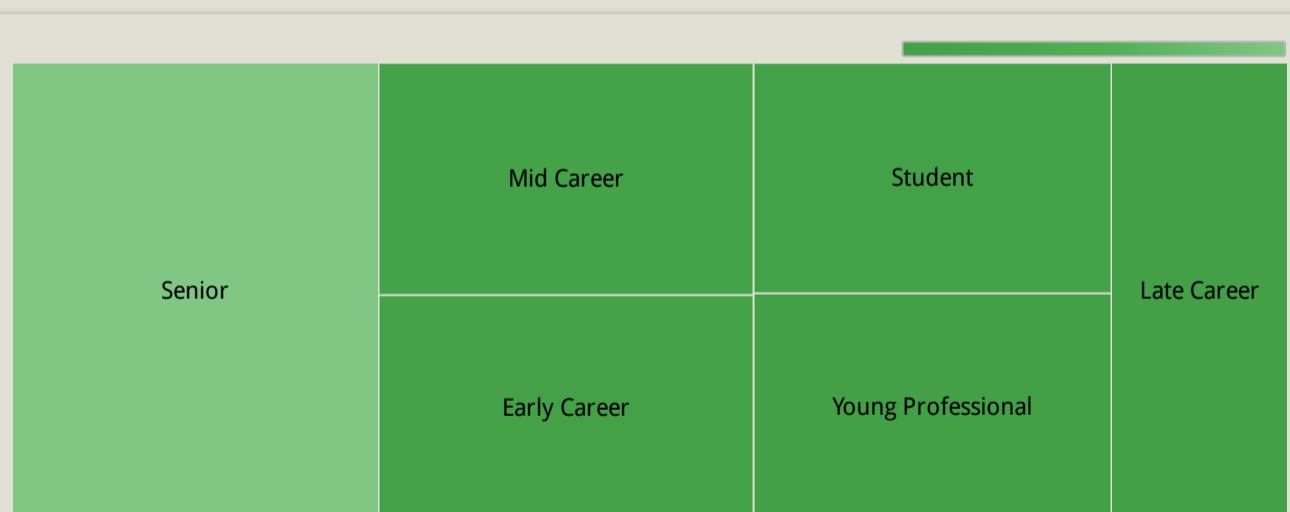


Wellness Level
High Wellness

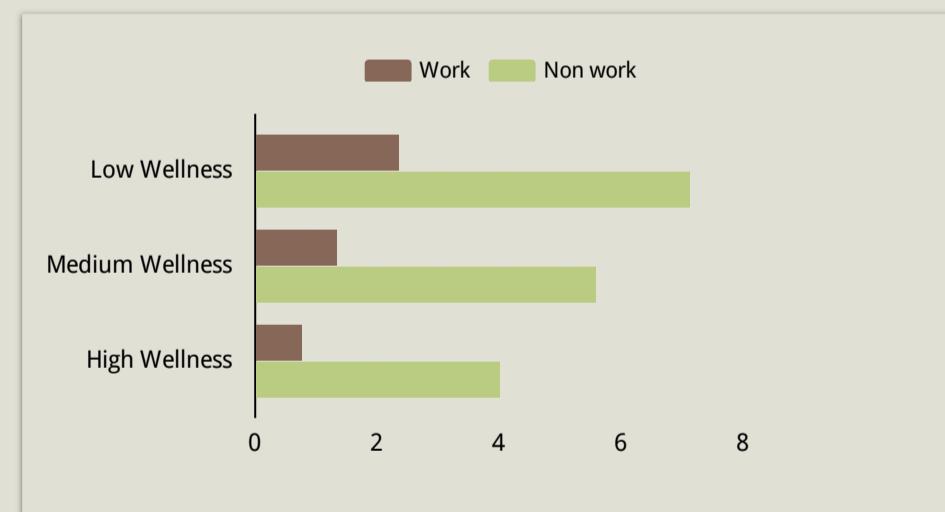
Screen Time
9.02

Stress Level
8.15

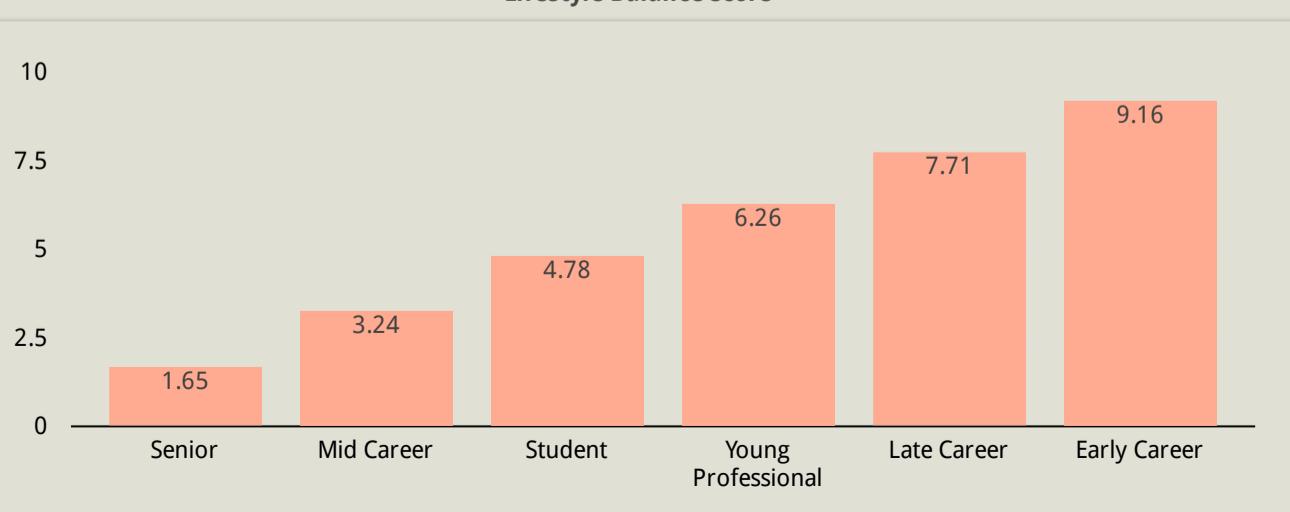
Social Engagement Patterns



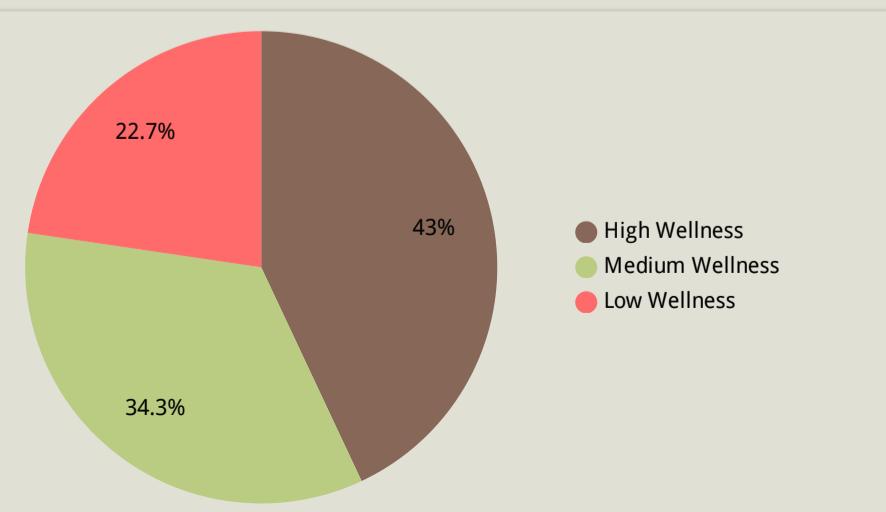
Screen Engagement Patterns



Lifestyle Balance Score



Well-Being Impact on Productivity



Add report title

Select date range ▾