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

01

Data Cleaning & Preparation

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

03

Dashboard Development

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

02

Data Transformation

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

04

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.

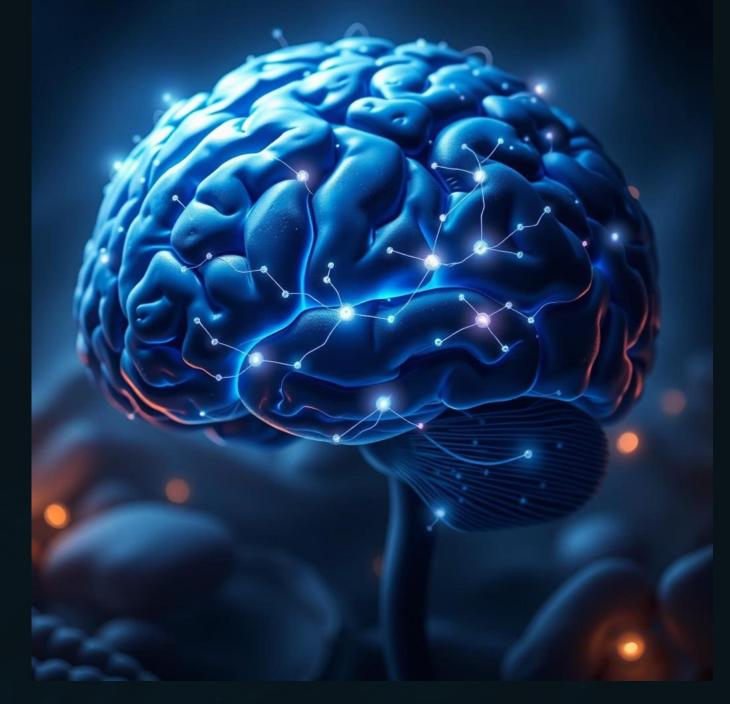


• Occupation Impact

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."