Informe Ejecutivo

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Descripción del Dataset

	WorkoutTime	ReadingTime	PhoneTime	WorkHours	CaffeineIntake	RelaxationTime	SleepTime
count	2000.000000	2000.000000	2000.000000	2000.000000	2000.000000	2000.000000	2000.000
mean	1.495915	0.992785	2.985195	6.926945	147.493780	1.010955	4.884375
std	0.876639	0.577303	1.151776	1.723843	84.651139	0.582619	2.028892
min	0.010000	0.000000	1.000000	4.000000	0.020000	0.000000	0.150000
25%	0.710000	0.500000	1.990000	5.440000	75.980000	0.510000	3.840000
50%	1.520000	0.990000	2.965000	6.910000	146.010000	1.010000	4.600000
75%	2.250000	1.500000	3.960000	8.422500	218.902500	1.530000	5.470000
max	3.000000	2.000000	5.000000	10.000000	299.850000	2.000000	19.810000

Matriz de Correlación

	WorkoutTime	ReadingTime	PhoneTime	WorkHours	CaffeineIntake	RelaxationTime	SleepTime
WorkoutTime	1.000000	0.003660	0.032513	0.037904	-0.052671	0.007783	0.188368
ReadingTime	0.003660	1.000000	0.015178	-0.025202	-0.000996	0.026728	0.067199
PhoneTime	0.032513	0.015178	1.000000	0.016314	0.012838	-0.041576	-0.322506
WorkHours	0.037904	-0.025202	0.016314	1.000000	-0.004101	0.044206	-0.298469
CaffeineIntake	-0.052671	-0.000996	0.012838	-0.004101	1.000000	-0.041895	-0.076992
RelaxationTime	0.007783	0.026728	-0.041576	0.044206	-0.041895	1.000000	0.144243
SleepTime	0.188368	0.067199	-0.322506	-0.298469	-0.076992	0.144243	1.000000

Resultados de la Regresión

Error Cuadrático Medio (MSE): 1.7124518045197126e-29

Coeficientes del Modelo: [-9.22333937e-17 4.85722573e-17 7.10152423e-18 -8.98193737e-17

 7.02563008e-17 1.00000000e+00]