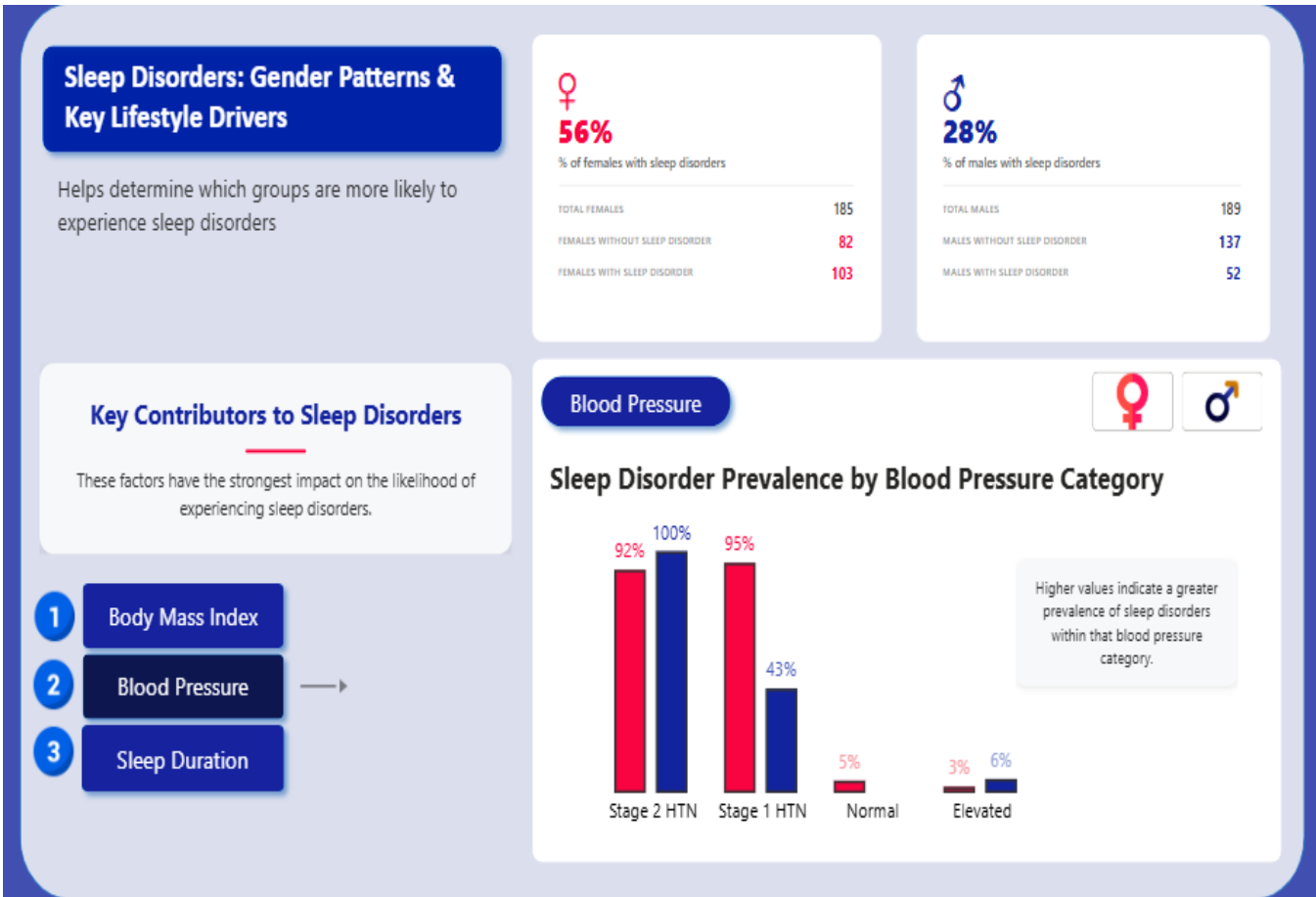


Sleep Health Analysis Dashboard



Sleep Disorders: Gender Patterns & Key Lifestyle Drivers

Helps determine which groups are more likely to experience sleep disorders



56%

% of females with sleep disorders

TOTAL FEMALES	185
FEMALES WITHOUT SLEEP DISORDER	82
FEMALES WITH SLEEP DISORDER	103



28%

% of males with sleep disorders

TOTAL MALES	189
MALES WITHOUT SLEEP DISORDER	137
MALES WITH SLEEP DISORDER	52

Key Contributors to Sleep Disorders

These factors have the strongest impact on the likelihood of experiencing sleep disorders.

1

Body Mass Index

2

Blood Pressure

3

Sleep Duration



Sleep Duration



Sleep Disorder Prevalence by Sleep Duration

Sleep Duration

Sleep Disorder Prevalance %

> 7 hours

32%

5 – 6 hours

100%

6 – 7 hours

88%

This view highlights the prevalence of sleep disorders across different sleep duration groups. Individuals sleeping 5–6 hours show the highest prevalence, while those sleeping more than 7 hours exhibit the lowest occurrence of sleep disorders.