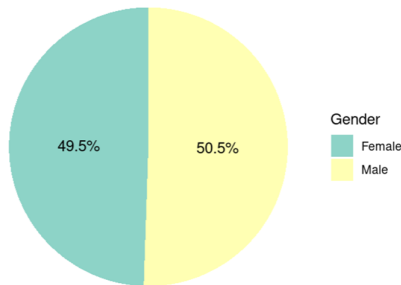


DO STRESS LEVEL AND SLEEP DURATION AFFECT SLEEP QUALITY?

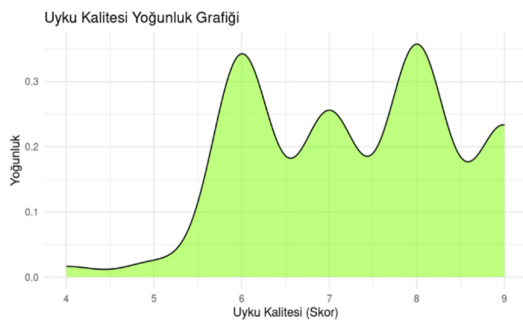
In this study, we will examine the relationship between sleep duration, sleep quality, physical activity level, stress level and gender.

As seen in the graph, men are 1% more than women in this dataset.

Cinsiyet Dağılımı

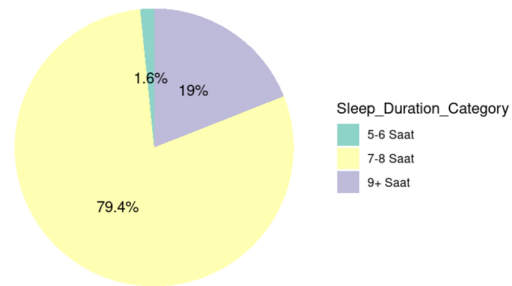


People's Sleep quality is numbered between 4-9. And the graph is most concentrated at 8, least at 4.



Most people in the dataset sleep between 7-8 hours, while 1.6% sleep 5-6 hours. The rest can go over 9 hours.

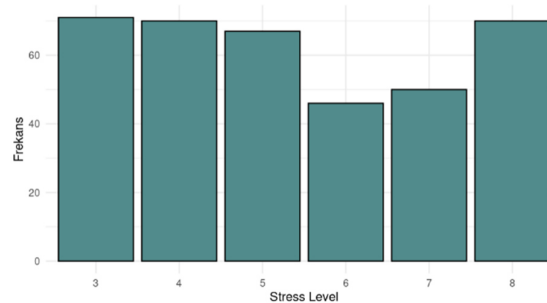
Uyku Süresi Dağılımı



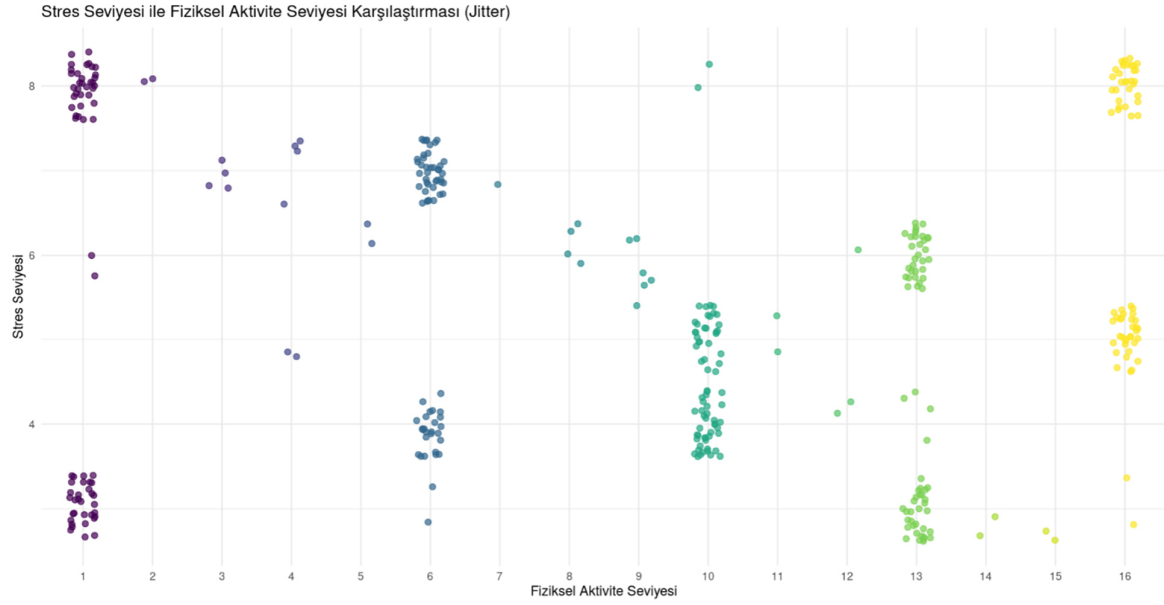
Stress levels are between 3 and 8.

Although the value densities are close to each other, the highest value is 8.

Stress Level Dağılımı

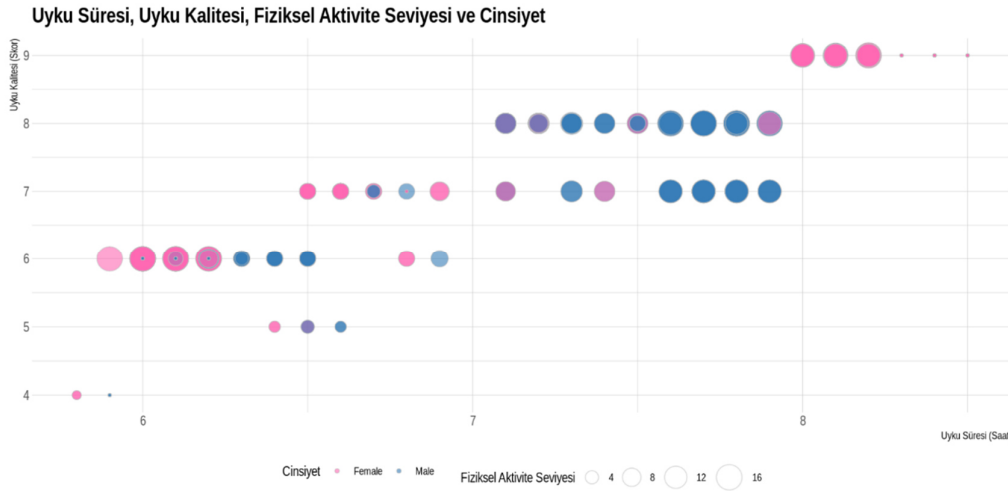


WHAT IS THE RELATIONSHIP BETWEEN STRESS LEVEL AND PHYSICAL ACTIVITY?



As can be seen in the graph, as physical activity increases, stress levels decrease. In this case, it can be said that physical activity has a positive effect on stress.

WHAT IS THE RELATIONSHIP BETWEEN SLEEP DURATION QUALITY AND PHYSICAL ACTIVITY?



In general, there is a tendency for sleep quality to increase as sleep duration increases. However, this relationship is not necessarily true for all individuals. While some individuals may not achieve high sleep quality by sleeping for a long time, others may achieve high sleep quality by sleeping for a short time. The graph does not show a significant difference in sleep quality between genders.

CONCLUSION

As a result, when physical activity increases, stress levels decrease. When sleep duration is 8 and 6, physical activity levels are high. As sleep duration increases, sleep quality also increases. There is a positive interaction between these values.