

Slide 1 – Title & Introduction

# Sleep Disorder Analysis Dashboard

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**Problem Statement:** Due to poor lifestyle habits, sleep disorders (Insomnia, Sleep Apnea) are rising.

**Aim:** To perform detailed analysis of sleep disorders using data to uncover trends and health impacts.



## Slide 2 – Business Problem

### Increasing Cases

Increasing cases of **Insomnia and Sleep Apnea** are linked with poor lifestyle choices.

### Health Risks

Lack of awareness and proper tracking leads to **health risks like obesity, stress, and fatigue.**

### Data-Driven Insights

Organizations and healthcare providers require **data-driven insights** to design preventive measures.

# Slide 3 – Process & Methodology

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## Data Cleaning & Preparation

Removed inconsistencies in sleep hours, BMI, and stress levels.

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## Dashboard Development

Created KPIs for case counts, sleep score, average sleep duration.

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## Data Transformation

Categorized by gender, BMI, occupation, and sleep quality.

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## Visualization

Used Power BI to show:

- Sleep disorders across genders
- Stress vs sleep quality by age group
- BMI & occupation impact on sleep



## Slide 4 – Key Insights

# 37.65%

Sleep Disorders

of individuals affected.

- Gender

Females are more affected than males.

- BMI Factor

Females show higher obesity-related issues; males show more underweight/overweight conditions.



- Occupation Impact

## Slide 5 – Industry Relevance & Conclusion

### Usefulness for Healthcare & Industry:

- Helps identify high-risk groups (obese individuals, office workers, students).
- Enables targeted wellness programs.
- Supports companies in employee wellness & productivity.
- Assists healthcare providers in **preventive healthcare strategies**.



“Healthy sleep means a healthy mind and body. With data-driven insights, we can fight lifestyle-related sleep disorders and build healthier societies.”