**Precizations**

| Score | Min | Max | Interpretations |
| --- | --- | --- | --- |
| Anxiety | 5 | 35 | High score=anxious person |
| Stress | 5 | 50 | High score=stressed person |
| Food | 3.05 | 13 | High score=better nutrition quality |
| Sleep | 4 | 20 | High score=better sleep quality |
| Drink | 5 | 30 | High score=unhealthy drinking habits |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Notes**

**0. The orange columns represents the quantitative variables I created**

1. Nutrition Sheet: Those who declared prefer not to say were excluded in the computation of the drinking score (176 records were preserved)

2. Nutrition Sheet: The T2 column (which categories of food do you consume...), i gave a score from 1:4 for each category of food (the higher the healthier). If you eat all the category you will have 20 as score. I sum each food category and divided it by 20. Note that I computed this score personally, not literature about that. In this way i get this column score from 0.05 to 1. I can prioritise both if you have a variable diet both if you eat unhealthy, Moreover in this way doesn't affect too much the final score, cause it's important but not the most one.

3. Nutrition Sheet: For the column Q2 (energy drink type) I categorised the type of drinking to understand if the drink has caffeine or not. Here I created this table if you wanna do further analysis on that part

| Caffeine | Correspondence in caffeine mg where 1 espresso=50mg\* |
| --- | --- |
| Casado cola (wtf idk about that)=cola | +0.64 mg |
| Monster | +3.2 mg |
| Mountain View | +1.08 mg |
| Pepsi | +0.778 mg |
| Redbull | +1.6 mg |

\*to obtain the original quantity for a bottle/can of this drinking multiply the coefficient per the caffeine inside the espresso

4. Nutrition Sheet: People that don’t have a precise time when they go to bed after having dinner (Column Z) are coded as “Not Specified” and for those 3 records the nutrition score was not computed.

5. Sleep Sheet: I wasn’t able to compute the difference of sleeping hours (questions 4 and 5) to create the quantitative score because the difference between column J and column K (when you go to sleep and when you wake up does not match with question 1, the number of hours that you usually sleep). For example some people in question 1 put they sleep less than 6 hours but when the difference between question 4 and 5 is 10 hours🡪incoherence. I decided to consider only question 1 to compute the score, maybe in question 4 and 5 people put random numbers

6. Sleep Sheet: Dummy creation for nap and medicine. 1 is when you sometimes/most of the times/always take a nap and when you take medicines to help you to sleep/affect your sleeping