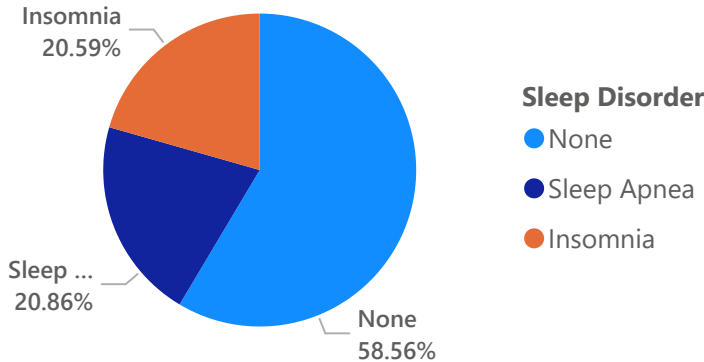


# Sleep Health & Lifestyle Dashboard

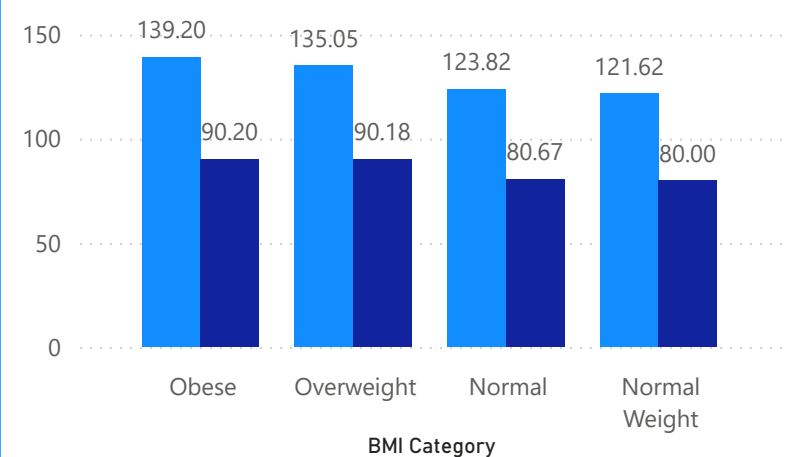
Female

Male

Sleep Disorder Distribution



Diastolic vs Systolic BP by BMI



Average Daily Steps

6.82K

Average Stress Level

5.39

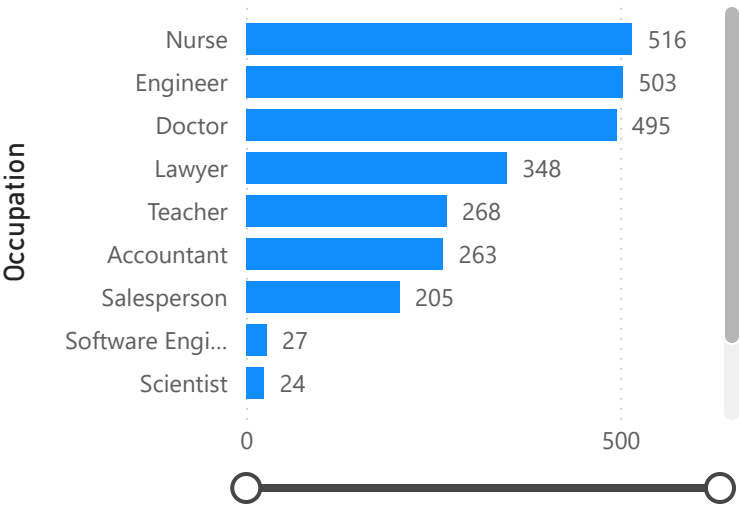
Average Heart Rate

70.17

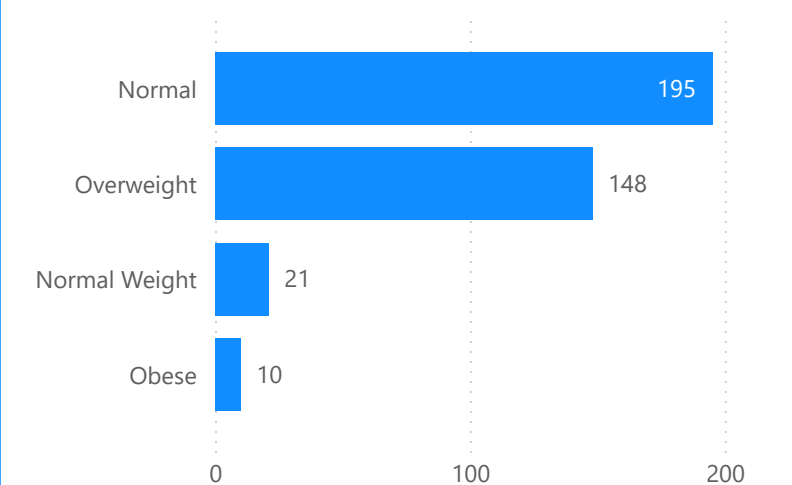
Most Common Sleep Disorder

Sleep Apn...

Sleep Duration by Occupation



Person by BMI Category



Quality of Sleep	3	4	5	6	7	8	Total
9	69	2					71
8	2	43	60	4			109
7		25	7	38	7		77
6				4	36	65	105
5					7		7
4						5	5
Total	71	70	67	46	50	70	374