Water mean = 4.82
Double Espresso mean = 9.02
Single Espresso mean = 6.69

- First we need to use dummy coding of the levels of our experimental factor - which is the default coding in R for factors…

```
> # Set up the Water level as the reference level and check the contrasts
> cond$Condition <- relevel(cond$Condition, ref = 3)
> contrasts(cond$Condition)
                 Double Espresso Single Espresso
Water                          0               0
Double Espresso                1               0
Single Espresso                0               1
```

Ability = Intercept + $\beta1$(Double Espresso) + $\beta2$(Single Espresso) + ε

The Intercept is our reference category (Water) with coding (0, 0), while the dummy coding for Double Espresso is (1, 0) and for Single Espresso (0, 1)