Data collected from a survey-based study of the sleeping habits of individuals within the US. This data was conducted as a pilot study to determine whether or not students were satisfied with the survey.

Here is a description of each of the variables contained within the dataset.

* Enough = Do you think that you get enough sleep?
* Hours = On average, how many hours of sleep do you get on a weeknight?
* PhoneReach = Do you sleep with your phone within arms reach?
* PhoneTime = Do you use your phone within 30 minutes of falling asleep?
* Tired = On a scale from 1 to 5, how tired are you throughout the day? (1 being not tired, 5 being very tired)
* Breakfast = Do you typically eat breakfast?