Tharmalingam, L. (2023, September 18). *Sleep health and lifestyle dataset*. Kaggle. https://www.kaggle.com/datasets/uom190346a/sleep-health-and-lifestyle-dataset

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Description: This dataset describes each male or female’s occupation, the amount and quality of sleep they get and how it affects their stress, weight, blood pressure, and resting heart rate. It also talks about how many daily steps each of them get and let us know if they have any sleeping disorders that affect their quality of sleep.

* Person I.D is an identifier for each individual
* Gender is either “M” or “F”
* Age of the person in years
* Occupation shows the persons profession
* Sleep Duration shows the number of hours the person sleeps per day4
* Quality of sleep gives a rating on the quality of sleep ranging from 1 to 10
* Stress level gives a rating of the stress the person is experiencing ranging from 1 to 10
* BMI category tells us if the person is underweight, normal, or overweight
* Blood pressure shows their measurement using systolic and diastolic pressure
* Resting Heart in beats per minute
* Daily steps shows the number if steps the person takes per day
* Sleep disorder tells us if there is one present or absent in the person including insomnia or sleep apnea