

Effects of workload on sleep and fitness

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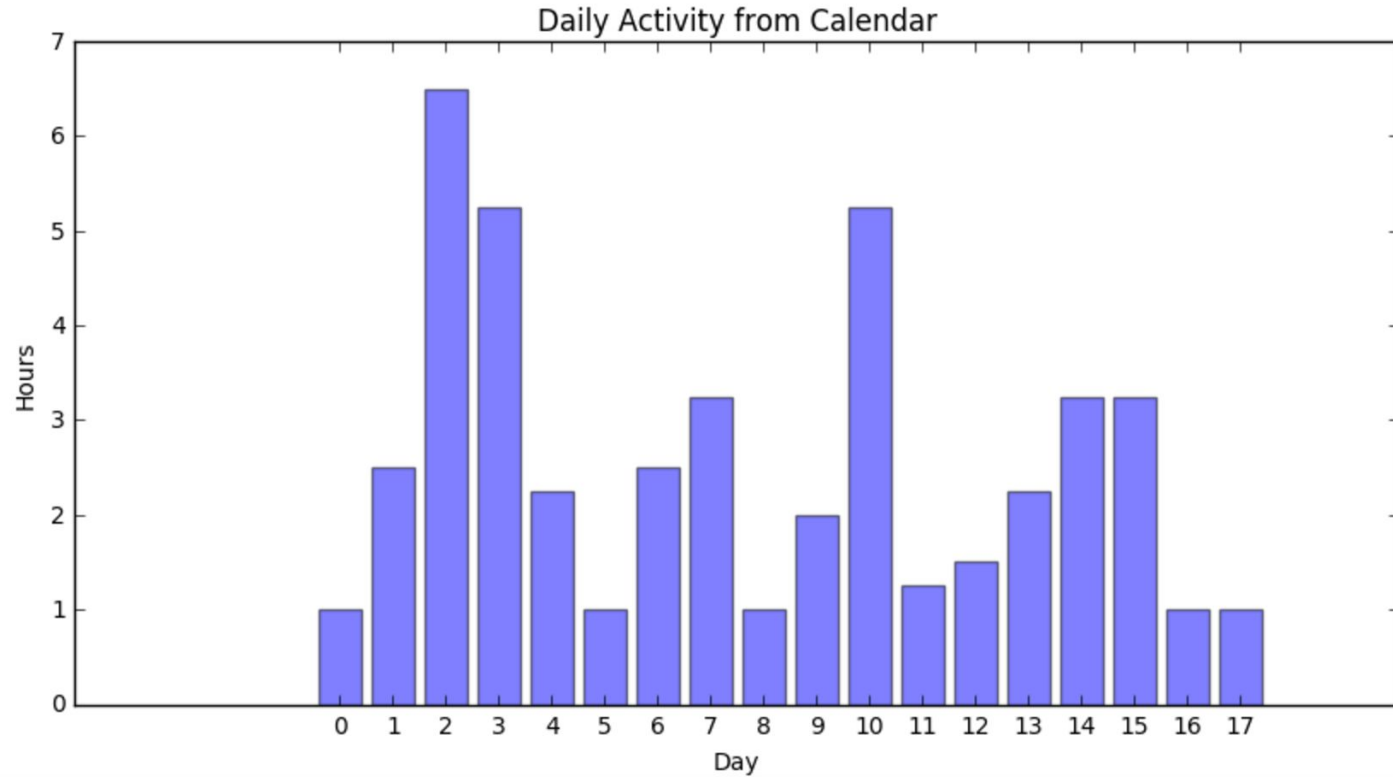
Hypotheses

- Increased calendar activity / workload would result in reduced fitness and reduced sleep.

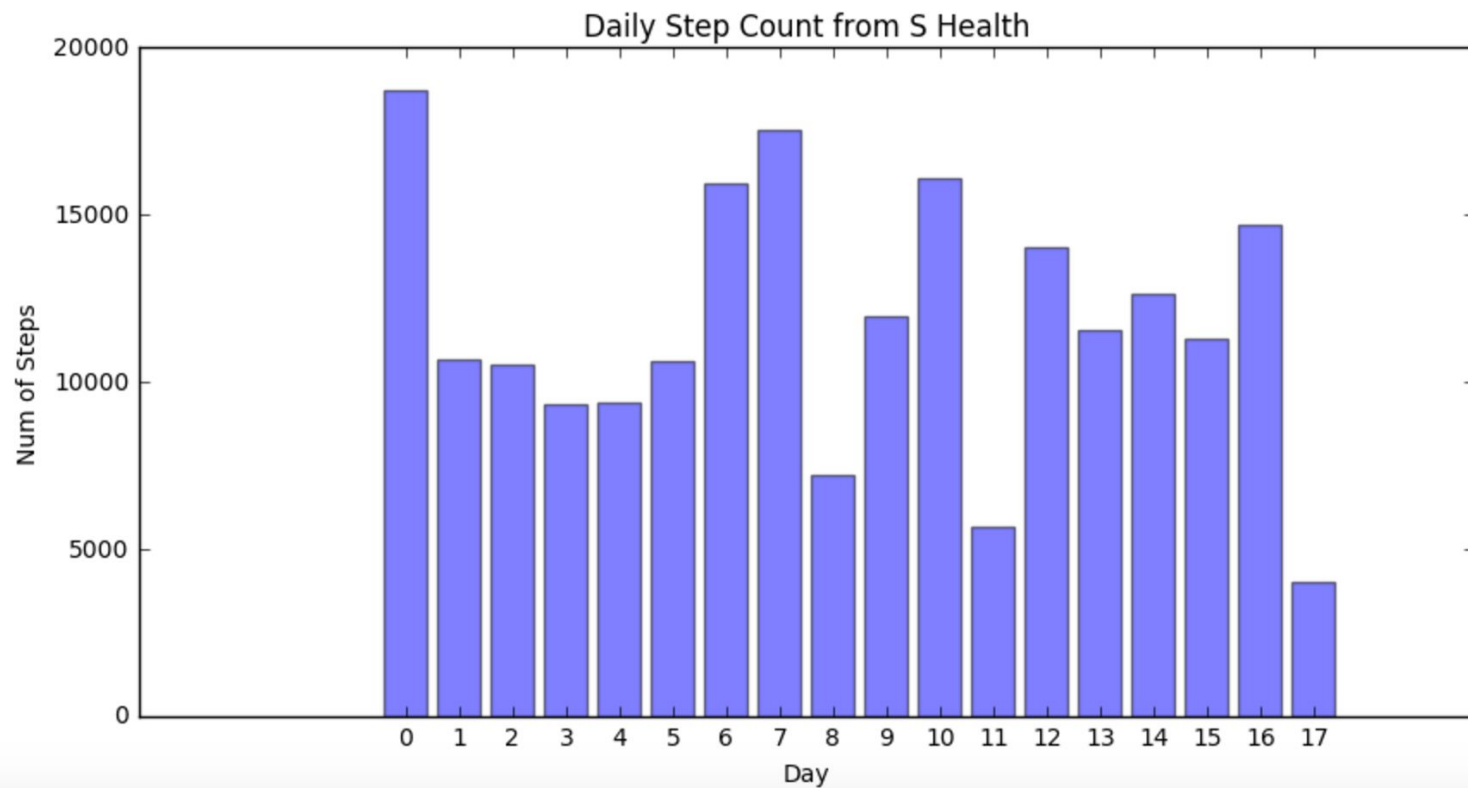
Method

- Google Takeout API to extract calendar activity (both personal and cornell)
- Samsung S Health data to extract sleep and steps
- Dates ranged from February to March

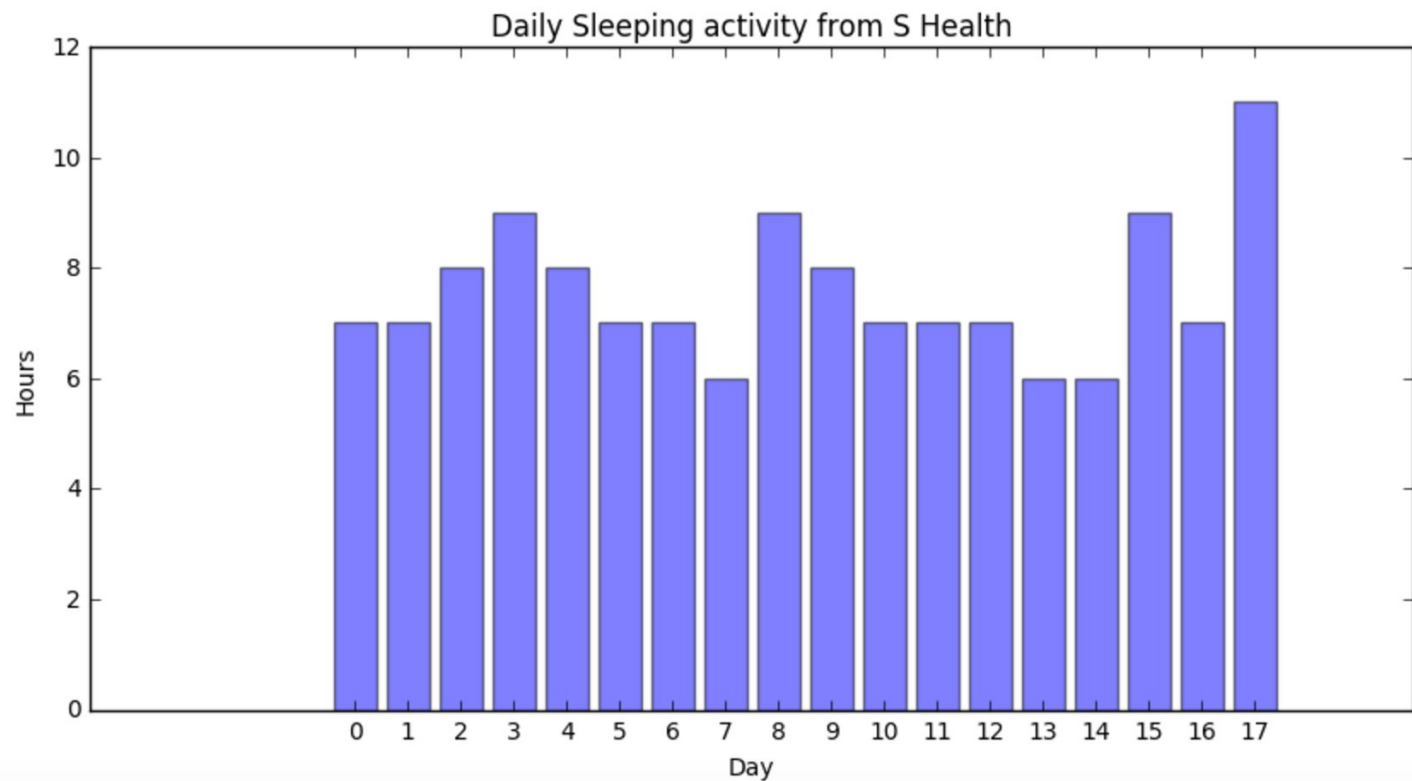
Calendar activity



Step count



Hours of Sleep



Conclusions

- When calendar activity increases, more sleep is required and fitness is compromised
- If schedule is packed day by day, then fitness activity decreases gradually and sleep increases gradually
- As calendar activity decreases, fitness activity increases and sleeping habits go back to normal
- Our hypothesis was incorrect