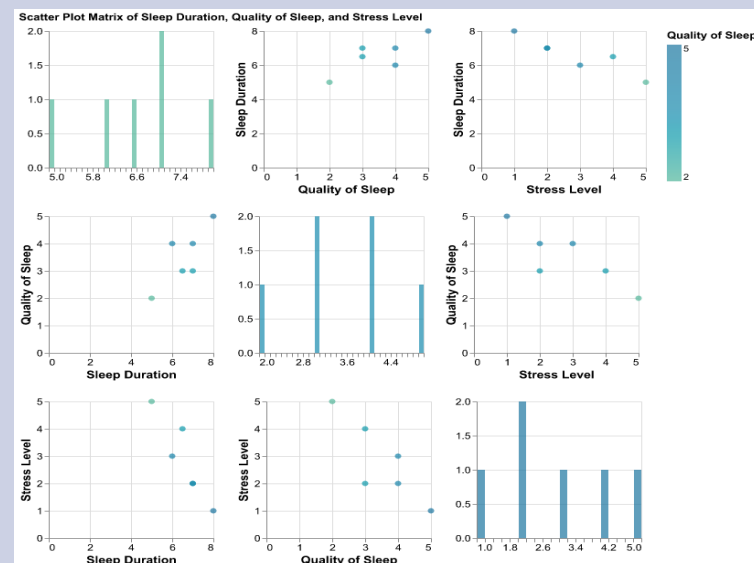


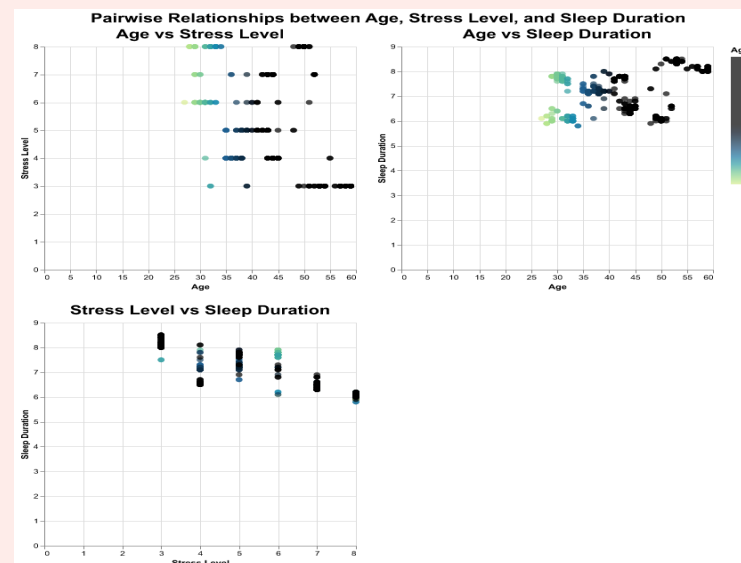
Introduction

This study explores how sleep quality, stress, age, occupation, and gender affect sleep duration. Visualizations reveal correlations among sleep duration, stress, and age. Gender and occupation differences in sleep patterns are also examined.

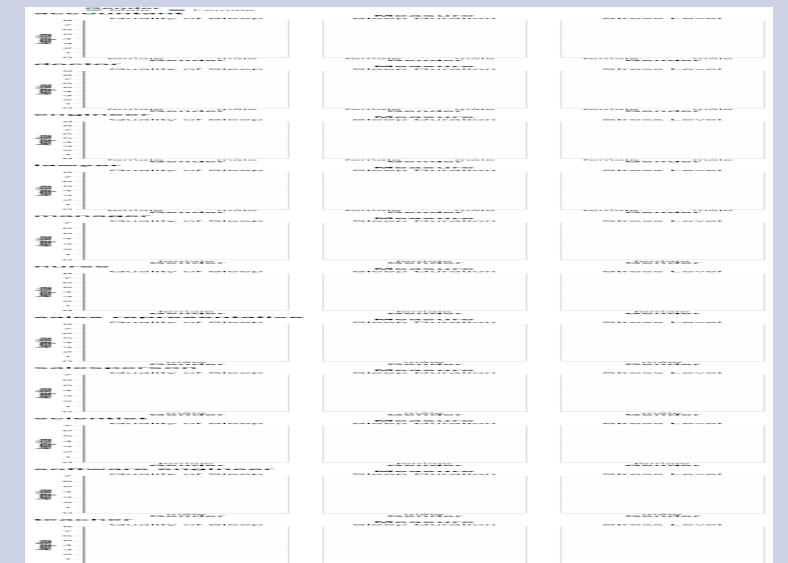
How Do Age, Gender, and Occupation Affect Sleep and Stress Patterns?



Higher Sleep Duration (7-8 hours) links to better Sleep Quality (4-5) and lower Stress Level (1-2).



Older individuals tend to have lower stress levels and longer sleep durations; higher stress correlates with shorter sleep overall.



Female doctors and engineers have highest sleep duration and quality; males report higher stress, especially in doctors and sales roles.

Conclusion

Sleep duration links closely to sleep quality and stress levels. Higher sleep duration aligns with better sleep quality and lower stress. Younger individuals have more variable and shorter sleep durations. Older people generally sleep longer with less stress. Females in high-demand jobs like doctors and engineers sleep more and stress less. Males often report higher stress and lower sleep quality, especially in sales and engineering. Age, gender, occupation intersect to influence sleep patterns. Managing stress could improve sleep duration and quality across demographics.