

And in reverse we can use the `spread()` function to go from Long to Wide data format:

```
> data_wide <- spread(data_long, "Condition", "RT")  
> head(data_wide)
```

	ID	Complex_Sentence	Simple_Sentence
1	95	2441	2154
2	400	2456	1824
3	457	2324	1857
4	1138	2341	1902
5	1587	2320	1844
6	1805	2256	2224

We're now back to where we started with data in Wide format:

This is just a small example of functions in the `dplyr` and `tidyr` packages that allow you to tidy, transform, and reshape your data. All of your code for doing this should appear at the start of your analysis script so that others (and you in 5 years or 5 days time) can see exactly what you did.

This allows for fully reproducible data preparation in the first part of your analysis workflow (important for Open Science and transparency).