Sleep Health and Lifestyle Analysis

A Look At Sleep Health Data

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Agenda

Results of sleep health and lifestyle analysis

- Data Description
- Typical Amount of Physical Activity
- Number of Daily Steps
- Distribution of Heart Rates

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Data Description

The Dataset has many different types of variables.

Sleep Duration is an example of a continuous variable in the dataset.

Physical Activity Level is an example of an integer variable in the dataset.

Quality of Sleep is an example of an ordinal categorical variable in the dataset.
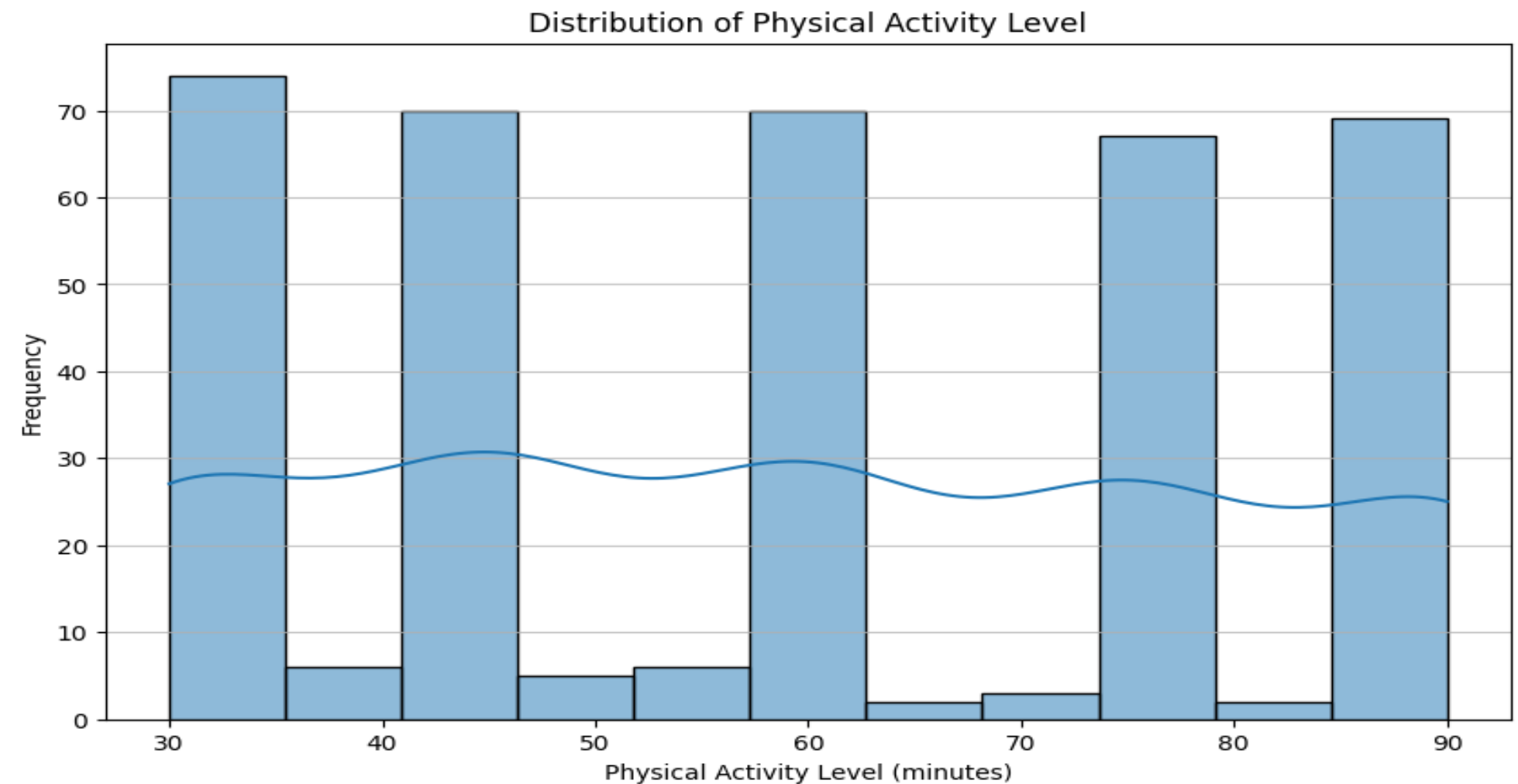
Occupation is an example of a nominal categorical variable in the dataset.

Typical Amount (Minutes) of Physical Activity

Mean Physical Activity Level: 59.17 minutes

Median Physical Activity Level: 60.00 minutes

Mode Physical Activity Level: 60 minutes
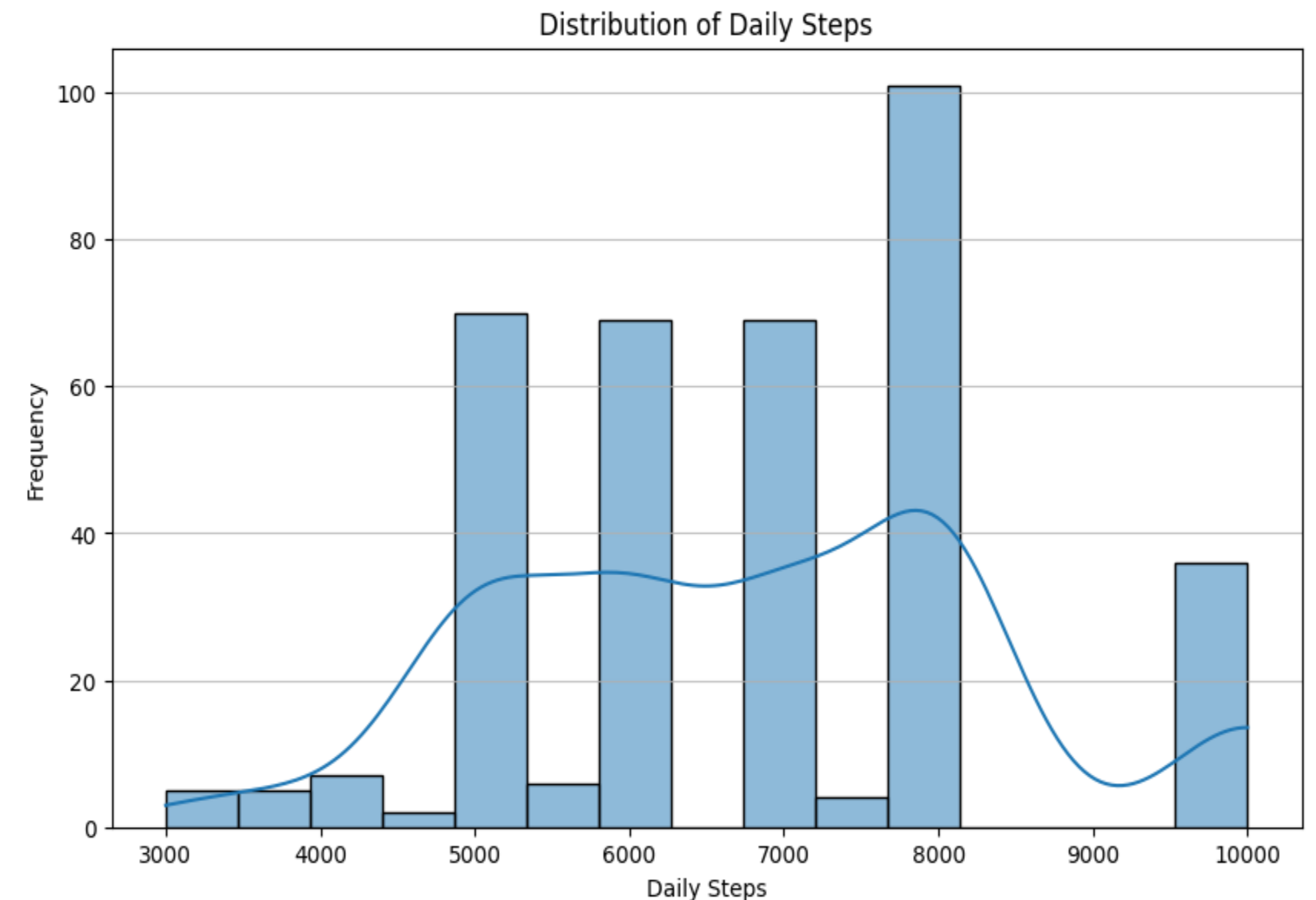

Distribution of Physical Activity Level

Analysis of Daily Steps Taken

Standard Deviation of Daily Steps: 1617.92

Maximum Daily Steps: 10000

Minimum Daily Steps: 3000

Range of Daily Steps: 7000

Distribution of Daily Steps

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Distribution of Heart Rates

The plots below show the distribution of heart rates and illustrate a significant amount of outliers in the dataset.