1. Methodology

I processed the data at a **daily aggregate level**. This allows us to see how a trader's "day" ends based on the sentiment index value at the start of that day.

2. Core Insights

- **The FOMO Peak**: Retail traders consistently increase their **trade count** during "Extreme Greed," but their **win rate** often drops. This suggests over-trading into local tops.

- **Pro Discipline**: Professional accounts (those with net-positive PnL) show a unique pattern: they actually **scale down** position sizes as the index moves from Greed (60) to Extreme Greed (80+), effectively de-risking into euphoria.

- **Volatility Preference**: Profitability for all segments is highest during "Fear" periods (score 20-40). High volatility in these zones creates cleaner "mean reversion" opportunities.

3. Actionable Strategy (Rules of Thumb)

- **Rule A**: If Fear & Greed is **> 75**, force a **25% reduction** in max position size. Protect capital from the "Greed Blowout."

- **Rule B**: Focus on high-frequency strategies only during **Fear/Neutral** zones. In Greed zones, switch to low-frequency "Trend Following" to avoid being chopped out.