

In modern society, people are paying more and more attention to health problems, regarding sleep (50%) and exercise (40%) as two of the three main issues that have great impact on their overall health and wellbeing. This project, therefore, starts from National Sleep Foundation's Sleep in America Poll, aiming at revealing a more direct relationship between sleep and exercise via data visualization.

SLEEP VS. EXERCISE

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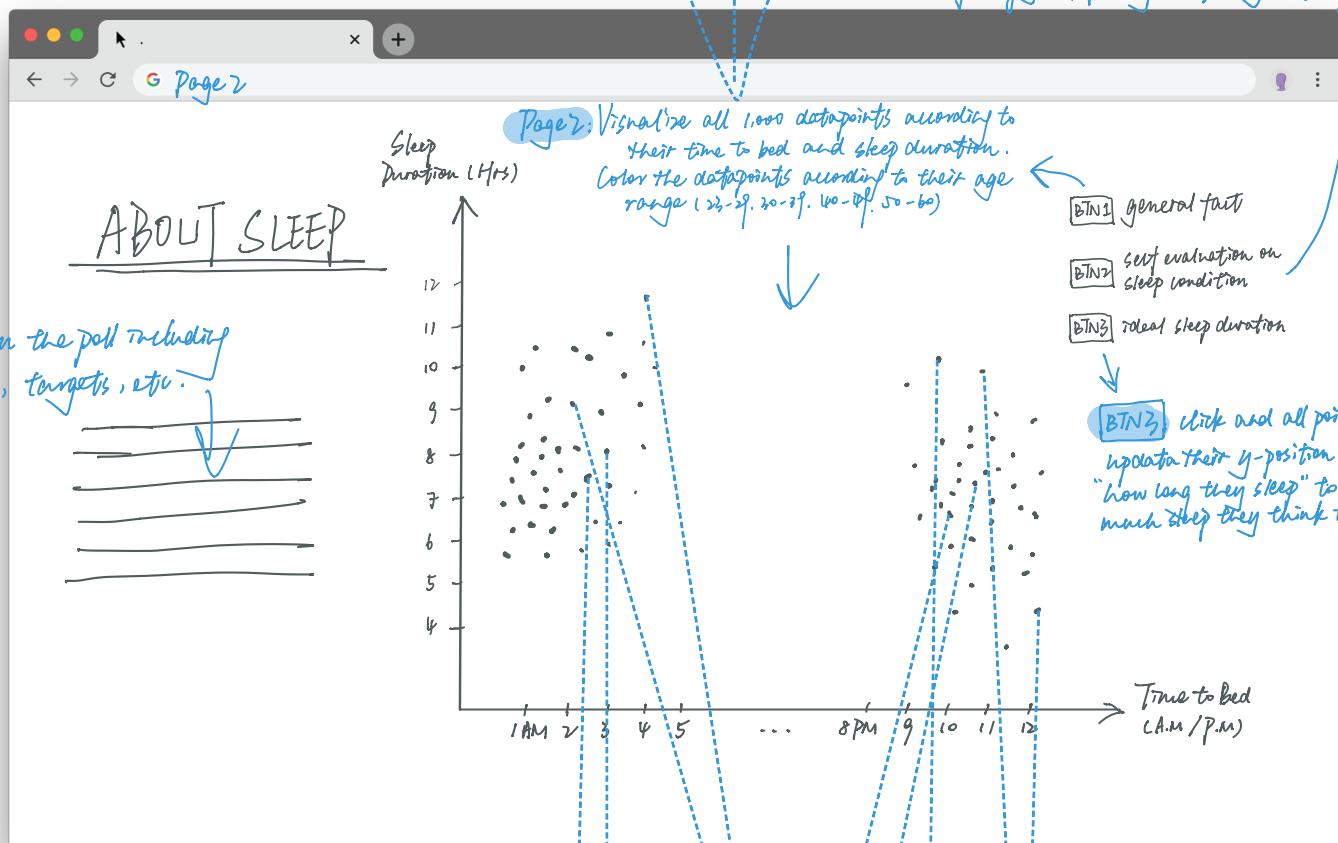
You may want to **GENERATE** your own point...
Select your age **choose** ✓
When do you usually go to bed **choose** ✓
How long do you sleep on average **choose** ✓
OR just **CLICK** to browse the project =)

click the button to generate a point

click to jump to the visualization page in case some visitors don't want to input their information.

Transition: see a point being generated and fall down to the data points

[surrounding space is for further explanation of your visuals/website prototype/interactions/transitions]



[BTN 2] click to change color from age groups to self-evaluated sleep condition (very good/fairly good/fairly bad/very bad)

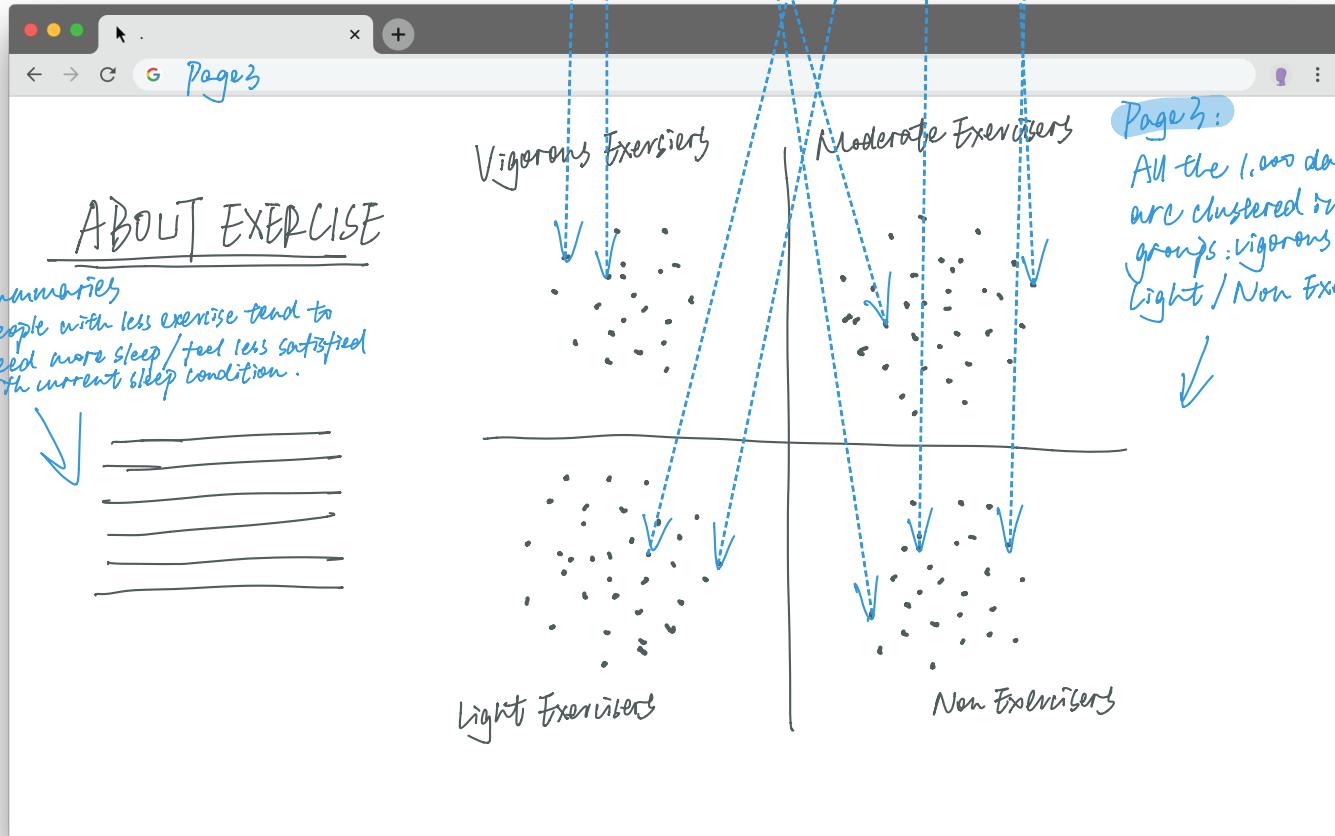
[BTN 1] general fact

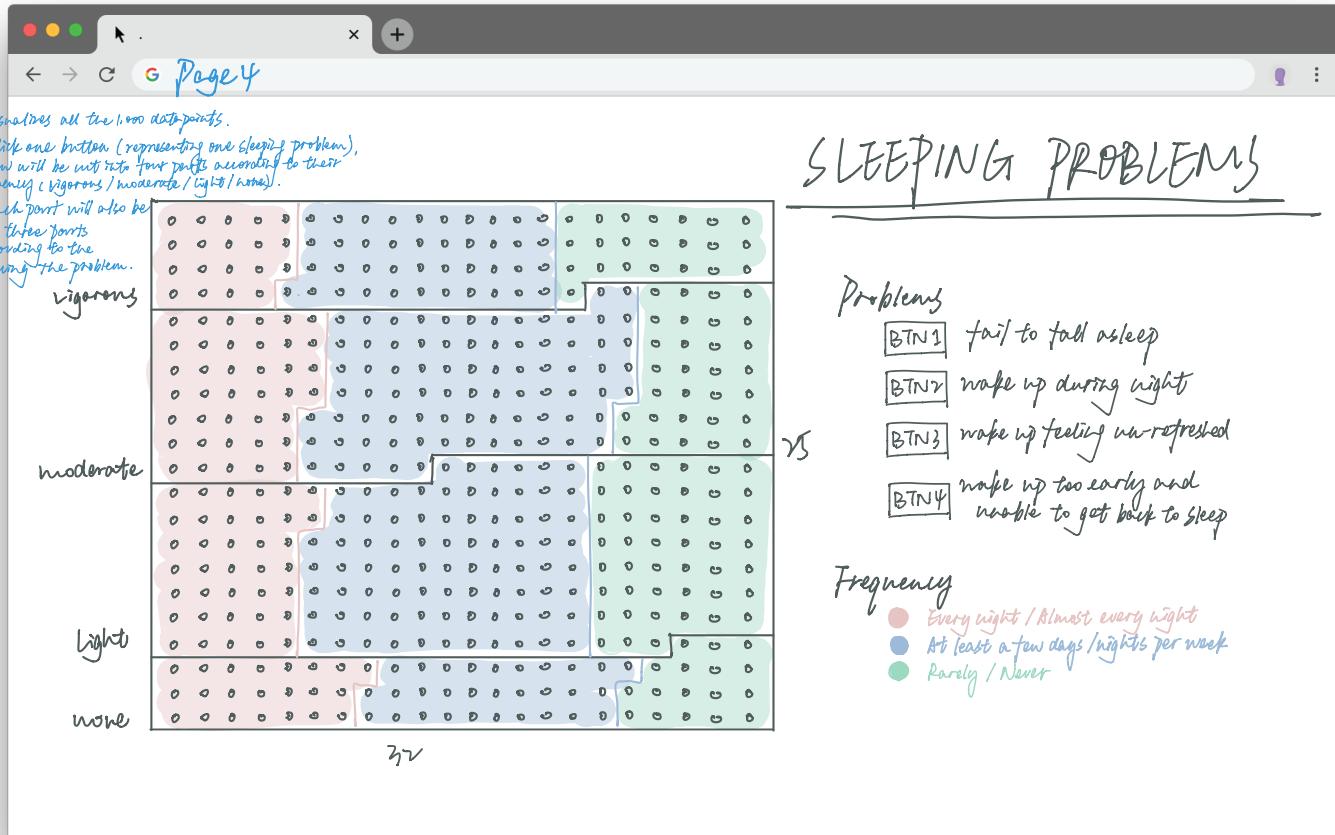
[BTN 2] self evaluation on sleep condition

[BTN 3] relate sleep duration

[BTN 3] click and all points will update their y-position from "how long they sleep" to "how much sleep they think they need".

Transition: all the data points





What Happen to Non-Exercisers?

- Time needed to fall asleep.
- Taking medicine to help sleep.
- Feeling excessively sleepy during daytime
- More sleep is needed than what current schedule/routine allows.

↑
Page5: Click to change the problem and the according percentages on the right, in order to show non-exercisers' situation in different problems.

* Visualization is about to change if I can come up with better ideas.

| Activity Level | Problem Category | Percentage |
|----------------|------------------|------------|
| Vigorous | <5 min | 18% |
| | 5-10 min | 23 |
| | 10-15 min | 26 |
| | 15-30 min | 20 |
| | 30-60 min | 5 |
| | 60+ min | 5 |
| Moderate | <5 min | 10% |
| | 5-10 min | 22 |
| | 10-15 min | 25 |
| | 15-30 min | 21 |
| | 30-60 min | 12 |
| | 60+ min | 7 |
| Light | <5 min | 13% |
| | 5-10 min | 21 |
| | 10-15 min | 19 |
| | 15-30 min | 20 |
| | 30-60 min | 17 |
| | 60+ min | 9 |
| None | <5 min | 15% |
| | 5-10 min | 17 |
| | 10-15 min | 10 |
| | 15-30 min | 22 |
| | 30-60 min | 21 |
| | 60+ min | 10 |

Legend:

- <5 min
- 5-10 min
- 10-15 min
- 15-30 min
- 30-60 min
- 60+ min
- Don't know

MORE EXERCISE, BETTER SLEEP.

↑
The design is about to change.
Might also include some information/research findings from extra resources.

(ENDING PAGE)

Conclusion: Generally, more exercise improves sleep.

Limitation: poll is conducted in 2013 and is mainly targeting Americans aged 23-30.

Reference { dataset _____
resources _____
inspirations _____