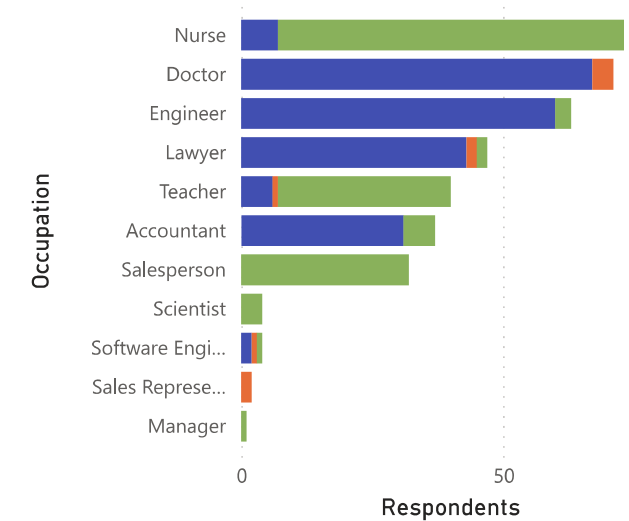# Sleep Health and Lifestyle Data Analysis

Distribution based on Occupaction

Occupation ● Nurse ● Doctor ● Engineer ● Lawyer ● Teacher ● Accountant ● Salesperson ▶

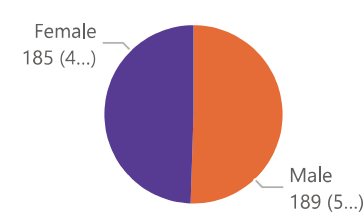## Distribution based on Occupaction & BMI

BMI Category ● Normal ● Obese ● Overweight

374
Total Respondents

Sleep Disorder Distribution

- 77 (20.59%)
- 78 (20.86%)
- 219 (58.56...)

Blood Pressure wise Categorization
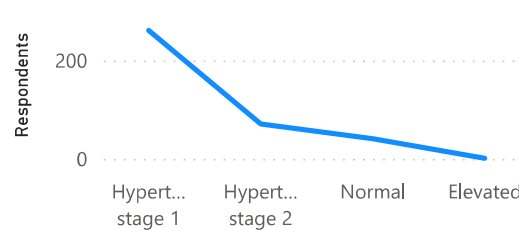
Distribution of Gender

- Female 185 (4...)
- Male 189 (5...)

Average of Quality of Sleep by Occupation and Occupation

Occupation ● Engineer ● Lawyer ● Accountant ● Nurse ● Manager ● Teacher ▶
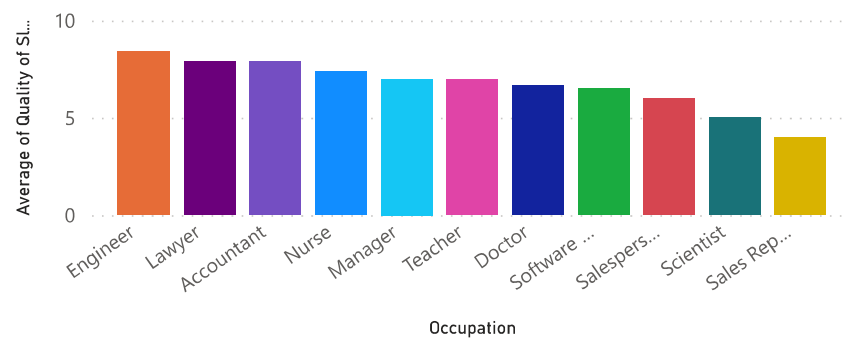
Heart Rate Distribution
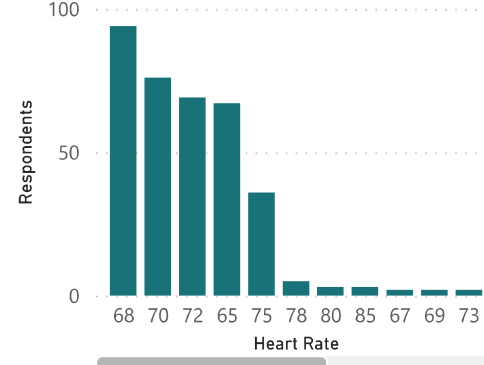
Age Group wise BMI Classification