

01 PROJECT OVERVIEW

Key user attributes: Gender, Age, Occupation, Sleep Duration, Quality of Sleep, Physical Activity, Stress Level, BMI, BP, Heart Rate, Daily sSteps, and Sleeping Disorder

02 LIBRARIES AND DATA HANDLING

Libraries used: Pandas, Matplotlib, Seaborn, etc.

Data Loading and preprocessing: Loading from CSV, data cleaning, handling dates and categorical data.

03 DATA ANALYSIS TECHNIQUE

Descriptive Statistics, Inferential Statistics, Predictive Modeling

Visualization methods: Bar charts, pie charts, heatmaps, count and distribution plots.

04 KEY FINDINGS

User Demographics: Gender Differences, Age-related Trends, Occupation Influence, Sleep Duration Insights, Quality of Sleep Analysis, Other relative patterns.

05 ADVANCE ANALYSIS

Machine Learning Techniques, Predictive Modeling and Other insights



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06 MACHINE LEARNING

Linear Regression Model: powerful statistical method for predicting a continuous variable.

07 VISUAL INSIGHTS

08 CONCLUSION

Summary of insights derived, implications for future strategic decisions

09 APPENDIX

Code Snippets: Provided Python code used for loading, cleaning, transforming data, and

Google Colab Link:

https://colab.research.google.com/drive/1UqUp55aKq4C2kL0QBe6d_64kwT_SiKf1?usp=sharing

Datasets: Sample Data Set of Sleep Health and Lifestyle for Data Analysis

Additional References:

Github Website Link: <https://maxyyyne.github.io/CSST104-FINAL-PROJECT/>



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