**Data Source:**

Used the publicly available dataset **FitBit Fitness Tracker Data**, made available by [Möbius](https://www.kaggle.com/arashnic) on [kaggle.com](https://www.kaggle.com/).

This Kaggle data set contains personal fitness trackers from thirty Fitbit users. Thirty eligible Fitbit users consented to the submission of personal tracker data, including minute-level output for physical activity, heart rate, and sleep monitoring. It includes information about daily activity, steps, and heart rate that can be used to explore users’ habits.

**Objectives of the analysis**:

1. To calculate the time taken by each subject to sleep (difference b/w their total time in bed and minutes slept)
2. To find the relation between sedentarily active hours and sleep duration.

**Data Cleaning Steps:**

**1.For Time Taken to Sleep Data (in R)**

-Cleaned row headers

-Separated AM/PM from datetime

-Fixed data types

-Cleaned Duplicates

-Rearranged Columns

-Checked for nulls

**2. For Sedentary vs Sleep**

In Excel:

-In Power Query, fixed the date format to properly import it into SQL

-Deleted duplicate entries