

# LIFESTYLE AND SLEEP HEALTH DASHBOARD

Systolic Blood Pressure

**128.55**

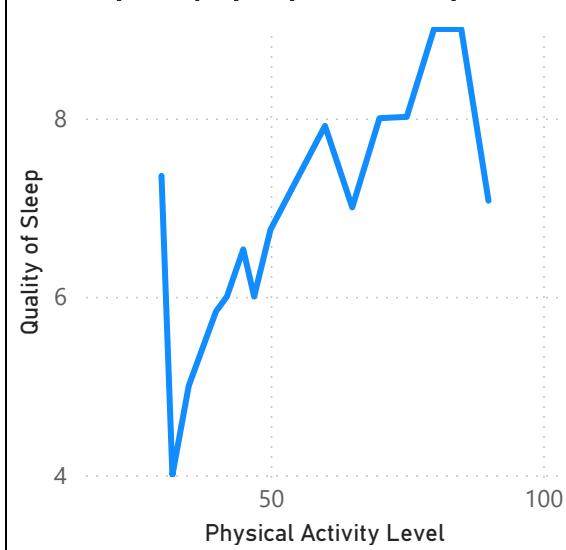
Diastolic Blood Pressure

**84.65**

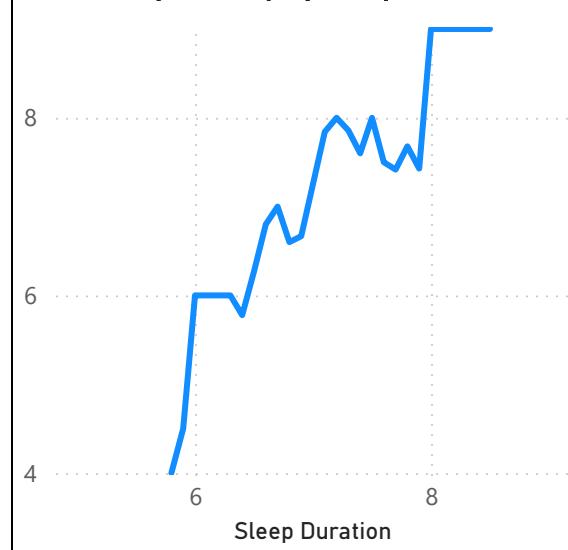
Heart Rate

**70.17**

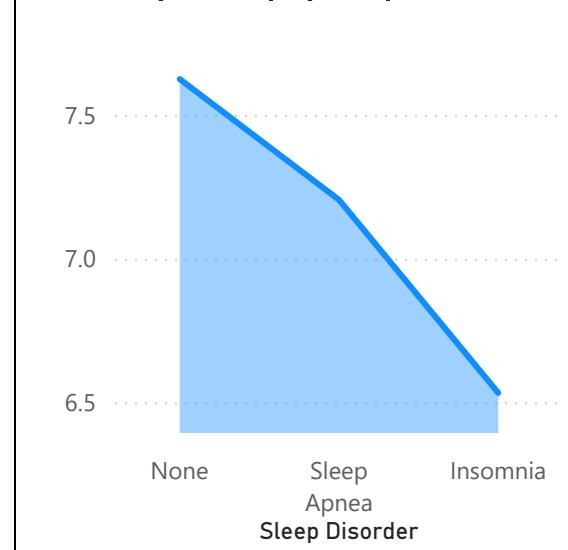
Quality Sleep by Physical Activity Level



Quality of Sleep by Sleep Duration



Quality of Sleep by Sleep Disorder



Average Age

**42**

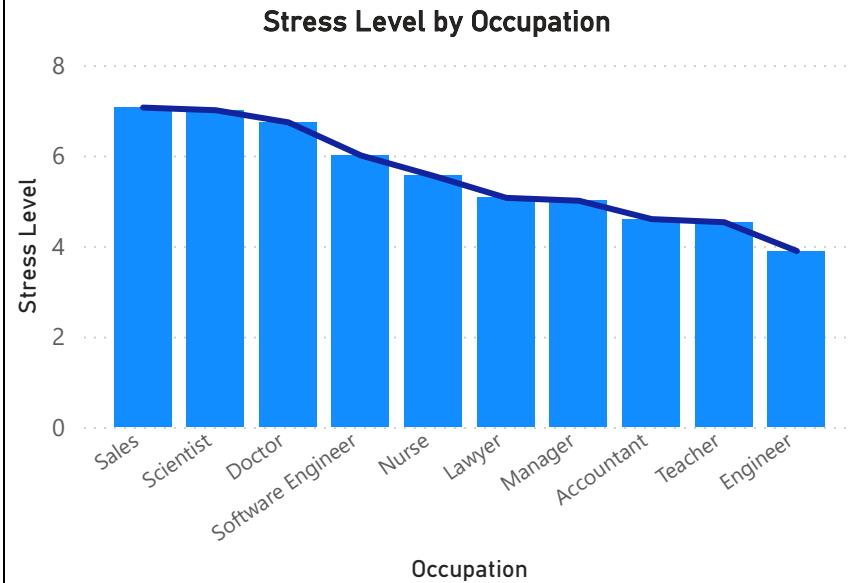
Total Individuals

**374**

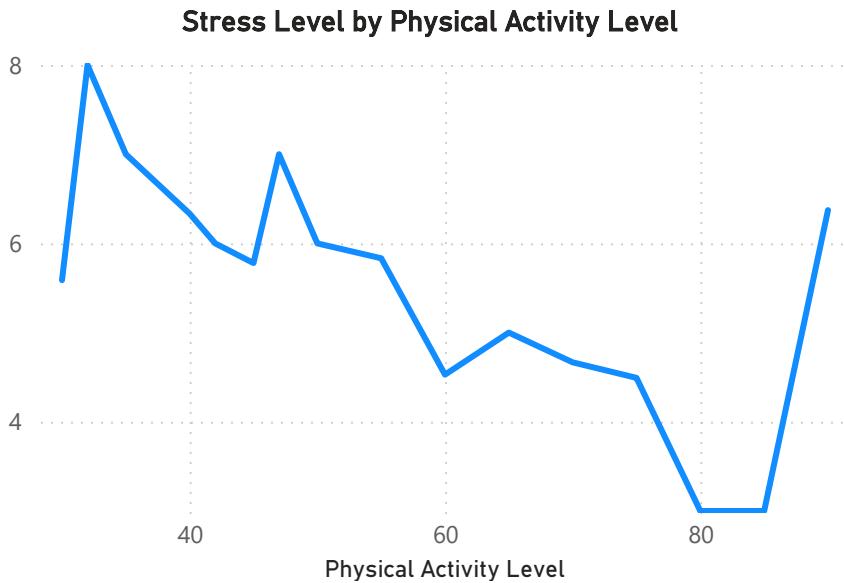
Average Sleep Duration



Stress Level by Occupation



Stress Level by Physical Activity Level



Gender

Male      Female



BMI Category

Deselect all

Normal

Obese

Overweight

Age Group

Deselect all

25-30

30-35

35-40

40-45

45-50

50-55

55-60