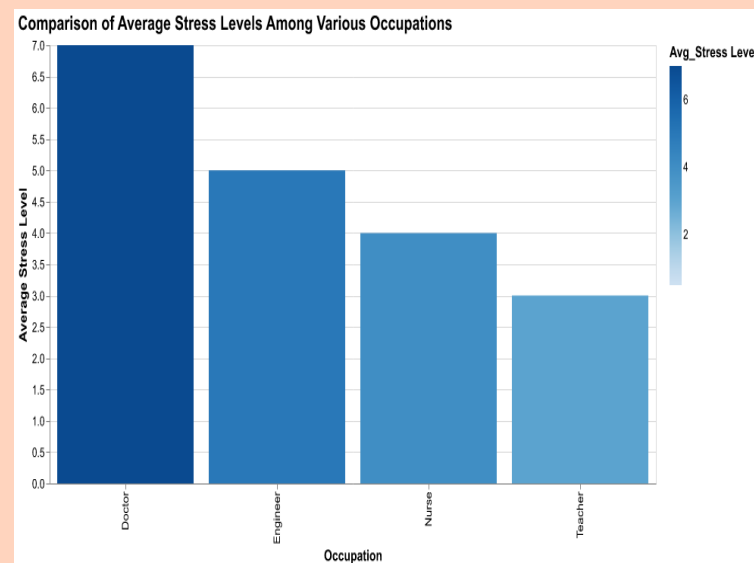


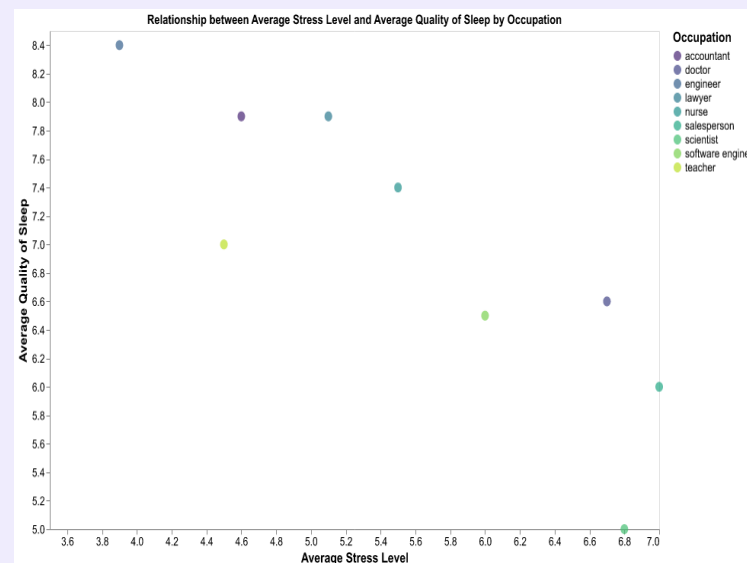
Introduction

This poster explores the link between stress levels and sleep quality. We analyze stress levels across various occupations to identify trends. Visualizations illustrate the relationship between stress and sleep quality.

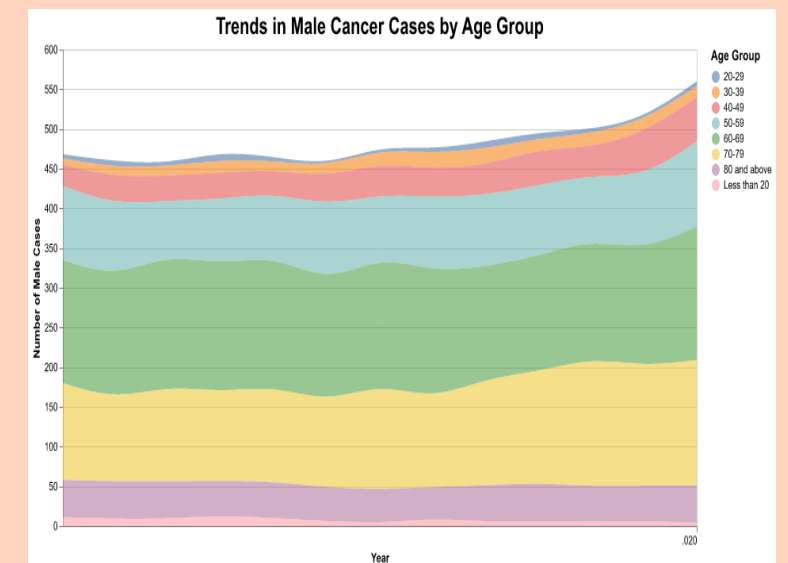
Are higher stress levels linked to lower sleep quality?



Doctors have the highest stress levels, while teachers have the lowest.



Higher stress levels correlate with poorer sleep quality across various occupations.



The chart does not address sleep quality by occupation or stress levels.

Conclusion

This poster examines stress and sleep quality connections. Doctors experience the highest stress levels. Teachers report the lowest stress levels. Higher stress correlates with poorer sleep quality across occupations. The data suggests that increased stress negatively impacts sleep. However, specific sleep quality by occupation remains unaddressed. Overall, stress levels significantly influence sleep quality. Understanding this relationship can help improve well-being. Future studies should explore these trends further. Addressing high stress may enhance sleep quality.