



Average Sleep Duration



Average Stress Level

5.39

Average Daily Steps

6.82K

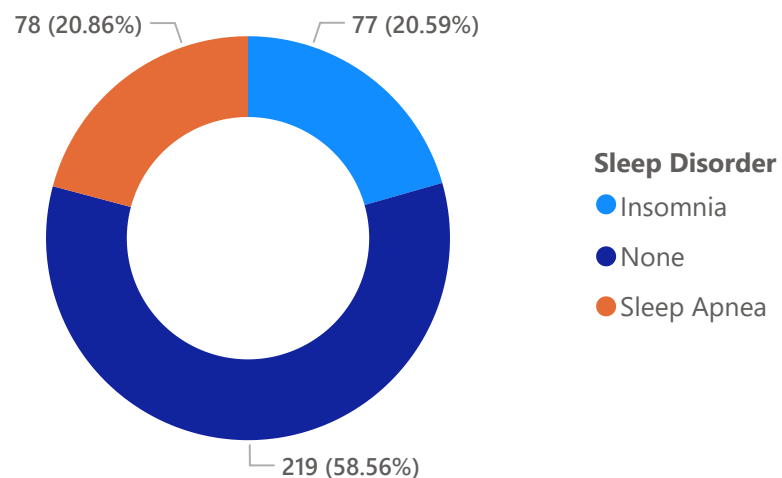
Average Physical Activity

59.17

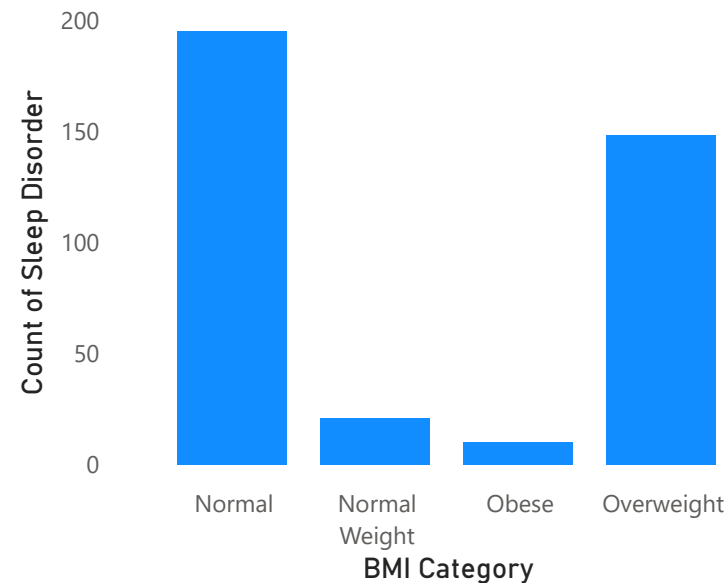
Average Quality of Sleep

7.31

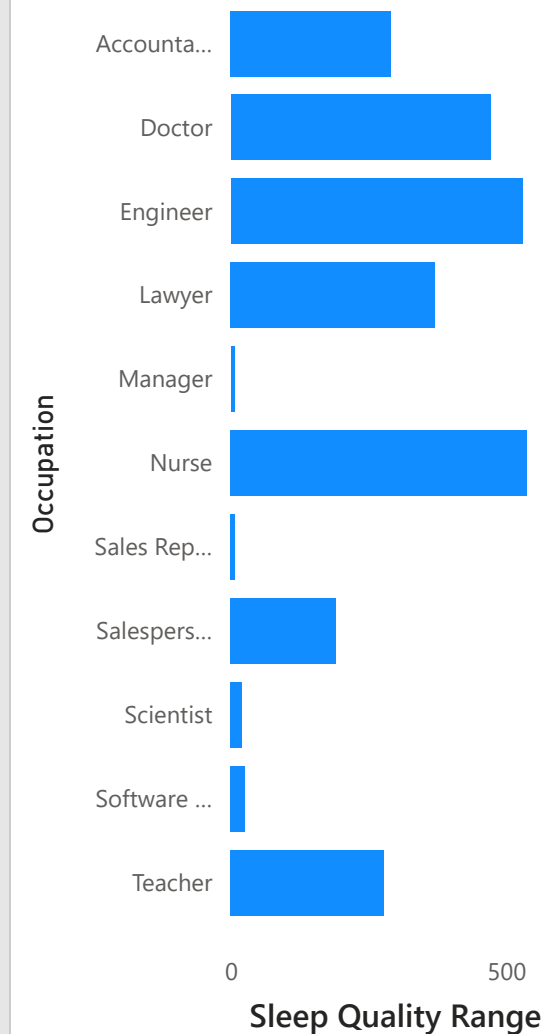
Distribution of Sleep Disorder



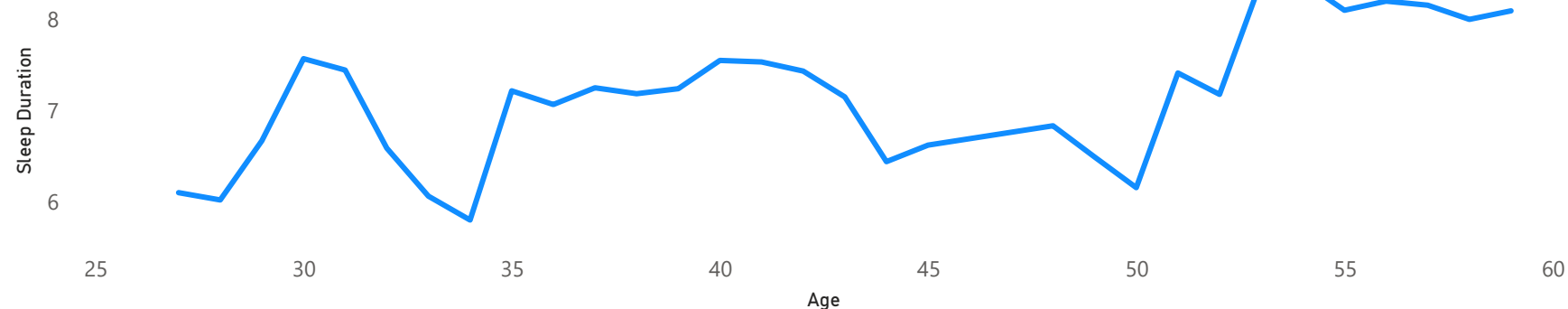
Sleep Disorder vs BMI Category

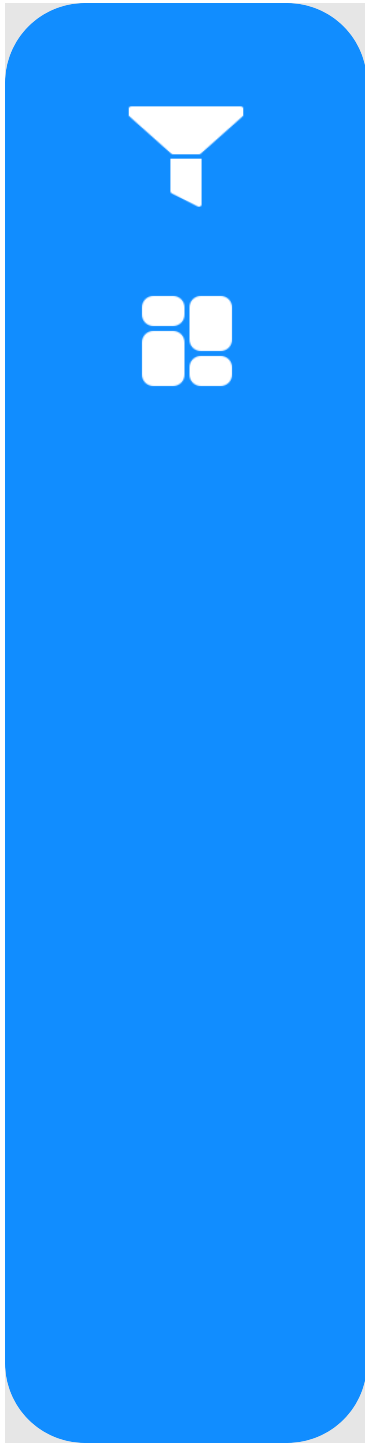


Sleep Quality vs Occupation



Sleep Duration vs Age





| Person ID | Age | Occupation | Sleep Disorder | Sleep Duration |
|-----------|-----|----------------------|----------------|----------------|
| 1 | 27 | Software Engineer | None | 6.10 |
| 2 | 28 | Doctor | None | 6.20 |
| 3 | 28 | Doctor | None | 6.20 |
| 4 | 28 | Sales Representative | Sleep Apnea | 5.90 |
| 5 | 28 | Sales Representative | Sleep Apnea | 5.90 |
| 6 | 28 | Software Engineer | Insomnia | 5.90 |
| 7 | 29 | Teacher | Insomnia | 6.30 |
| 8 | 29 | Doctor | None | 7.80 |
| 9 | 29 | Doctor | None | 7.80 |
| 10 | 29 | Doctor | None | 7.80 |
| 11 | 29 | Doctor | None | 6.10 |
| 12 | 29 | Doctor | None | 7.80 |

