

Timestamp	Academic \ Gender	How far do you go to get to school?	How much sleep do you get?	On a scale of 1-5 how tired are you when you wake up?	On a scale of 1-5 how alert are you when you wake up?	When do you wake up?	How many times do you wake up during the night?	How would you rate your overall sleep quality ?
2025/03/10	Sophomore Male	50-59 Minute	60	3	1	00:00	7	3
2025/03/10	Sophomore Male	30-39 Minute	120	3	3	12:00	6	4
2025/03/10	Sophomore Female	20-29 Minute	250	1	2	01:00	6	2
2025/03/10	Sophomore Male	40-49 Minute	40	1	2	22:00	8	4
2025/03/10	Sophomore Male	30-39 Minute	0	3	2	00:00	7	4
2025/03/10	Sophomore Male	less than 20 Minute	4	3	3	03:00	7	3
2025/03/10	Sophomore Male	60+ Minute	3	3	3	03:00	4	3
2025/03/10	Sophomore Male	50-59 Minute	0	4	2	01:00	6	4
2025/03/10	Freshman Male	60+ Minute	90	4	2	12:00	5	2
2025/03/10	Freshman Male	20-29 Minute	0	3	3	02:00	8	4
2025/03/10	Sophomore Male	less than 20 Minute	60	4	3	01:00	7	3
2025/03/10	Sophomore Female	30-39 Minute	0	3	5	04:00	10	3
2025/03/10	Freshman Male	60+ Minute	7	4	5	03:00	8	4
2025/03/10	Freshman Female	less than 20 Minute	0	4	1	12:00	15	5
2025/03/10	Junior Male	60+ Minute	0	4	1	21:00	7	4
2025/03/10	Sophomore Male	20-29 Minute	120	2	2	02:00	5	2
2025/03/10	Sophomore Male	less than 20 Minute	90	2	4	02:00	6	2
2025/03/10	Sophomore Female	50-59 Minute	180	2	2	02:00	6	1
2025/03/10	Sophomore Female	50-59 Minute	300	3	4	02:00	7	2
2025/03/10	Sophomore Male	less than 20 Minute	180	3	2	04:00	6	3
2025/03/10	Sophomore Female	40-49 Minute	4	1	3	06:00	10	3
2025/03/11	Freshman Male	30-39 Minute	0	2	2	03:00	5	2
2025/03/11	Sophomore Female	60+ Minute	0	3	2	05:00	5	1
2025/03/11	Sophomore Female	20-29 Minute	90	2	3	02:00	6	2
2025/03/11	Junior Male	20-29 Minute	0	4	3	23:00	8	4
2025/03/11	Senior Female	60+ Minute	3	1	1	05:00	3	3
2025/03/11	Junior Male	40-49 Minute	120	3	1	00:00	8	1
2025/03/12	Sophomore Female	40-49 Minute	30	3	1	01:00	5	1
2025/03/12	Sophomore Female	50-59 Minute	0	2	3	23:00	9	4
2025/03/12	Sophomore Male	50-59 Minute	0	2	2	01:00	5	1
2025/03/12	Sophomore Male	60+ Minute	0	4	1	00:00	6	2
2025/03/15	Sophomore Female	60+ Minute	0	2	4	12:00	7	3
2025/03/15	Sophomore Male	20-29 Minute	60	3	2	23:00	7	2
2025/03/15	Junior Female	40-49 Minute	90	3	2	01:20	5	3
2025/03/18	Freshman Male	less than 20 Minute	30	4	4	23:30	7	4
2025/03/18	Senior Female	30-39 Minute	120	3	2	01:00	6	3
2025/03/18	Freshman Female	30-39 Minute	120	3	2	00:00	7	3