We can use this to create a new data frame called
`data_long` which looks like this:

```
> data_long <- gather(dataRT, "Condition", "RT", c("Simple_Sentence",
"Complex_Sentence"))
> head(data_long)
    ID        Condition   RT
1 1138 Simple_Sentence 1902
2 6223 Simple_Sentence 1797
3 6092 Simple_Sentence 2080
4 6232 Simple_Sentence 1856
5 8606 Simple_Sentence 1997
6 6400 Simple_Sentence 1868
```

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: