

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

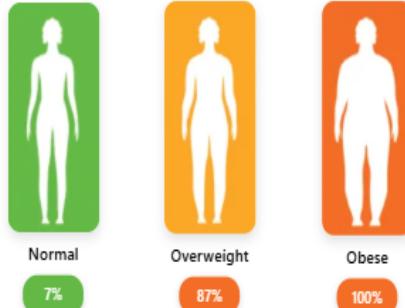
These factors have the strongest impact on the likelihood of experiencing sleep disorders.

- 1 Body Mass Index
- 2 Blood Pressure
- 3 Sleep Duration

Body Mass Index



Sleep Disorder Prevalence by BMI Category



This view shows the prevalence of sleep disorders across BMI categories. In this dataset, all individuals within the 'Obese' BMI category reported a sleep disorder.

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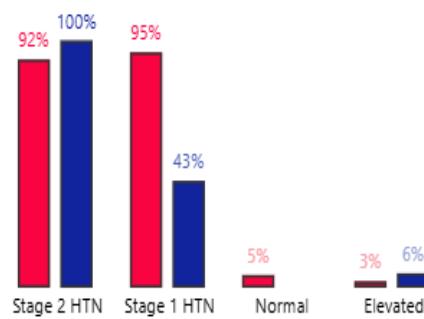
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Blood Pressure



Sleep Disorder Prevalence by Blood Pressure Category



Higher values indicate a greater prevalence of sleep disorders within that blood pressure category.

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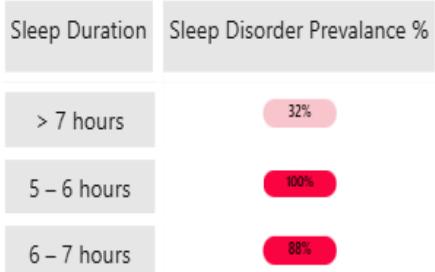
3 Sleep Duration



Sleep Duration



Sleep Disorder Prevalence by Sleep Duration



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.