These variables are **GDP per capita, social support, healthy life expectancy, freedom, generosity, and absence of corruption.** As already noted, our happiness rankings are not based on any index of these six factors – the scores are instead based on individuals’ own assessments of their lives, as revealed by their answers to the **Cantril ladder** question that invites survey participants to imagine their current position on a ladder with   
steps numbered from 0 to 10, where the top represents the best possible and the bottom the worst possible life for themselves.

<https://www.kaggle.com/datasets/hemil26/world-happiness-report-2022>

<https://www.kaggle.com/datasets/ajaypalsinghlo/world-happiness-report-2023>

2021 covid对幸福感的影响

2022，2023的回升

中国排名一直在上升

Sleep DataSet: <https://www.kaggle.com/datasets/mlomuscio/sleepstudypilot?select=README.md>

<https://www.kaggle.com/code/francisdomingo/from-zzzs-to-insights>

Shiny: <https://www.shinyapps.io/admin/#/tokens>

GitHub: <https://github.com/Yonder2001/Yonder2001.github.io/tree/main>

Integration with Shiny and Website.

1. Have an account in shiny.