```
import matplotlib.pyplot as plt
import numpy as np

# Generate some data
data = np.random.randn(1000)  # Example data: 1000 points from
a normal distribution

# Create the histogram
plt.hist(data, bins=30, alpha=0.75, color='blue',
edgecolor='black')

# Add titles and labels
plt.title('Histogram of Random Data')
plt.xlabel('Value')
plt.ylabel('Frequency')

# Show the plot
plt.show()
```