



Sleep Health and Lifestyle Analysis

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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

- 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:

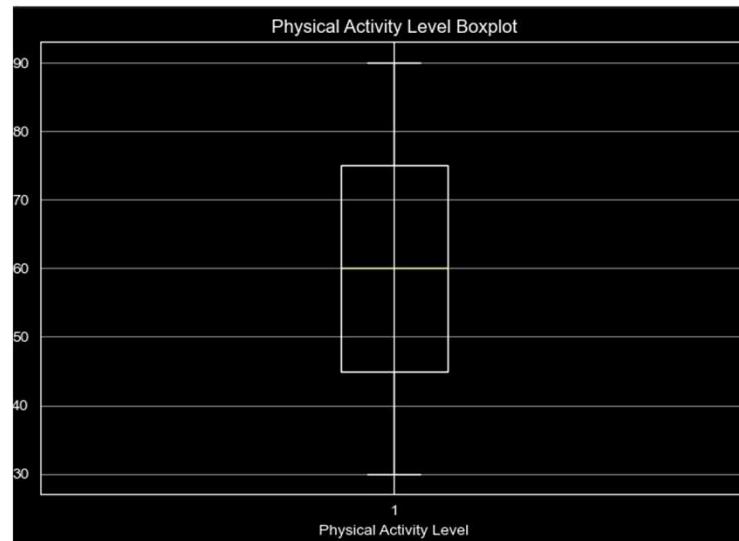
Quality of Sleep, Stress Level, BMI Category

Nominal Categorical Variables:

Gender, Occupation, Sleep Disorder, Blood Pressure

Typical Amount (Minutes) of Physical Activity

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

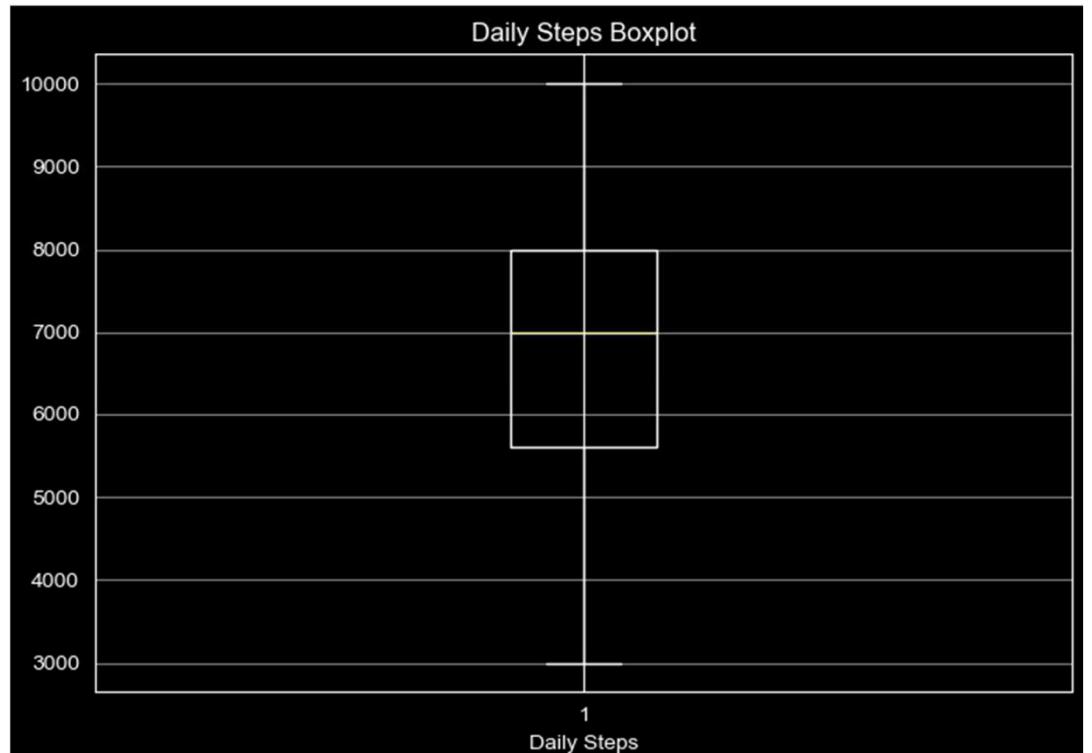


- **What do the relationships between these values suggest about the skewness of the distribution associated with physical activity?**

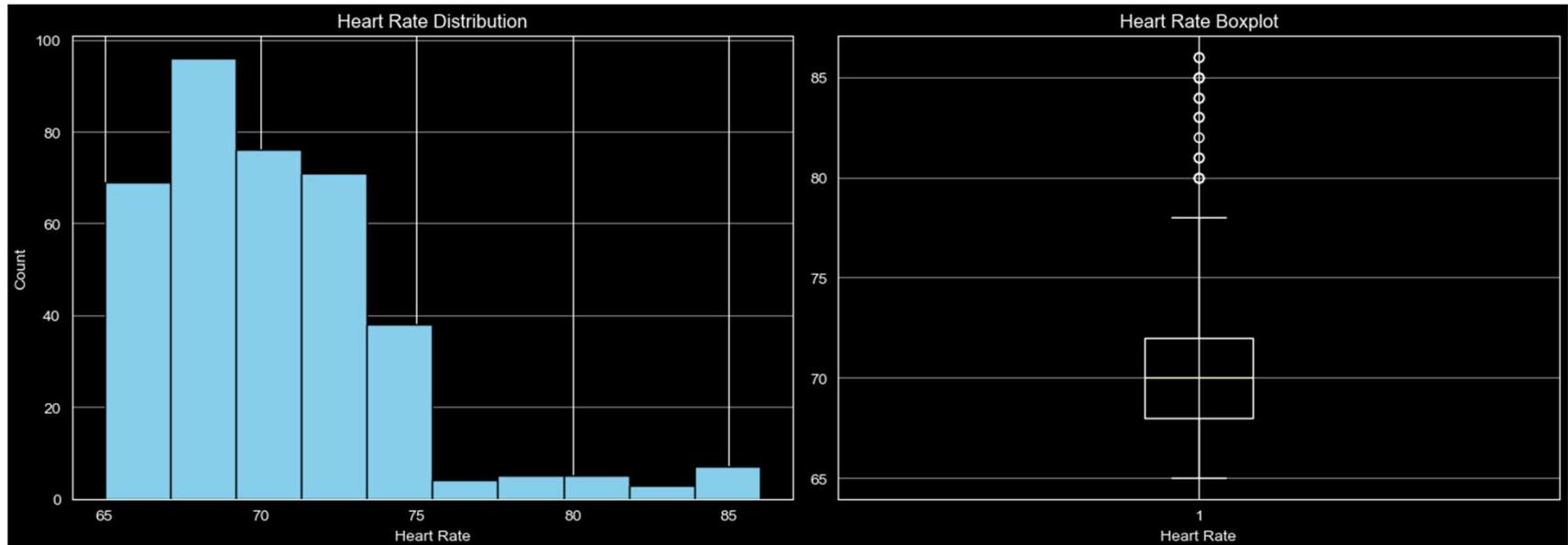
The mean, median and mode can be considered as equal, at ~60. This suggests that the data has a normal distribution.

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.