TABLE OF CONTENTS

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

TABLE OF CONTENTS