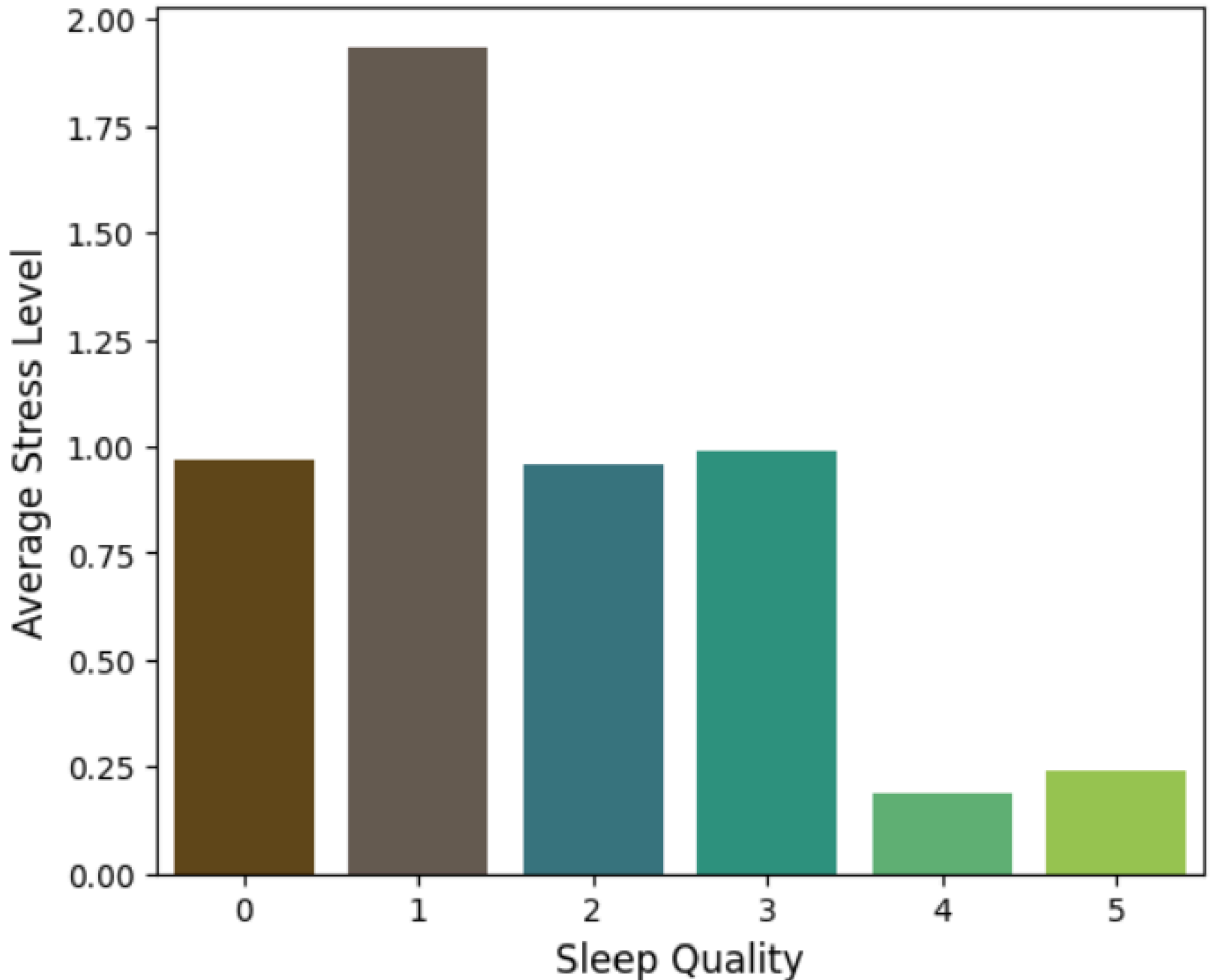


A man with short dreadlocks, wearing a white t-shirt, is sitting in a chair and looking off to the side with a thoughtful expression. The background is dimly lit, featuring a lamp and several white vases on a shelf.

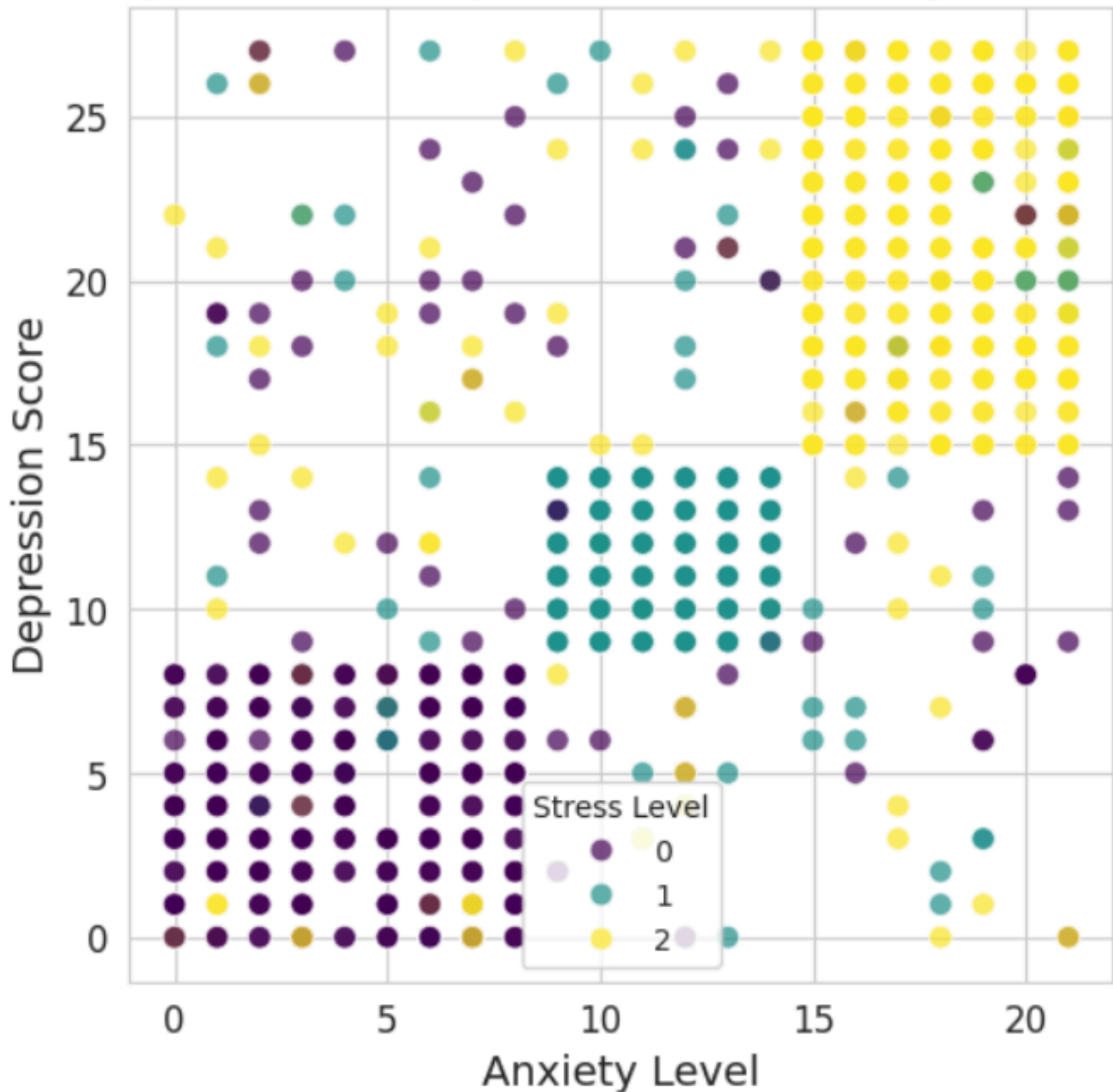
What Sleep Taught Me About Stress – A Python Data Analysis Project

*A beginner's journey using
Pandas, Matplotlib & Seaborn*

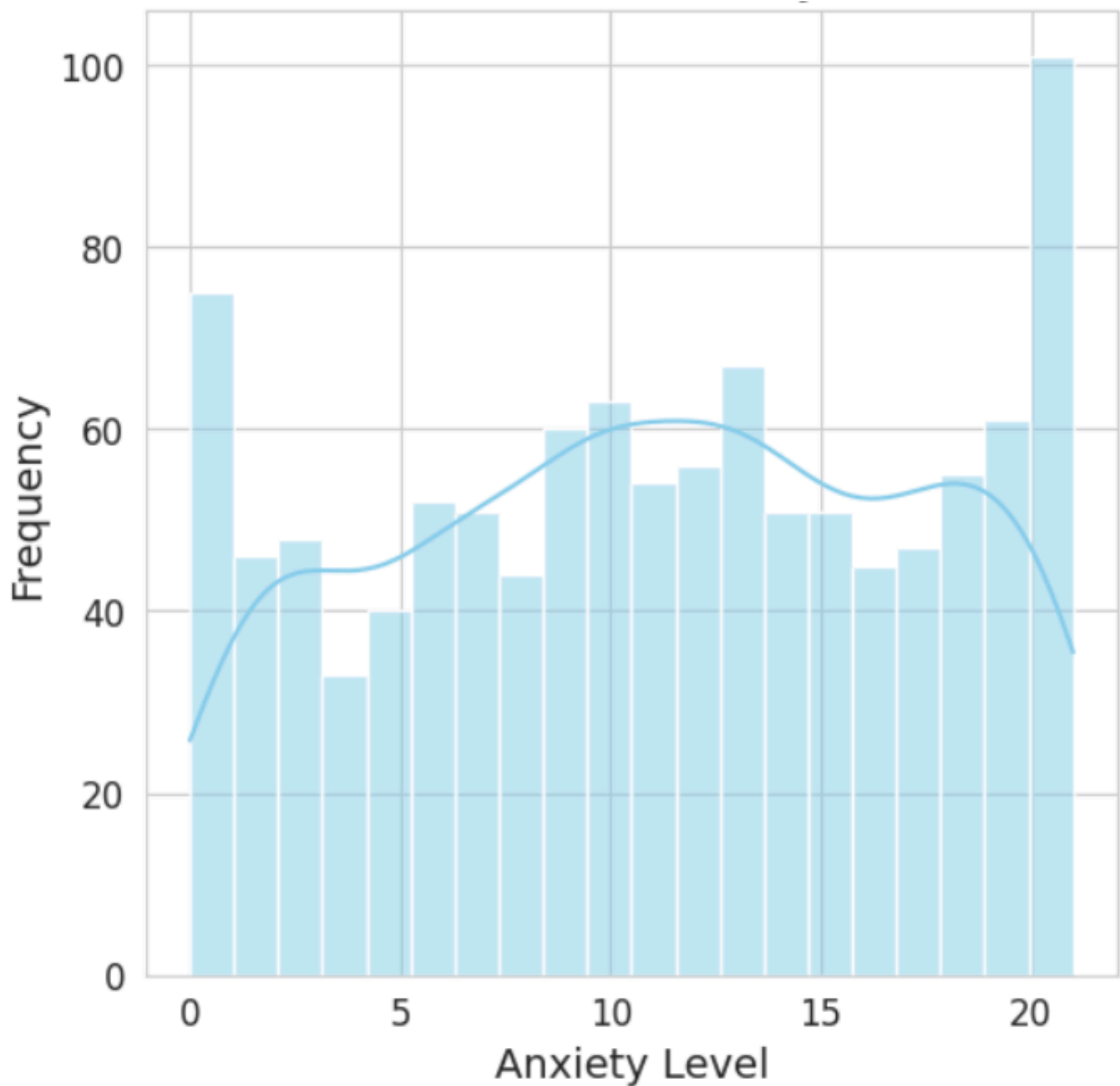
Average Stress Level by Sleep Quality



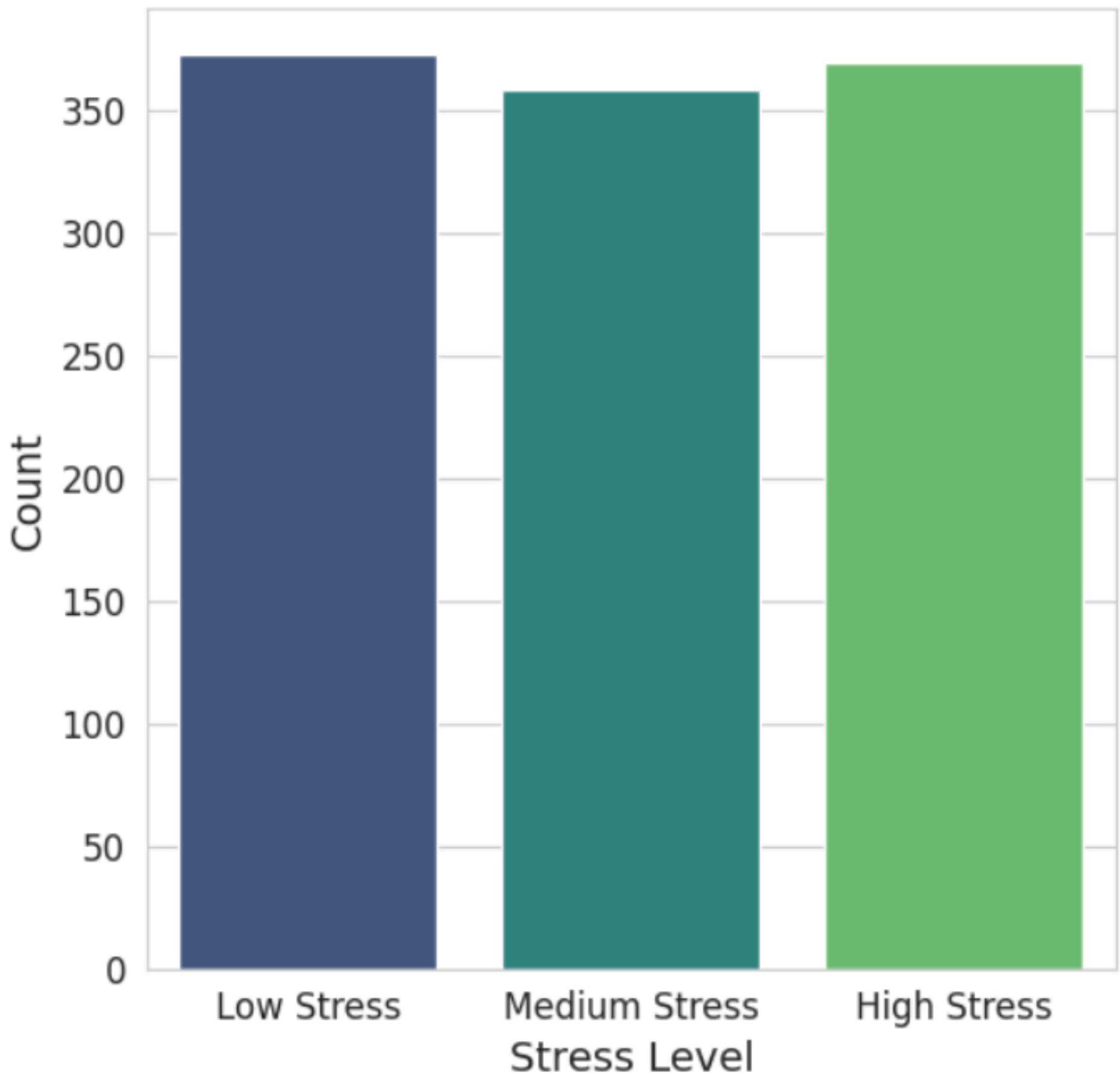
Anxiety Level vs. Depression, Colored by Stress Level



Distribution of Anxiety Level



Distribution of Stress Level



Mental Health History by Stress Level

