

Summary Statistics

Metric	Sleep Duration	Quality of Sleep
count	374.0	374.0
mean	7.132085561497325	7.31283422459893
std	0.7956567308898189	1.196955919733606
min	5.8	4.0
25%	6.4	6.0
50%	7.2	7.0
75%	7.8	8.0
max	8.5	9.0
median	7.2	7.0

Bar Plot

