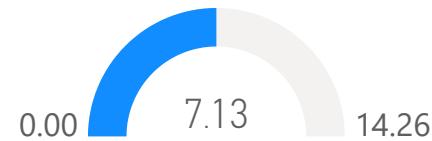




Average Sleep Duration



Average Stress Level

5.39

Average Daily Steps

6.82K

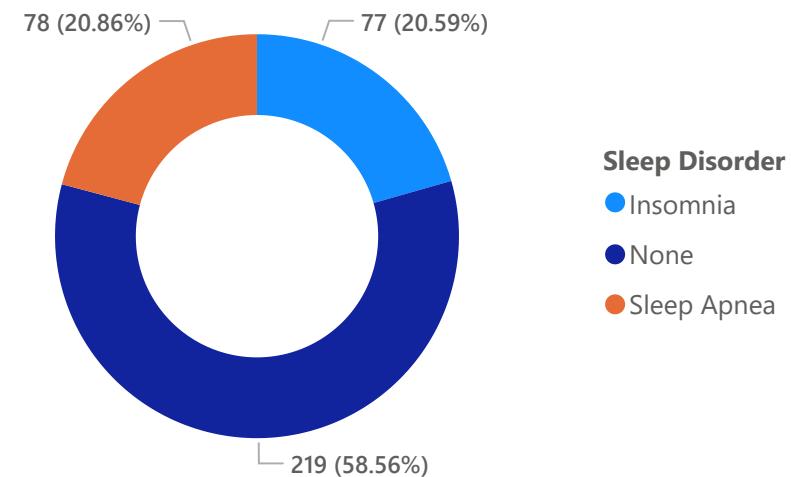
Average Physical Activity

59.17

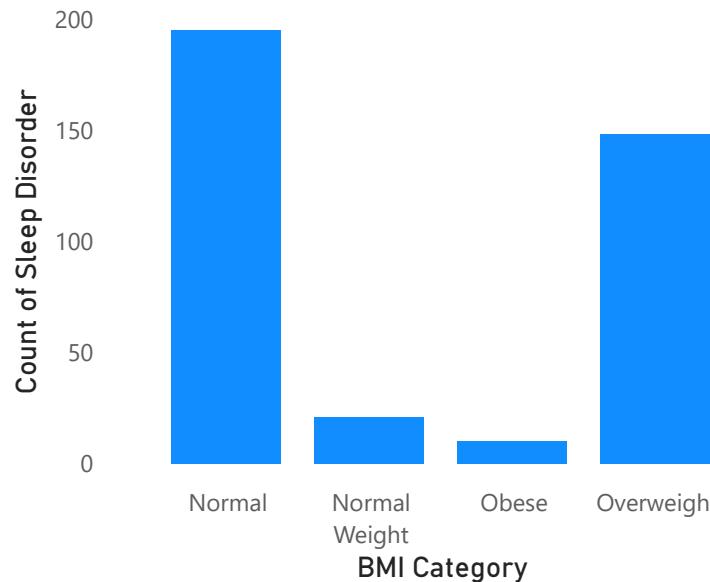
Average Quality of Sleep

7.31

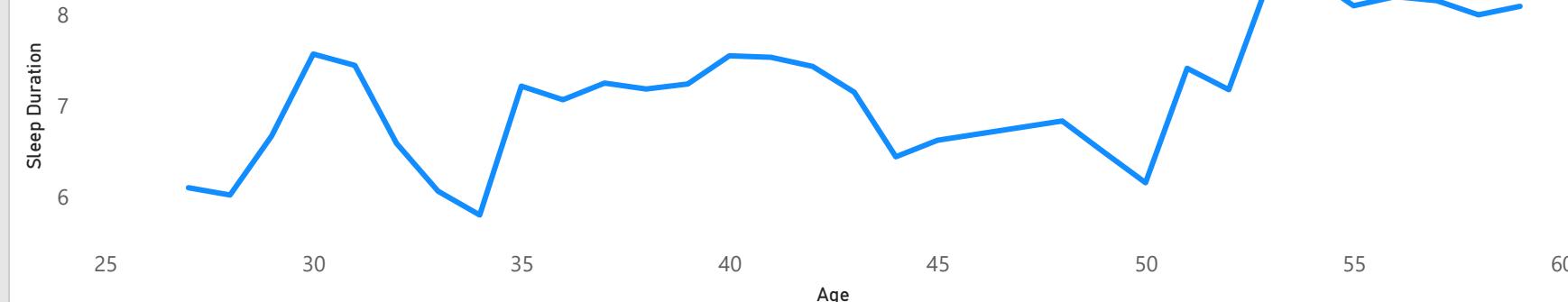
Distribution of Sleep Disorder



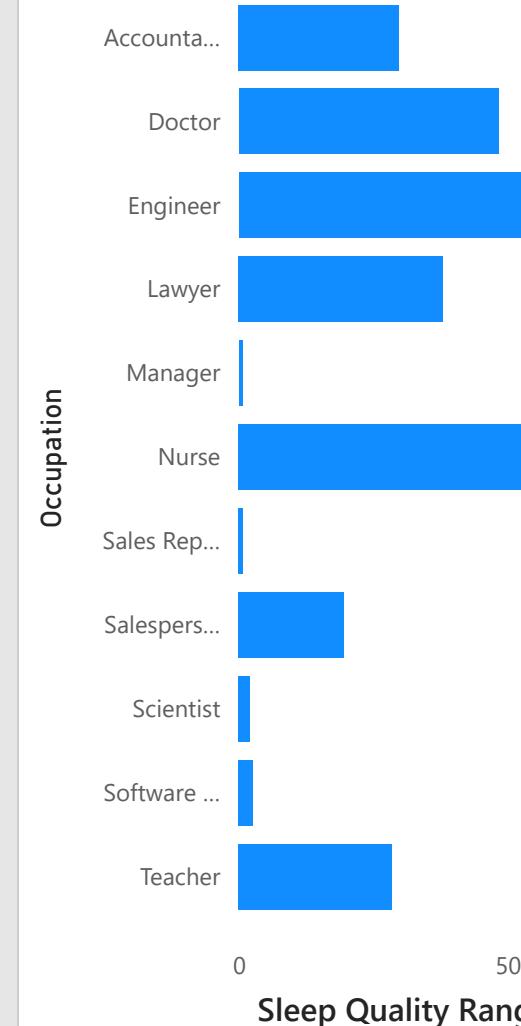
Sleep Disorder vs BMI Category



Sleep Duration vs Age



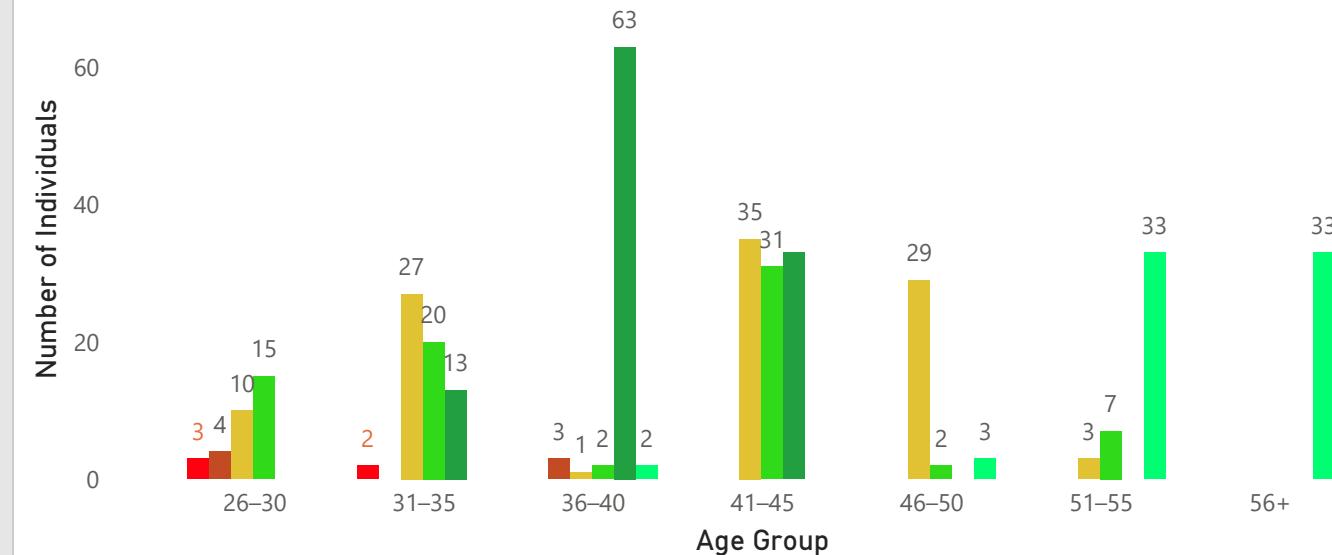
Sleep Quality vs Occupation



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

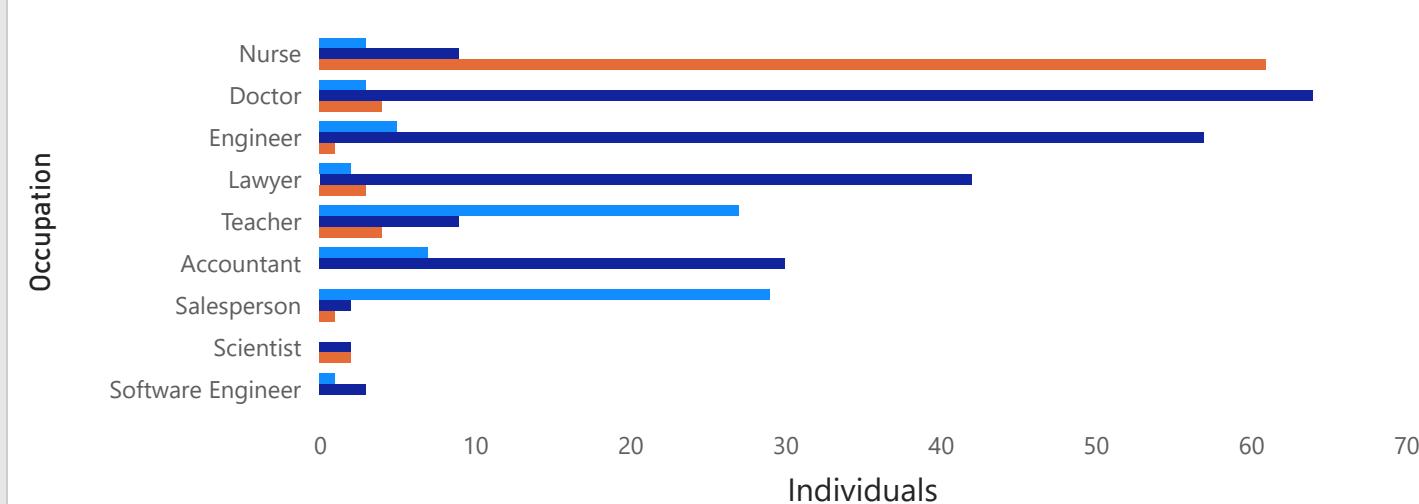
Age Group vs Quality of Sleep

Quality of Sleep ● 4 ● 5 ● 6 ● 7 ● 8 ● 9

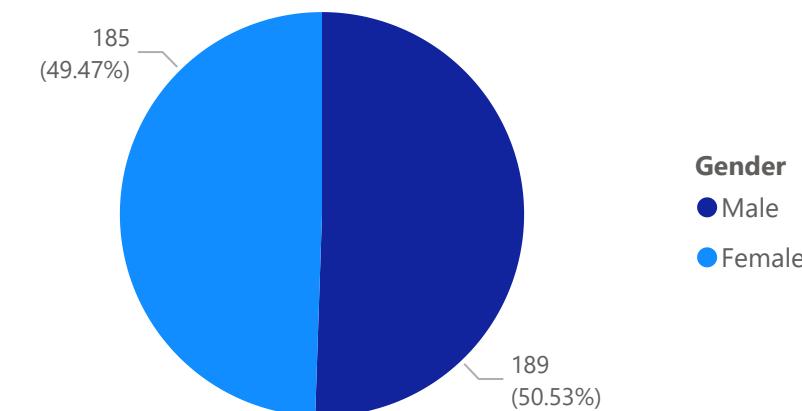


Sleep Duration by Occupation vs Disorder

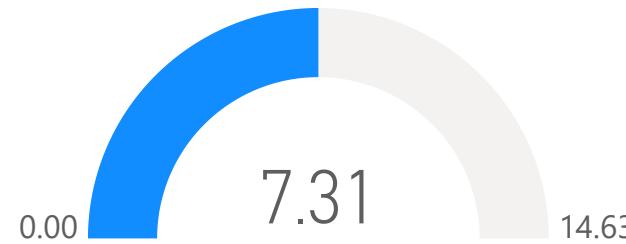
Sleep Disorder ● Insomnia ● None ● Sleep Apnea



Gender Split Among Sleep Disorder Cases

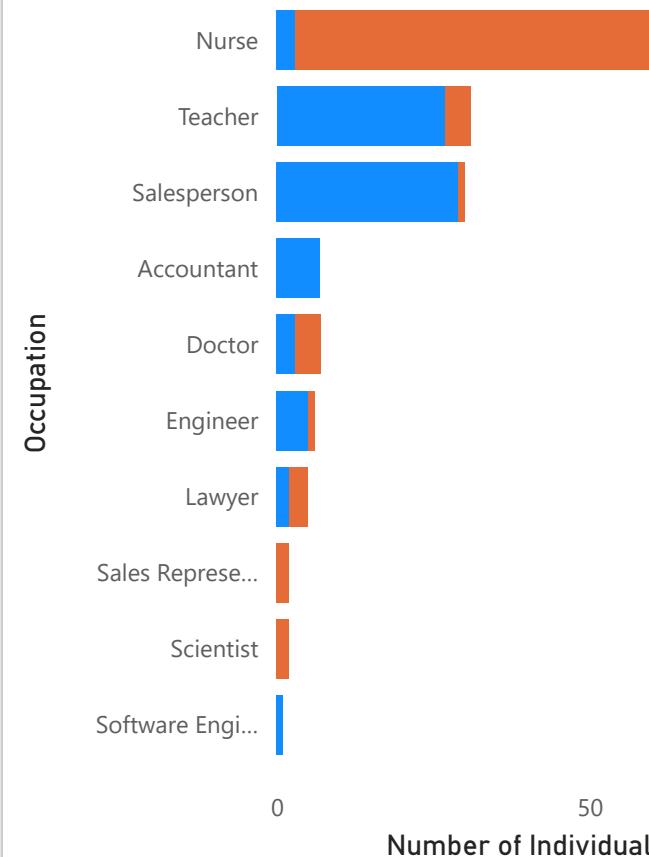


Average of Quality of Sleep



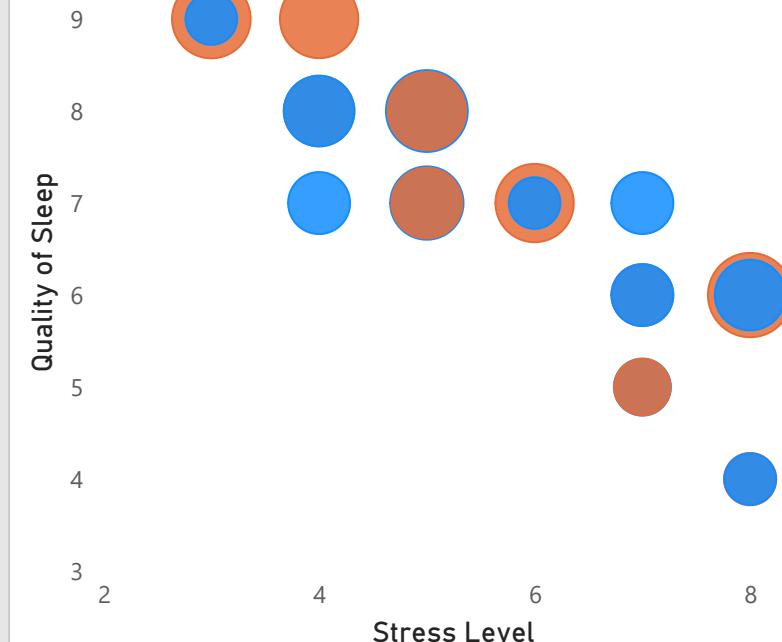
Occupation and Sleep Disorder

Sleep Disorder ● Insomnia ● Sleep Apnea



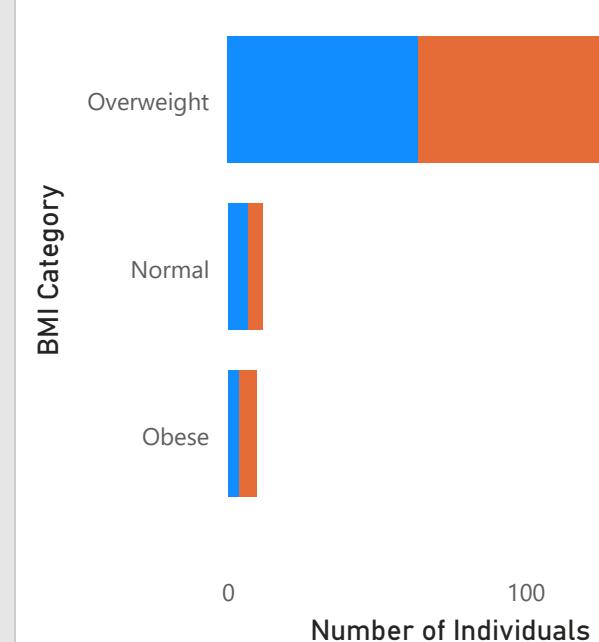
Stress Level vs Quality of Sleep

Sleep Disorder ● Insomnia ● Sleep Apnea



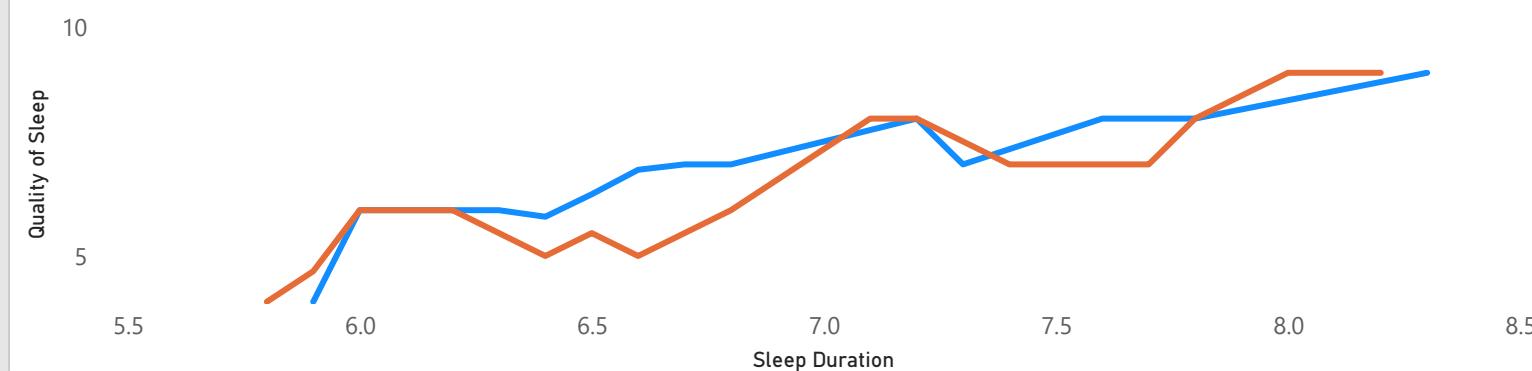
BMI Category vs Sleep Disorder

Sleep Dis... ● Insomnia ● Sleep Apnea



Sleep Duration vs Quality of Sleep

Sleep Disorder ● Insomnia ● Sleep Apnea





Average Heart Rate

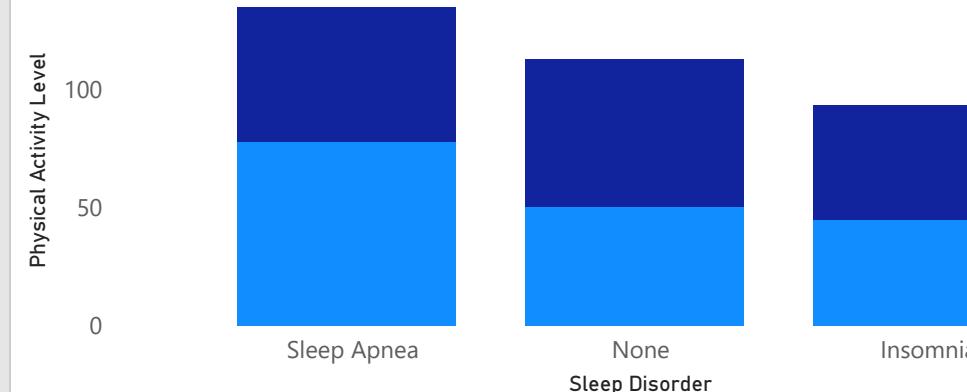
70.17

Average Quality of Sleep

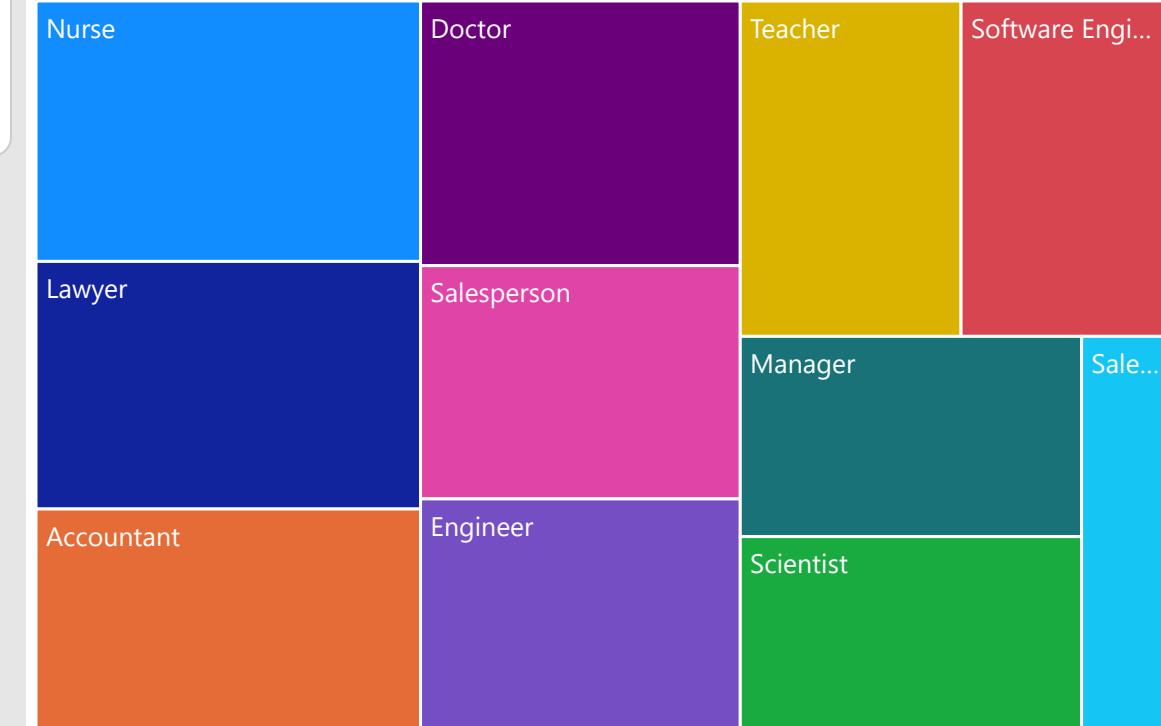


Physical Activity Level by Sleep Disorder vs Gender

Gender ● Female ● Male



Average of Daily Steps by Occupation



Physical Activity Level vs Quality of Sleep

