

STAT463 Project: Sleep Health and Lifestyle

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```
library(dplyr)
library(ggplot2)
```

```
dataset <- read.table("Sleep_health_and_lifestyle_dataset.csv",
                      header = TRUE, sep = ',', na.strings = "na")

summary(dataset)
```

```
##      Person.ID      Gender      Age      Occupation
##  Min.   : 1.00  Length:374  Min.   :27.00  Length:374
## 1st Qu.: 94.25  Class :character 1st Qu.:35.25  Class :character
## Median :187.50  Mode  :character Median :43.00  Mode  :character
## Mean   :187.50      Mean   :42.18
## 3rd Qu.:280.75      3rd Qu.:50.00
## Max.   :374.00      Max.   :59.00
## Sleep.Duration  Quality.of.Sleep  Physical.Activity.Level  Stress.Level
##  Min.   :5.800  Min.   :4.000  Min.   :30.00      Min.   :3.000
## 1st Qu.:6.400  1st Qu.:6.000  1st Qu.:45.00      1st Qu.:4.000
## Median :7.200  Median :7.000  Median :60.00      Median :5.000
## Mean   :7.132  Mean   :7.313  Mean   :59.17      Mean   :5.385
## 3rd Qu.:7.800  3rd Qu.:8.000  3rd Qu.:75.00      3rd Qu.:7.000
## Max.   :8.500  Max.   :9.000  Max.   :90.00      Max.   :8.000
## BMI.Category    Blood.Pressure    Heart.Rate    Daily.Steps
## Length:374      Length:374      Min.   :65.00  Min.   : 3000
## Class :character  Class :character 1st Qu.:68.00  1st Qu.: 5600
## Mode  :character  Mode  :character Median :70.00  Median : 7000
##                      Mean   :70.17  Mean   : 6817
##                      3rd Qu.:72.00  3rd Qu.: 8000
##                      Max.   :86.00  Max.   :10000
## Sleep.Disorder
## Length:374
## Class :character
## Mode  :character
##
##
##
```

```
# Frequency chart
dataset %>%
  ggplot(aes(x = Occupation)) +
  geom_bar() +
  labs(y = "Frequency", x = "Occupation")
```

