



# Sleep Health and Lifestyle Analysis

**Data Scientist: Kinan Turman**



# 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

- Rows: 374
- Columns: 13 - Person ID, Gender, Age, Occupation, Sleep Duration, Quality of Sleep, Physical Activity Level, Stress Level, BMI Category, Blood Pressure, Heart Rate, Daily Steps, Sleep Disorder

# Data Description

## **Continuous Variables:**

Sleep Duration

## **Integer Variables:**

Person ID, Age, Physical Activity Level, Heart Rate, Daily Steps

## **Ordinal Categorical Variables:**

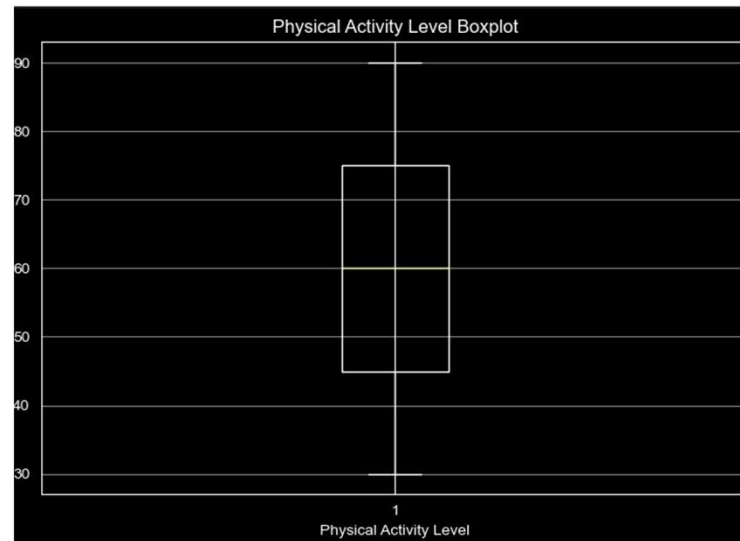
Quality of Sleep, Stress Level, BMI Category

## **Nominal Categorical Variables:**

Gender, Occupation, Sleep Disorder, Blood Pressure

# Typical Amount (Minutes) of Physical Activity

- Mean: 59.17
- Median: 60.0
- Mode: 60



- **What do the relationships between these values suggest about the skewness of the distribution associated with physical activity?**

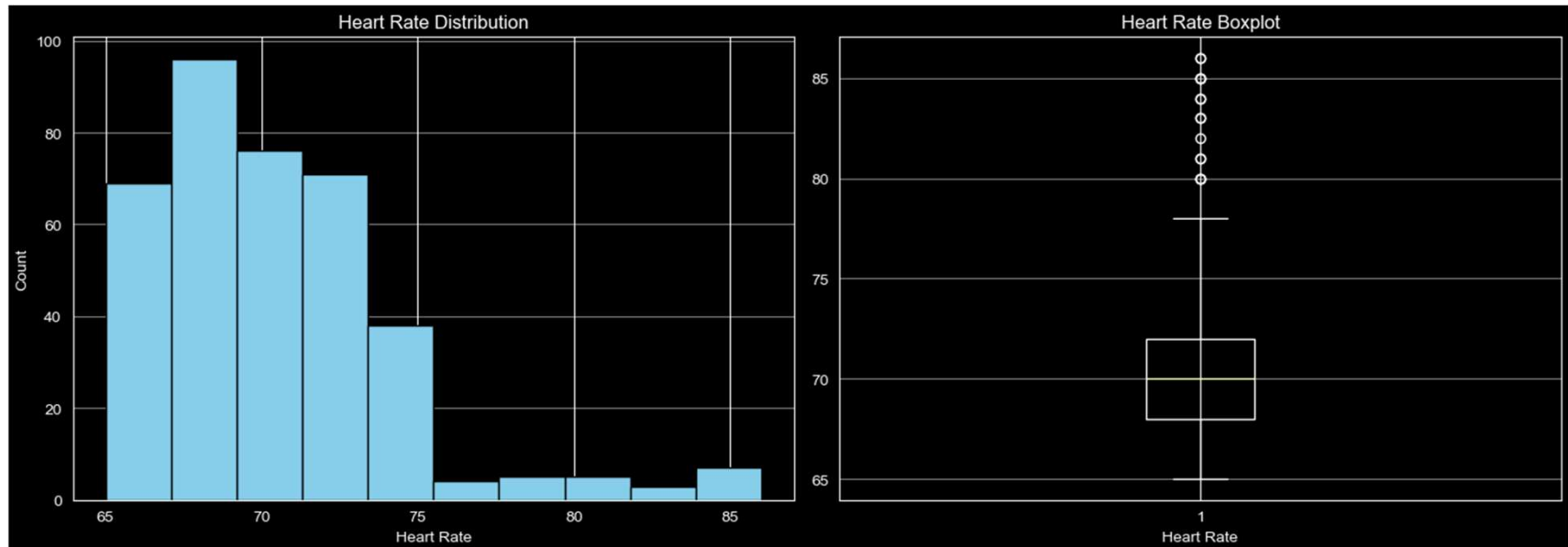
The mean, median and mode can be considered as equal, at ~60. This suggests that the data has a normal distribution.

# Analysis of Daily Steps Taken

- Variance: 2,617,651.14
- Standard Deviation: 1,617.92
- Maximum: 10,000
- Minimum: 3,000
- Range: 7,000
- Q1: 5,600
- Q3: 8,000
- IQR: 2,400
- Skew: 0.18



# Distribution of Heart Rates



**What is the shape of the distribution? Are there any outliers?**

Shape is right-skewed. There are several outliers.