

SLEEP ANALYSIS DASHBOARD

Sleep Disorder

- ☐ N
- ☐ Y

Average Age

31.42

Average Sleep

7.00

Avg. Screen Time

5.52

Avg. Stress Level

2.99

Average Heart Rate

79.91

Gender

- ☐ F
- ☐ M

Smoking

- ☐ N
- ☐ Y

Age (bi...

- ☐ 10
- ☐ 20
- ☐ 30
- ☐ 40

Alcohol

- ☐ N
- ☐ Y

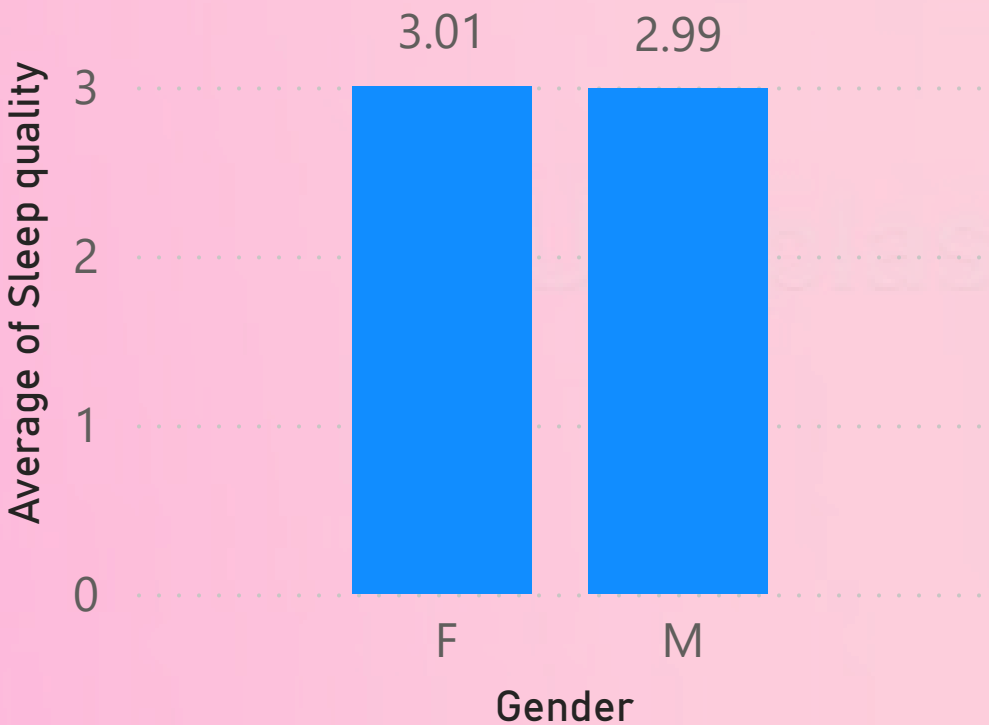
Caffeine

- ☐ N
- ☐ Y

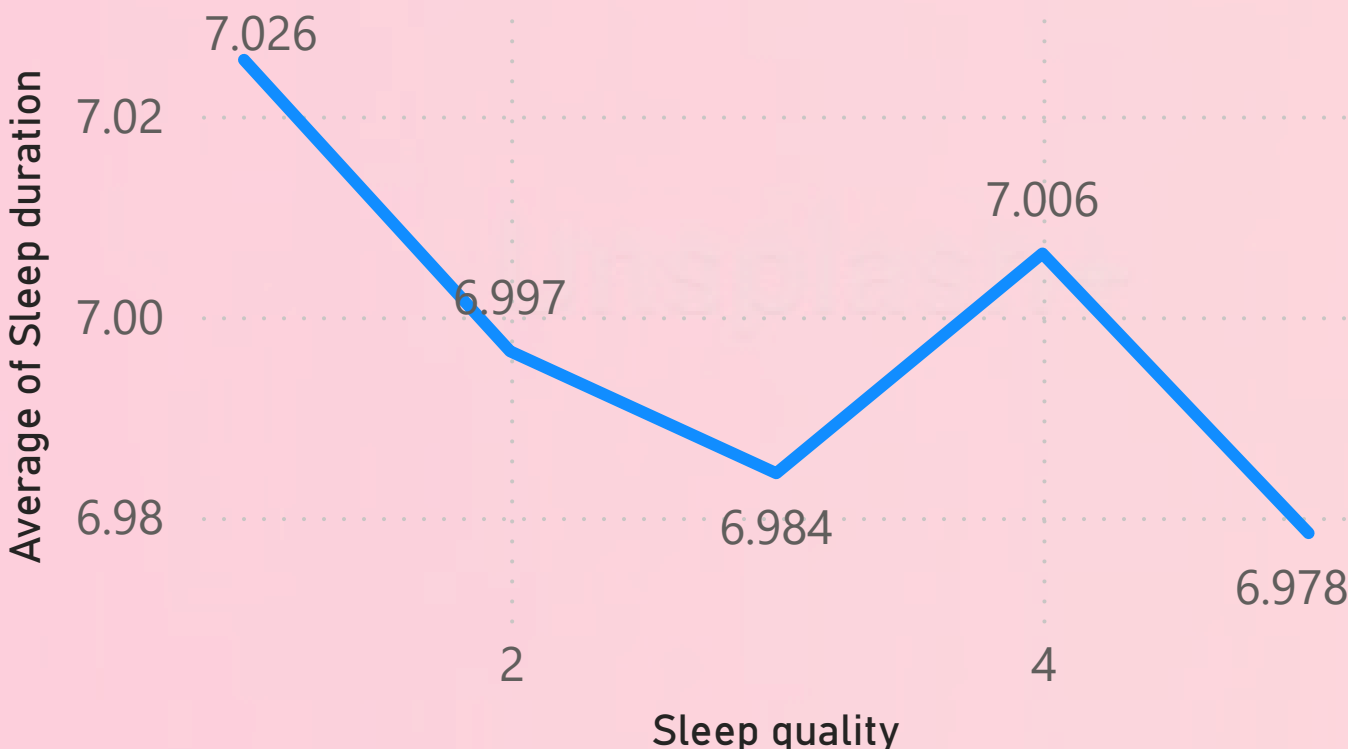
Smart Device Usage

- ☐ N
- ☐ Y

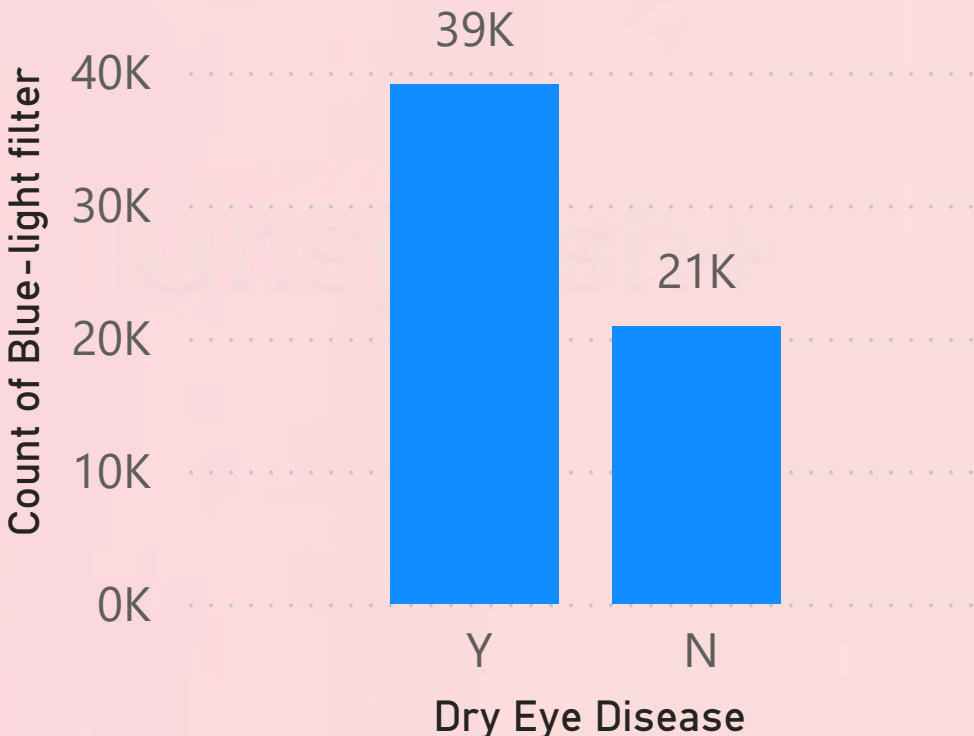
Sleep Quality By Gender



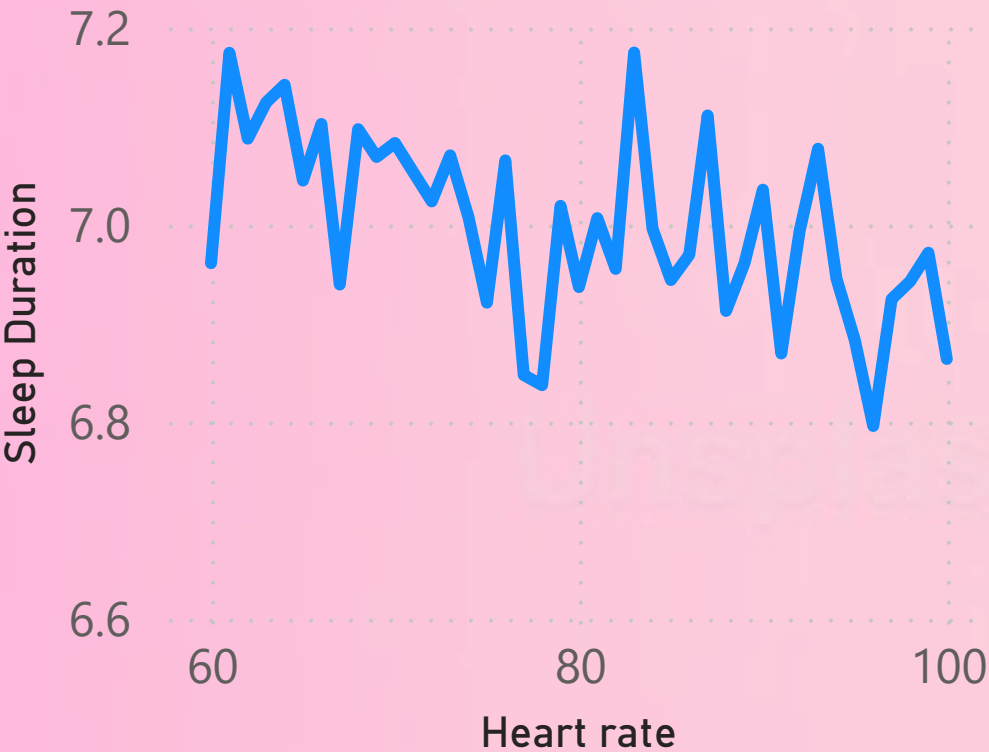
Sleep Quality Over Sleep Duration



Blue Light Filter Vs Dry Eye



Heart Rate During Sleep



Sleep Category Vs Stress Level

Sleep Category	1	2	3	4	5	Total
Fair Sleep	6.47	6.45	6.43	6.46	6.44	6.45
Good Sleep	7.93	7.96	7.91	7.93	7.94	7.93
Oversleeping	9.47	9.48	9.48	9.46	9.46	9.47
Poor Sleep	5.44	5.42	5.46	5.44	5.44	5.44
Very Poor Sleep	4.46	4.47	4.47	4.46	4.45	4.46
Total	7.03	7.00	6.97	7.00	6.99	7.00

Sleep Disorder Vs Lifestyle Factors

