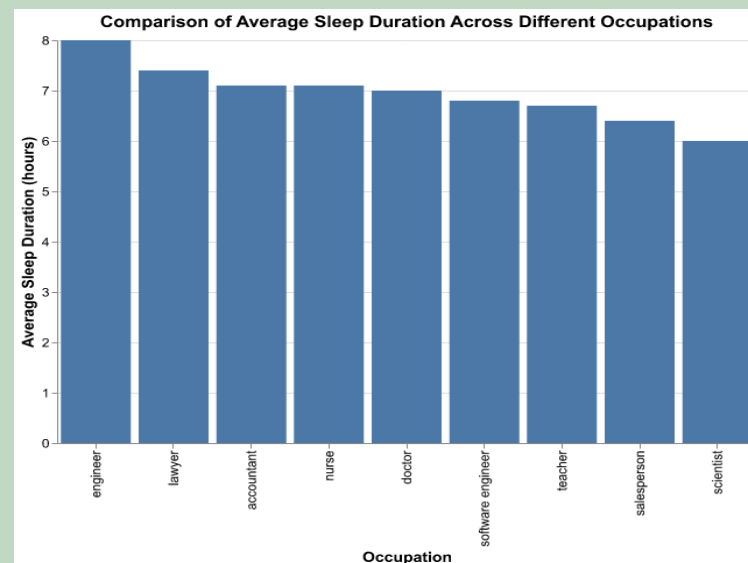


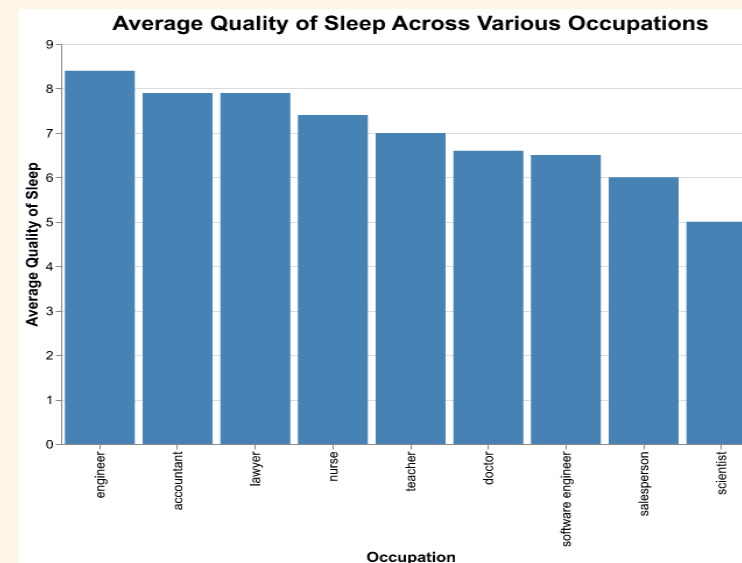
Introduction

This study investigates sleep metrics among various occupations. We analyze average sleep duration and quality for engineers. Our visualizations reveal insights into whether engineers truly have the highest sleep metrics.

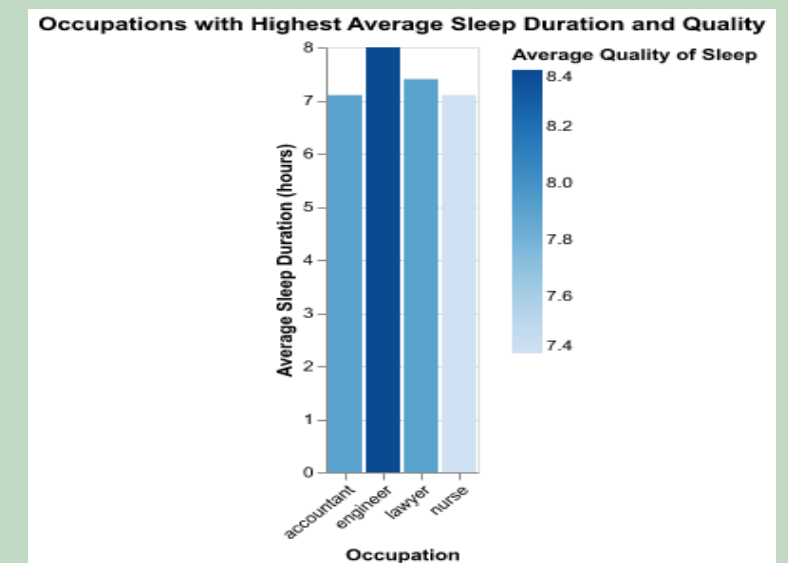
Do engineers have the highest sleep metrics?



Engineers sleep the most, while scientists sleep the least among occupations.



Engineers have the highest sleep quality; scientists have the lowest.



Engineers have the highest average sleep duration and quality among occupations.

Conclusion

The findings confirm that engineers have superior sleep metrics. Engineers enjoy the most sleep among all occupations. They also possess the highest sleep quality levels. In contrast, scientists report the least sleep duration and quality. Overall, engineers lead in both sleep duration and quality metrics. This study highlights significant differences in sleep patterns across professions. It emphasizes the importance of sleep for engineers' performance and well-being. Thus, engineers indeed have the highest sleep metrics compared to other fields.