

Sleep Health and Lifestyle Analysis

Insights from the Sleep Health and Lifestyle Dataset

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Agenda

Results of sleep health and lifestyle analysis

- Data Description
- Physical Activity
- Daily Steps
- Distribution of Heart Rates

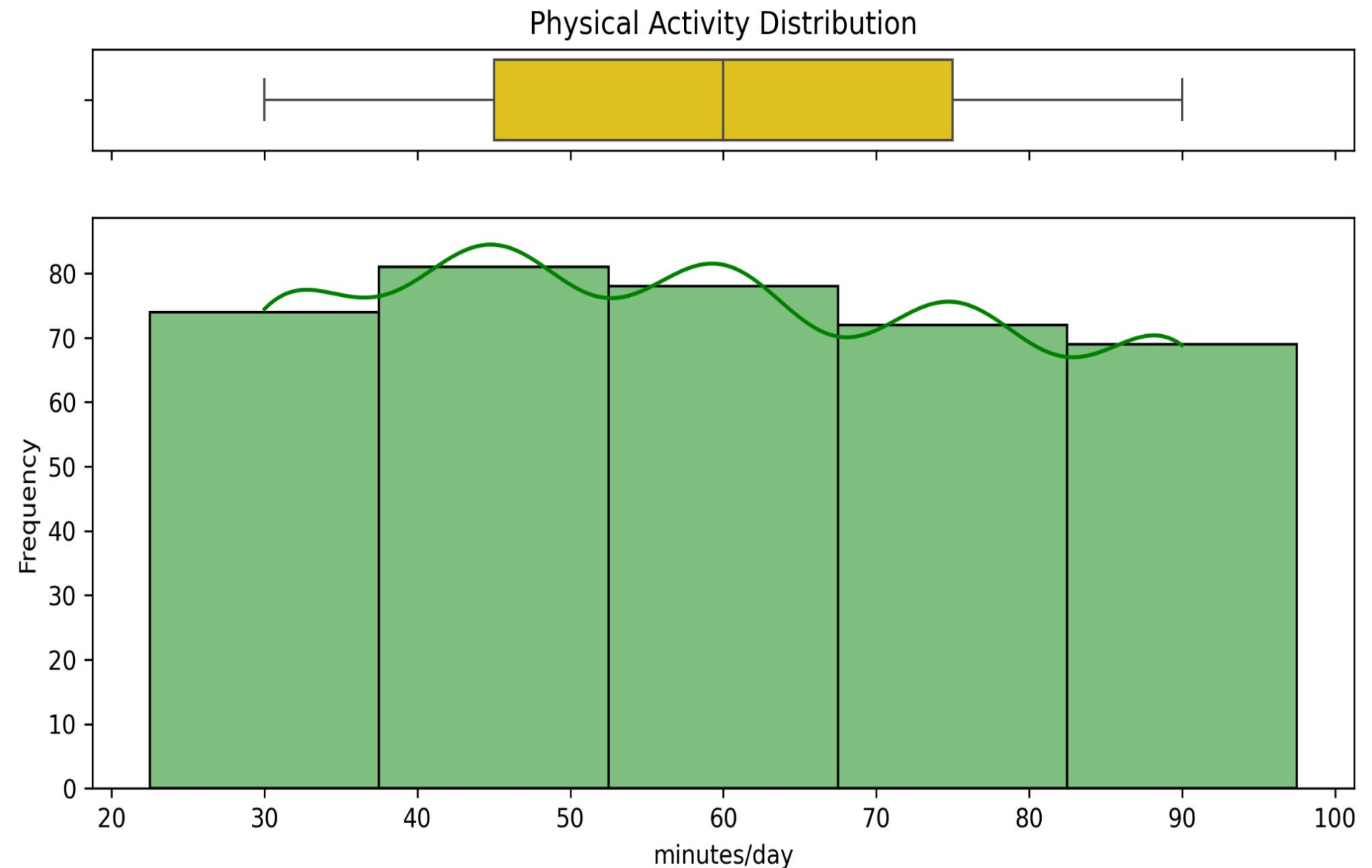
Data Description

The dataset includes the following: gender, age, occupation, sleep duration, quality of sleep, physical activity level, stress level, BMI category, blood pressure, heart rate, daily steps, sleep disorder.

- Continuous variable: sleep duration
- Integer variable: daily steps, age, heart rate, physical activity level
- Ordinal categorical variable
 - Quality of sleep (4 to 9)
 - Stress level (3 to 8)
 - BMI category (normal, overweight, obese)
- Nominal categorical variable: gender, occupation, sleep disorder

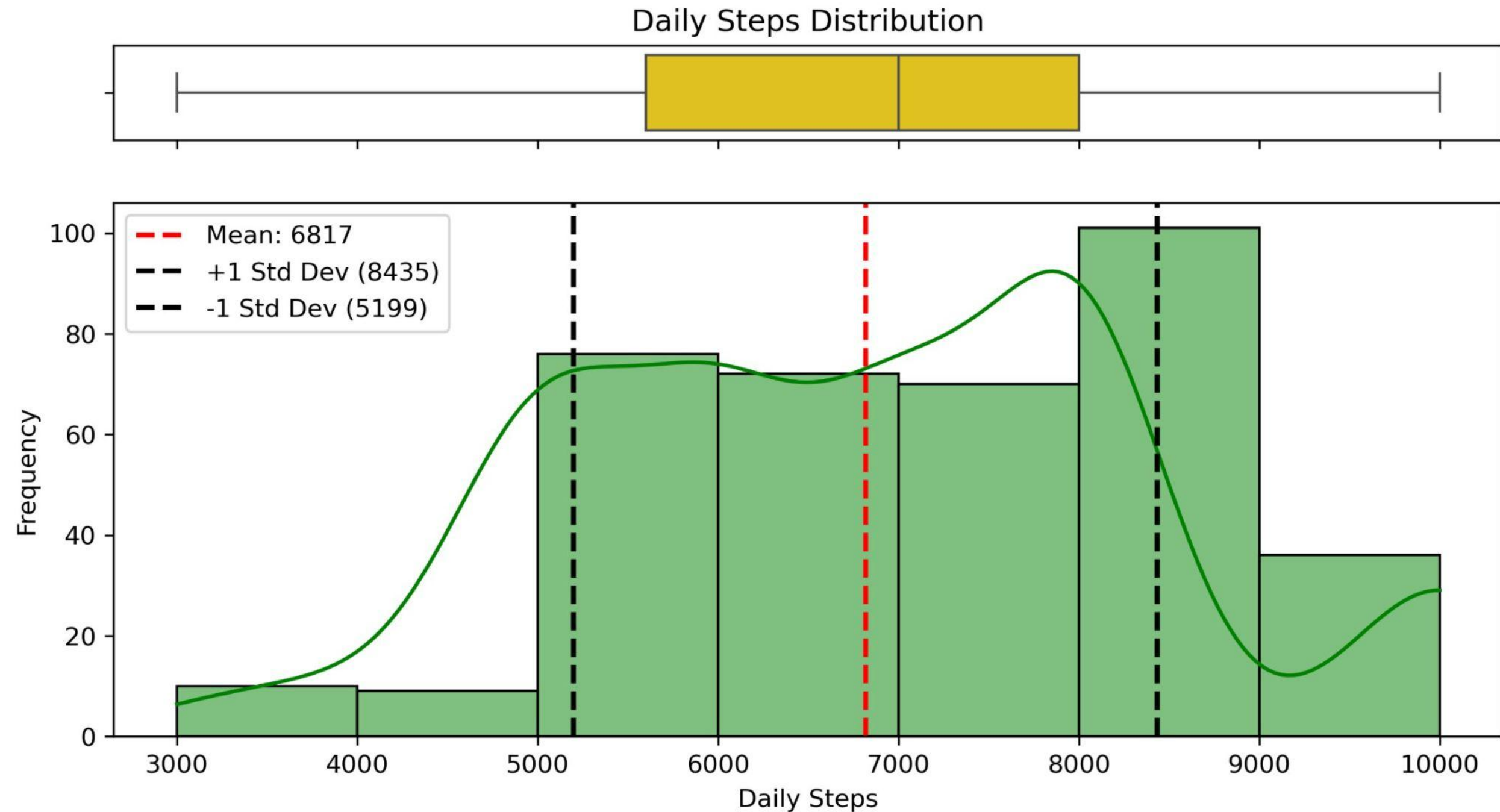
Physical Activity (minutes/day)

- Mean: 59.2
- Median: 60
- Mode: 60
- Skewness
 - negative/left skew: mean (59.2) is slightly less than the median (60)
 - close to symmetric: mean and median are close (less than a minute difference)

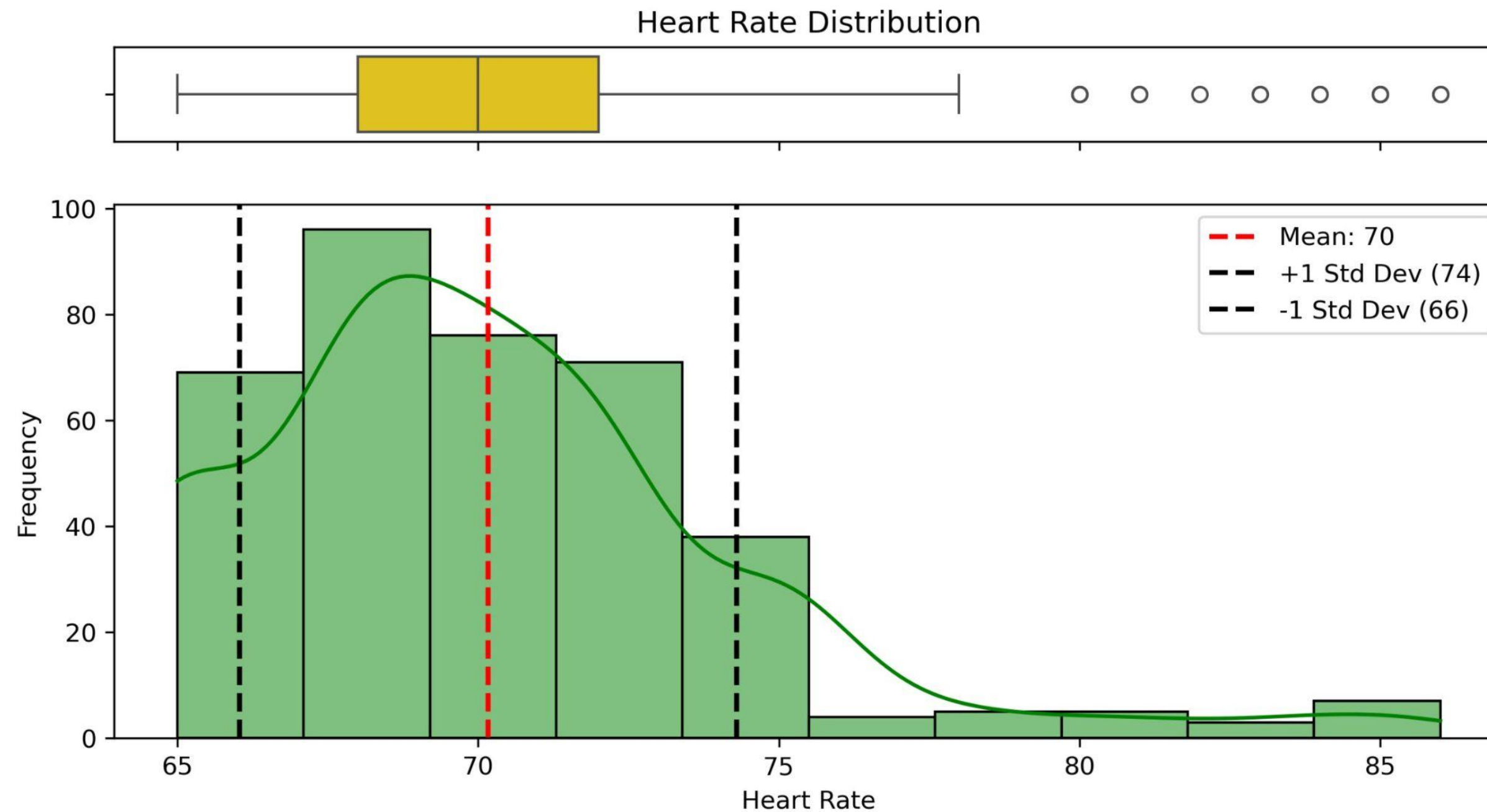


Daily Steps

- Mean: 6,816.8
- Standard Deviation: 1,617.9
- Maximum: 10,000
- Minimum: 3,000
- Range: 7,000



Distribution of Heart Rates



- Right-skewed distribution
- 15 outliers on the higher end (above 78 bpm).