UDACITY
Part of Accenture

Sleep Health and Lifestyle Analysis

[Subtitle]

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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

Data Description

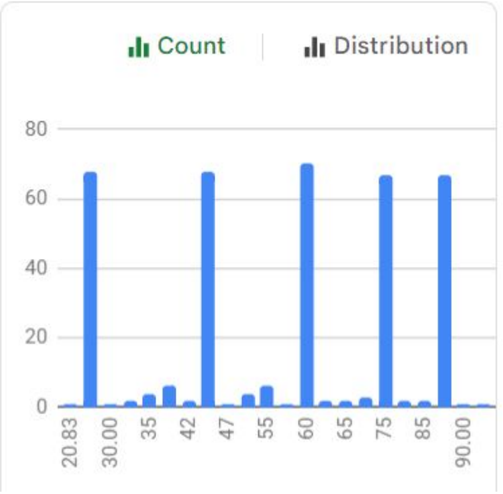
Examples of variable types across the dataset

- Continuous variable example: Sleep Duration (6.1)
- Integer variable example: Daily Steps (4000)
- Ordinal categorical variable example: BMI Category (“Underweight”)
- Nominal categorical variable example: Gender (“Male”, “Female”)

Typical Amount (Minutes) of Physical Activity

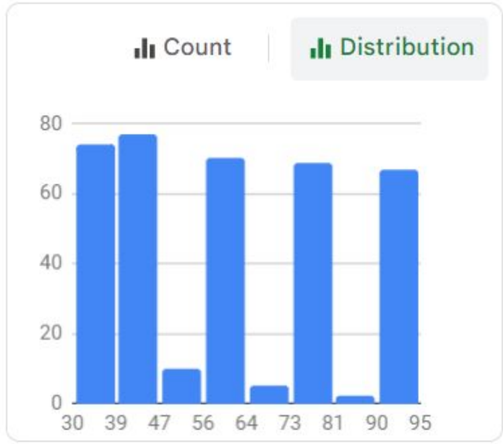
Measures of Center: Physical Amount of Activity (in minutes)

- Mean: 59.2 minutes
- Median: 60 minutes
- Mode: 60 minutes



Description of distributions

- There are peaks at every 15-minute increment, which is consistent with many workout plans. Outside of those increments, there are is a right-skew, suggesting that most people work out between 30-45 minutes and there is a decline further to the right in the number of minutes people work out on average.



Analysis of Daily Steps Taken

Measures of Spread: Daily Steps Taken

- Standard Deviation: 1,617.9 steps
- Maximum: 10,000 steps
- Minimum: 3,000 steps
- Range: 7,000 steps

Additional Observations:

- The data is left-skewed with most data occurring at the 8,000 step range. However, there is a gap in the data that makes those who got 10,000 steps in the outlier range.

Distribution of Heart Rates

Average resting heart rates among participants

- The average resting heart rate is right-skewed as anticipated, with most people having a resting heart rate in the healthy range. Higher resting heart rate may be correlated to lower overall health levels. The range is 65 bpm to 86 bpm, indicating there may be a few outliers in the dataset as the distribution drops off drastically after 75 bpm.