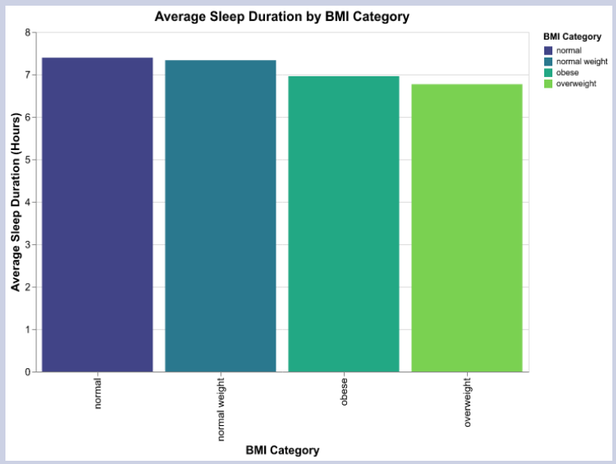
DATA2POSTER

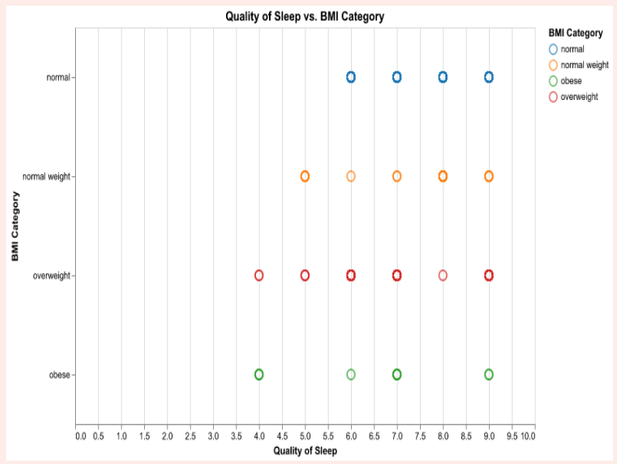
Introduction

This poster explores the relationship between BMI, sleep duration, and sleep quality. We aim to determine if normal BMI individuals experience optimal sleep. Three visualizations will illustrate sleep patterns across different BMI categories.

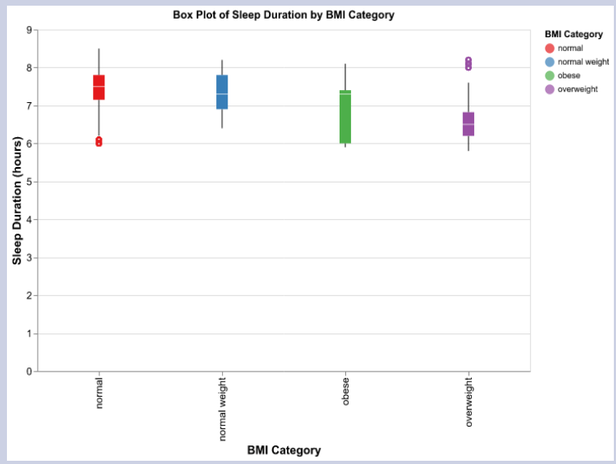
Do normal BMI individuals have optimal sleep duration and quality?



Normal BMI individuals enjoy the longest average sleep duration, nearly 8 hours.



Higher BMI categories correlate with lower sleep quality; normal BMI shows the best sleep.



Overweight individuals do not have the lowest sleep duration among BMI categories.

Conclusion

Normal BMI individuals experience optimal sleep duration and quality. They average nearly 8 hours of sleep. Higher BMI categories show decreased sleep quality. Normal BMI individuals have the best sleep quality among all categories. Interestingly, overweight individuals do not have the lowest sleep duration. This indicates that sleep patterns vary across BMI categories. Overall, normal BMI individuals enjoy the best sleep experience. Our findings support the notion of optimal sleep for this group.