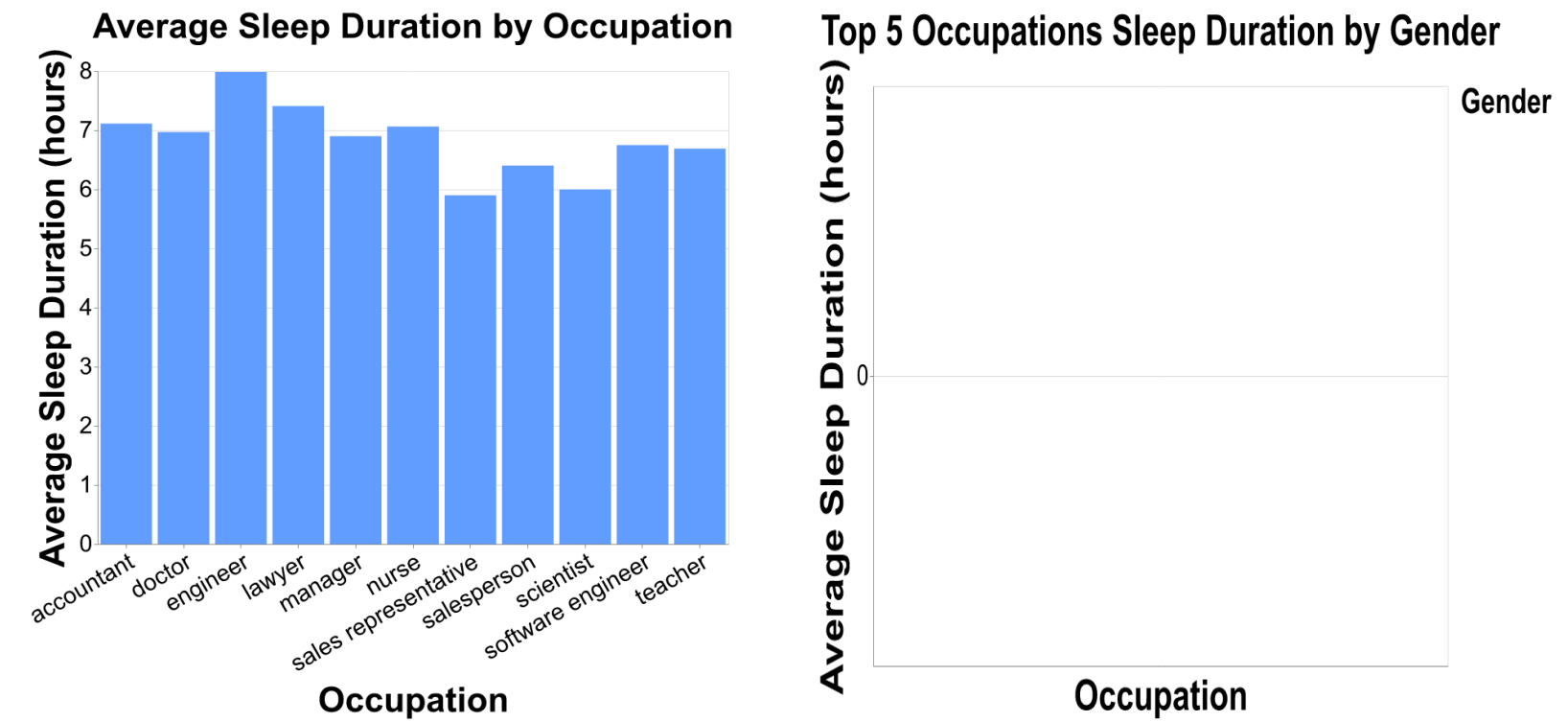


How Do Occupation and Gender Shape Sleep Patterns and Disorders?

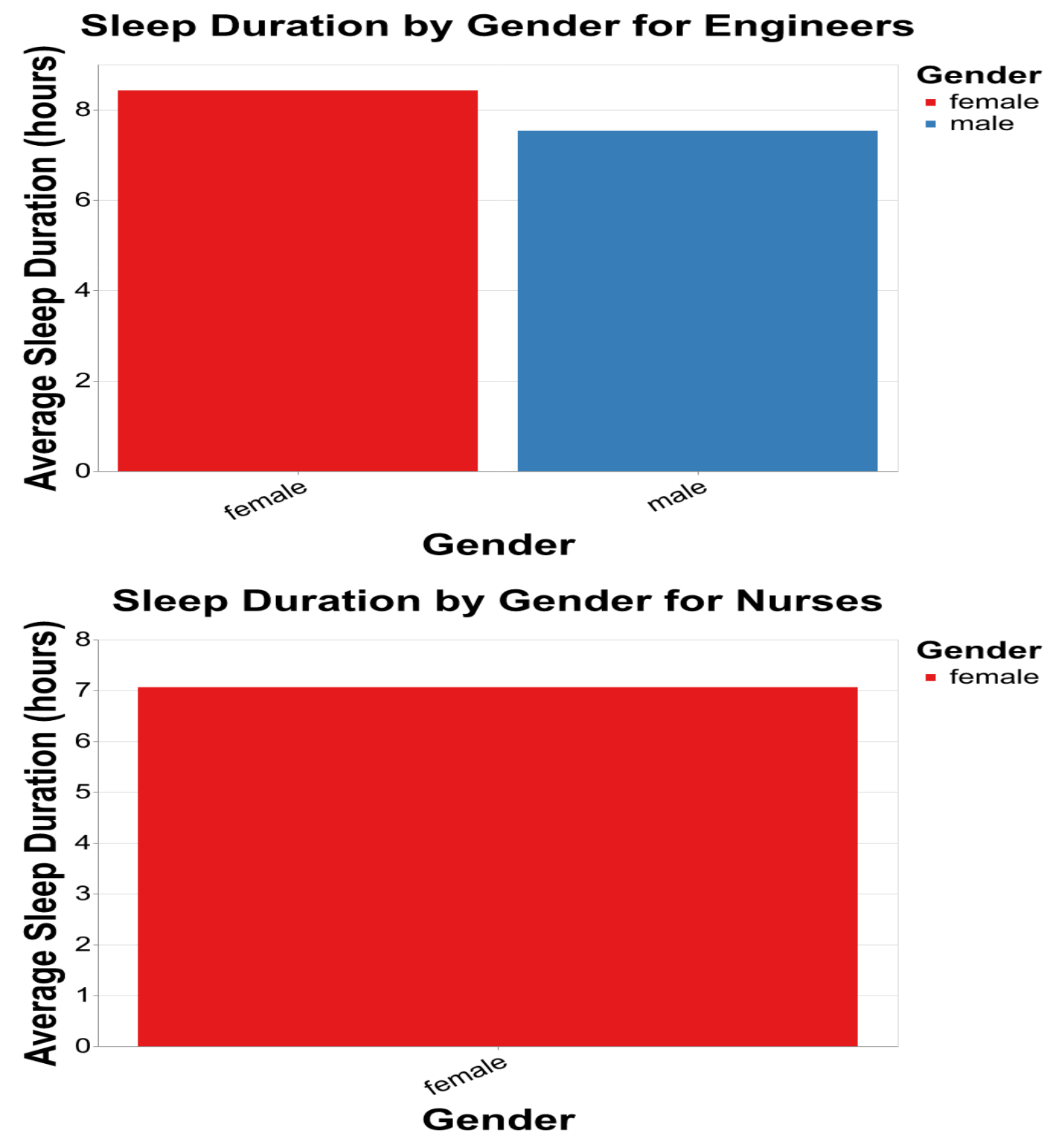
INTRODUCTION

Sleep duration varies significantly across occupations and genders. This poster analyzes average sleep hours and disorder prevalence by occupation and gender. Data covers top occupations and gender differences in sleep patterns and disorders.

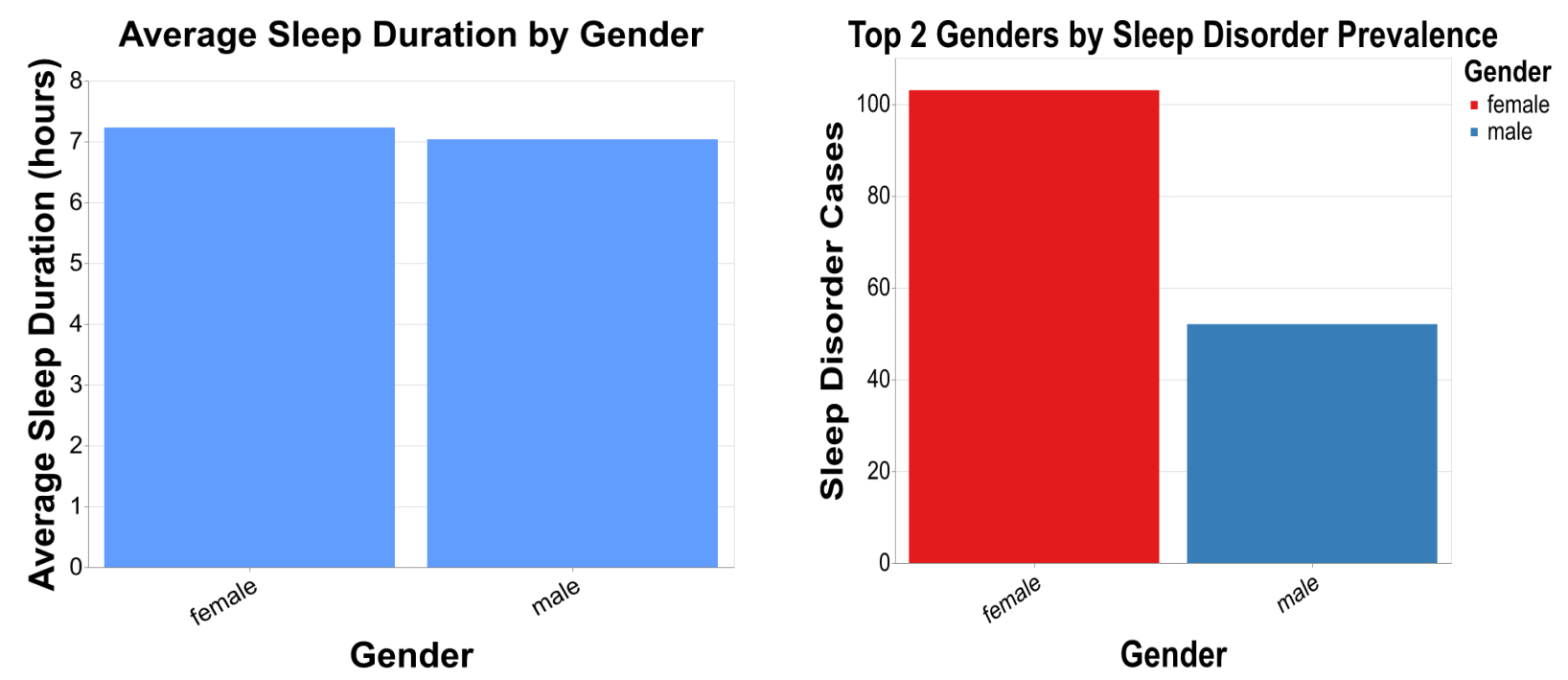
01 Occupations vary in average sleep duration and related sleep disorder prevalence.



03 Nurses and engineers show distinct gender-based sleep duration patterns.



02 Gender differences exist in both average sleep duration and sleep disorder rates.



CONCLUSION

Sleep duration and disorders differ notably across various occupations. Gender influences both sleep length and disorder prevalence significantly. Nurses and engineers exhibit unique gender-specific sleep patterns. These findings highlight the need for tailored sleep health interventions.