Sleep trouble hints

1) Use the `select()` function from the `dplyr` package.

2) Phrased differently, what is the `min`imum age in the data frame that is not `NA` for `SleepTrouble`? Keep only the people older than this with `filter()` from the `dplyr` package. To make `SleepTrouble` binary, use `mutate()` with the `ifelse()` function.

3) One way to do this is to use `table()` to see `SleepTrouble` by `Gender`, then calculate the percentages by hand. There are more clever ways to get R to do this for you, but I'll leave that for you to figure out (if you please).

4) Use `geom_boxplot()` from the `ggplot2` package.

5) Here we can use the factor levels to our advantage. Use `as.numeric()` to convert the factors into numbers, which will be 1, 2, 3, and `NA`. Then, you can use `ifelse()` to convert the 1s into 0s and the 2s and 3s into 1s (while maintaining the `NA`s). I suggest making a new variable to experiment with so that you don't mess up the original `Depressed` variable.

6) Use `table()` to view the different levels of `PhysActive` across the `PhysActiveDays`. Use the option `useNA="always"` in `table()`.

7) Use `glm()` with the option `family=binomial`. Use `summary()` to see the results of the model fit.