



Sleep Health and Lifestyle Dataset



Gender

- ☐ Female
- ☐ Male

Occupation

- ☐ Accountant
- ☐ Doctor
- ☐ Engineer
- ☐ Lawyer
- ☐ Manager
- ☐ Nurse
- ☐ Sales Representative
- ☐ Salesperson
- ☐ Scientist
- ☐ Software Engineer
- ☐ Teacher

AVG AGE

42.18

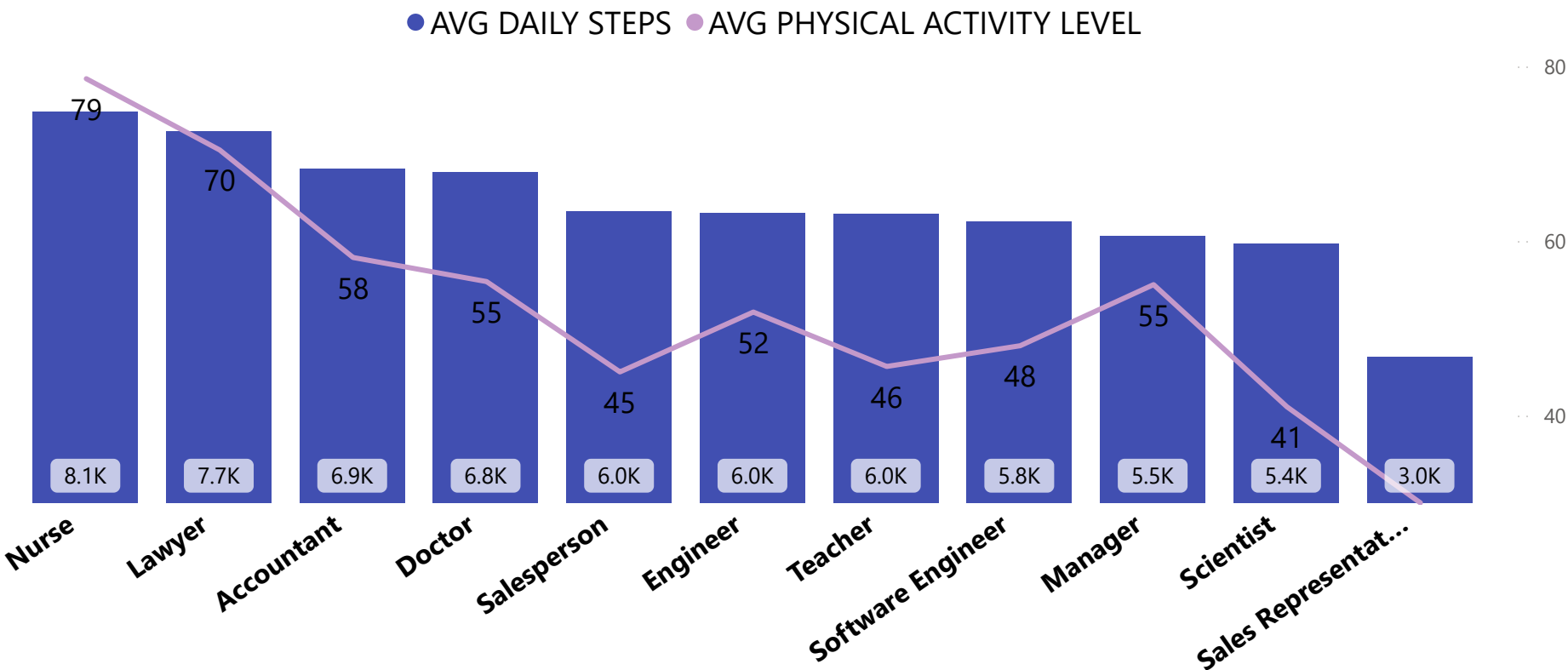
AVG PHYSICAL ACTIVITY LEVEL

59.17

AGV STRESS LEVEL

5.39

AVG DAILY STEPS and AVG PHYSICAL ACTIVITY LEVEL by Occupation





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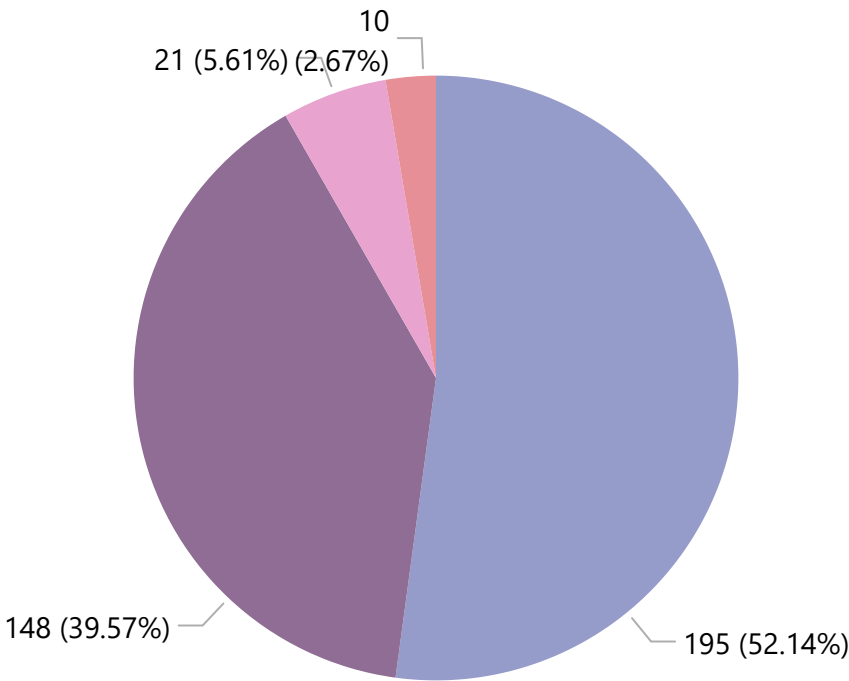
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Daily Steps Based On BMI Category

- Normal
- Overweight
- Normal Weight
- Obese





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AVG OF QUALITY SLEEP and AVG OF SLEEP DURATION by Occupation

● AVG OF QUALITY SLEEP ● AVG OF SLEEP DURATION

