

LIFESTYLE AND SLEEP HEALTH DASHBOARD

Systolic Blood Pressure

128.55

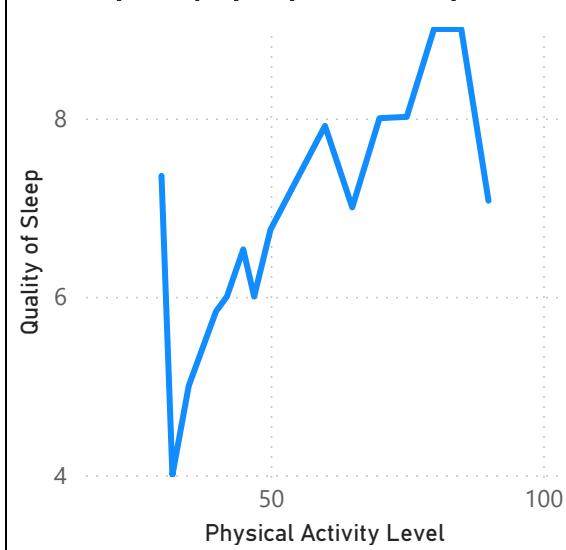
Diastolic Blood Pressure

84.65

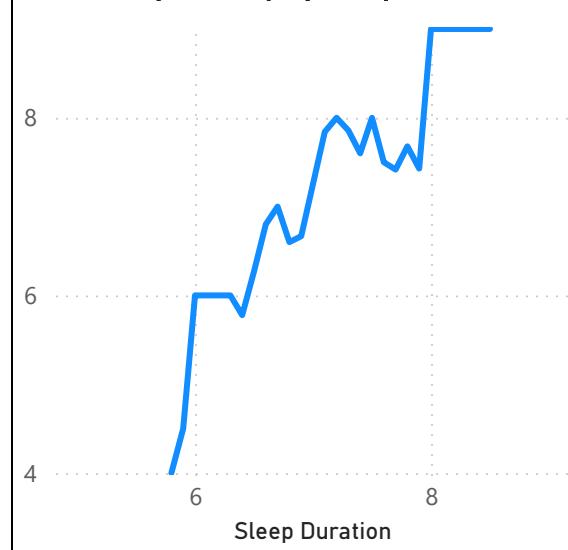
Heart Rate

70.17

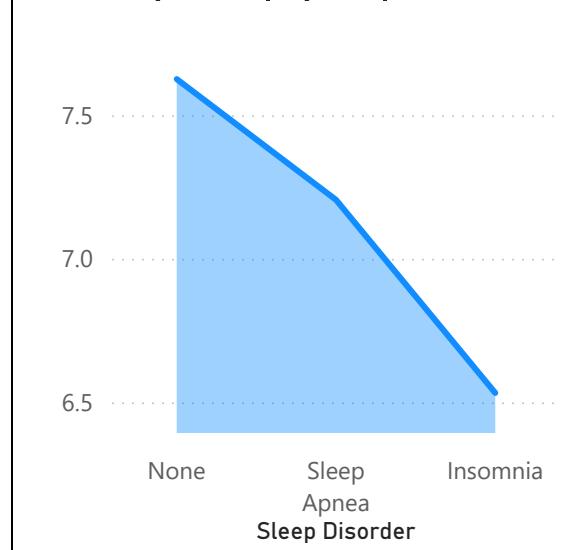
Quality Sleep by Physical Activity Level



Quality of Sleep by Sleep Duration



Quality of Sleep by Sleep Disorder



Average Age

42

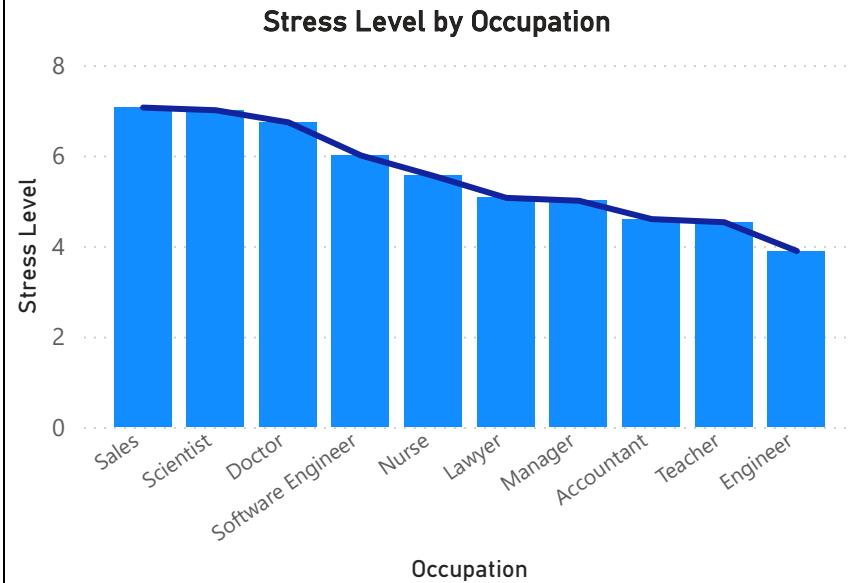
Total Individuals

374

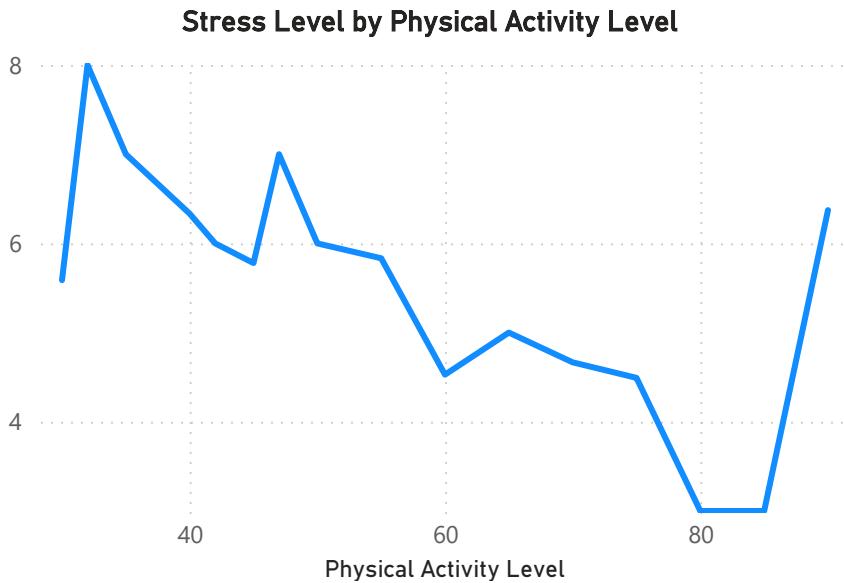
Average Sleep Duration



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