# A simple R markdown example

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**Silly Heading**

```r
library("knitr")
library("papaja")
```

```r
data("sleep")
result <- t.test(extra ~ group, data = sleep)
```

This is an example of students' sleep data taken from `help(t.test)`.

$\Delta M = -1.58$, 95% CI $[-3.37, 0.21]$, $t(17.78) = -1.86$, $p = .079$

I can now assert that what I *believe* to be true — that there is a difference in means between the groups — is **not** supported by the data.