

# Excel Project - Getting a Good Night's Sleep

## Project Overview

In this project you will be exploring and analyzing the [sleep\\_health\\_data.csv](#) dataset provided by datacamp and will be using your excel expertise to graph and uncover data insights.

## Project Description

"Sleep is essential for both physical and mental health. Quality sleep repairs cells, consolidates memories, wards off disease, and much more. In this project, you'll be working as a data science consultant for SleepInc, a sleep-tracking startup, and your mission is to analyze anonymous sleep data from their SleepScope app to uncover insights into lifestyle factors affecting sleep quality and duration." Datacamp

## Requirements

Do all the following requirements:

### Data Analysis:

1. Format the dataset as a table and readable format. (use colors 🎨)
2. Use a pivot table to find the sum of sleep duration for each occupation.
  - a. Graph the table. 📊
  - b. Write one to two sentences describing your insights. 🧠
3. Use a pivot table to find the gender distribution and the total entries for each occupation.
  - a. Graph the table. 📊
  - b. Write one to two sentences describing your insights. 🧠
4. Use a pivot table to find the mean sleep duration for each occupation.
  - a. Graph the table. 📊
  - b. Write one to two sentences describing your insights. 🧠

## Data Science:

5. Investigate the potential relationship (Clusters and Trendlines) between Physical activity level and Quality of sleep.
  - a. Use a graph to solidify your answer.
  - b. write your explanation.

## Submission

- Each step in the requirements has to be in a separate sheet. Be sure to name them with understandable names.
- You should name the excel file in this format "FirstName\_LastName.xlsx"

## Guidance and Recommendations

- While it is possible to use google sheets instead of excel I personally don't recommend it because of the limitations that come with it.
- If you feel stuck or in need of help DO REACH OUT to me (Rasheed) or your moderator from the tech team and we'll definitely help 😊
- Try not to use AI and the "recommend" feature in excel since it's spoils the fun 😞

**Best of luck 💪**