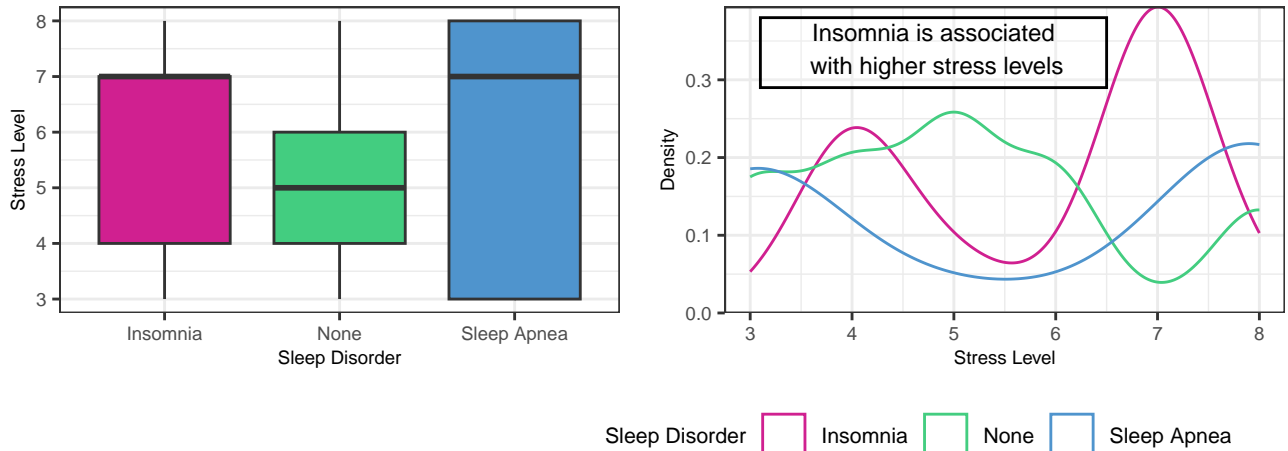


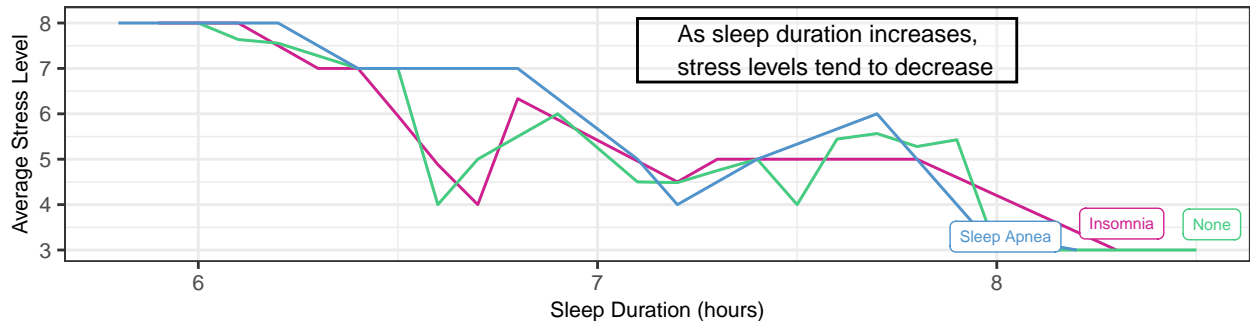
Sleep Health and Lifestyle

Exploring How Sleep Disorders Relate to Stress Levels and Sleep Duration Across Age Groups

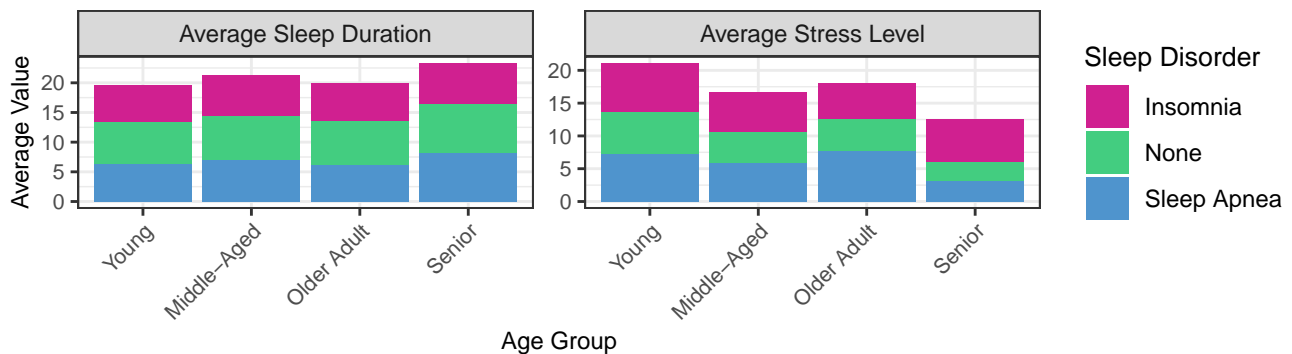
Stress Level and Sleep Disorder: Distribution and Density



Average Stress Level by Sleep Duration and Sleep Disorder



Average Sleep Duration and Stress Level by Age Group and Sleep Disorder



Young and Middle-Aged individuals with Insomnia consistently show the highest levels of stress and relatively shorter sleep durations compared to other sleep disorders.