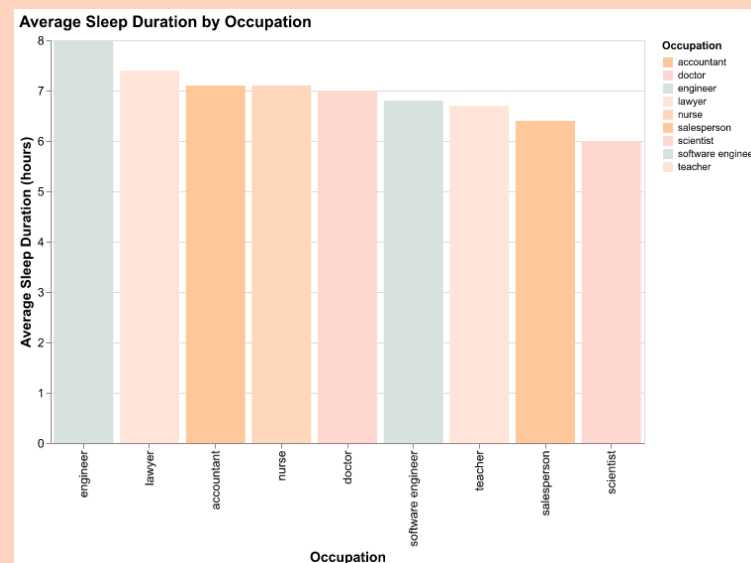


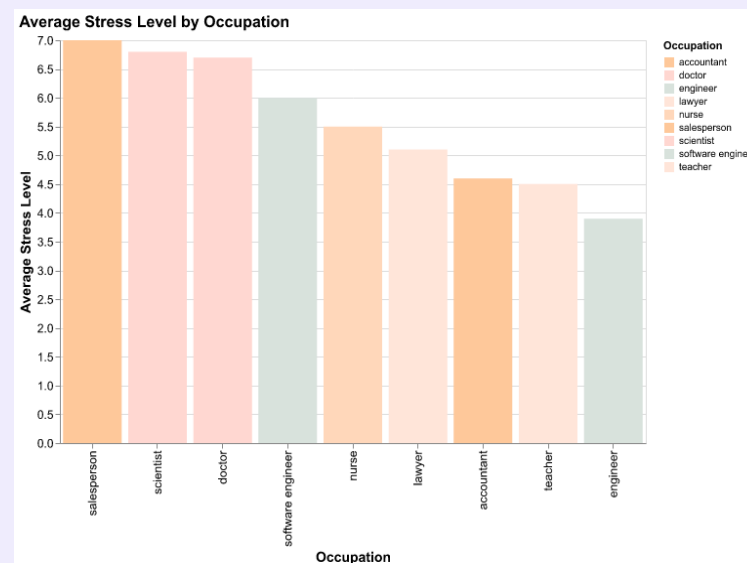
## Introduction

This study explores the link between sleep and stress levels. We analyze sleep duration and stress across various occupations. Visualizations will illustrate these relationships and insights.

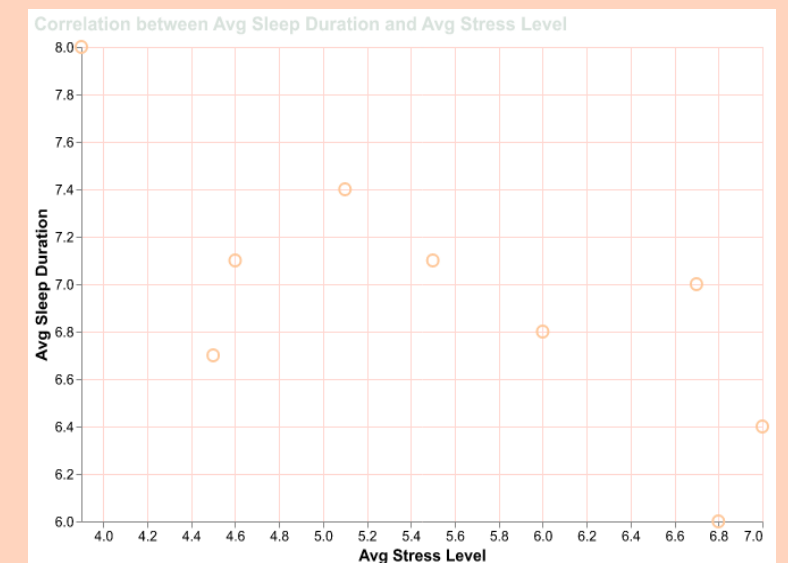
# Is there a relationship between sleep and stress levels?



Engineers have the highest average sleep at 8.0 hours; salespeople have the lowest at 6.4 hours.



Salespeople have the highest average stress level at 7.0, while engineers have the lowest at 3.9.



The chart shows an inverse relationship between average sleep duration and average stress level.

## Conclusion

The study investigates the link between sleep duration and stress levels. Accountants and nurses average 7.1 hours of sleep. Doctors and lawyers average 7.0 and 7.4 hours, respectively. Salespeople report the lowest sleep at 6.4 hours. Engineers enjoy the highest sleep duration at 8.0 hours. Stress levels vary significantly across occupations. Engineers have the lowest stress at 3.9, while salespeople have the highest at 7.0. The data indicates an inverse relationship: higher stress correlates with shorter sleep. This suggests managing stress may improve sleep quality.