

Report On Mini Project

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Project Title:Power_Nap_vs_Coffee_Effectiveness

Project Domain: Health Care Domain

Tools Used: Excel And Power BI

Submission Date: 21-02-2026

Mentor Name: Kumaran.M

Raw Data Set Link:

 power_nap_vs_coffee_effectiveness_dataset...

Cleaned Data Set Link:

 POWER BI MINI PROJECT.xlsx

Report Data Set (Pdf):

 Power nap vs coffee effectiveness

- 1) ■ Removing duplicates
- 2) ■ Handling missing values
- 3) ■ Standardizing formats
- 4) ■ Creating calculated fields

5) ■ Filtering and sorting

1) I got the dataset from kaggle and uploaded the dataset into power query for trim the data set first

The screenshot shows the Microsoft Power Query Editor interface. The title bar says "Table1_2 - Power Query Editor". The ribbon has tabs like File, Home, Transform, Add Column, and View. The main area displays a table with 24 rows and 11 columns. The columns are labeled: in_minutes, alertness_score_before, alertness_score_after, productivity_rating, mood_rating, and side_effects. The 'side_effects' column contains categorical values like "Grogginess", "None", "Anxiety", and "Crash". The 'APPLIED STEPS' pane on the right shows a step named "Trimmed Text" under the "Transformed" section. The status bar at the bottom right shows "PREVIEW DOWNLOADED AT 7:57 PM" and the date "2/17/2026".

2) used cleaned function to clean the dataset

The screenshot shows the Power Query Editor interface with the 'Transform' tab selected. The formula bar at the top contains the formula: `= Table.TransformColumns(#Trimmed Text, {{"participant_id", Text.Clean, type text}, {"age", Text.Clean, type text}})`. The main area displays a table with columns: alertness_score_before, alertness_score_after, productivity_rating, mood_rating, and side_effects. The 'APPLIED STEPS' pane on the right lists the steps taken: Source, Changed Type, Capitalized Each Word, Trimmed Text, and Cleaned Text.

3) used remove duplicated function to check and removed duplicates in the dataset

The screenshot shows the Power Query Editor interface with the 'Home' tab selected. The formula bar at the top contains the formula: `= Table.Distinct(#"Sorted Rows")`. The main area displays a table with columns: intervention_type, intervention_duration_minutes, alertness_score_before, alertness_score_after, and productivity_rating. The 'APPLIED STEPS' pane on the right lists the steps taken: Source, Changed Type, Capitalized Each Word, Trimmed Text, Cleaned Text, Reversed Rows, Changed Type1, Sorted Rows, and Removed Duplicates.

4) Sorted the rows in hole Dataset

Any Column

Text Column

Number Column

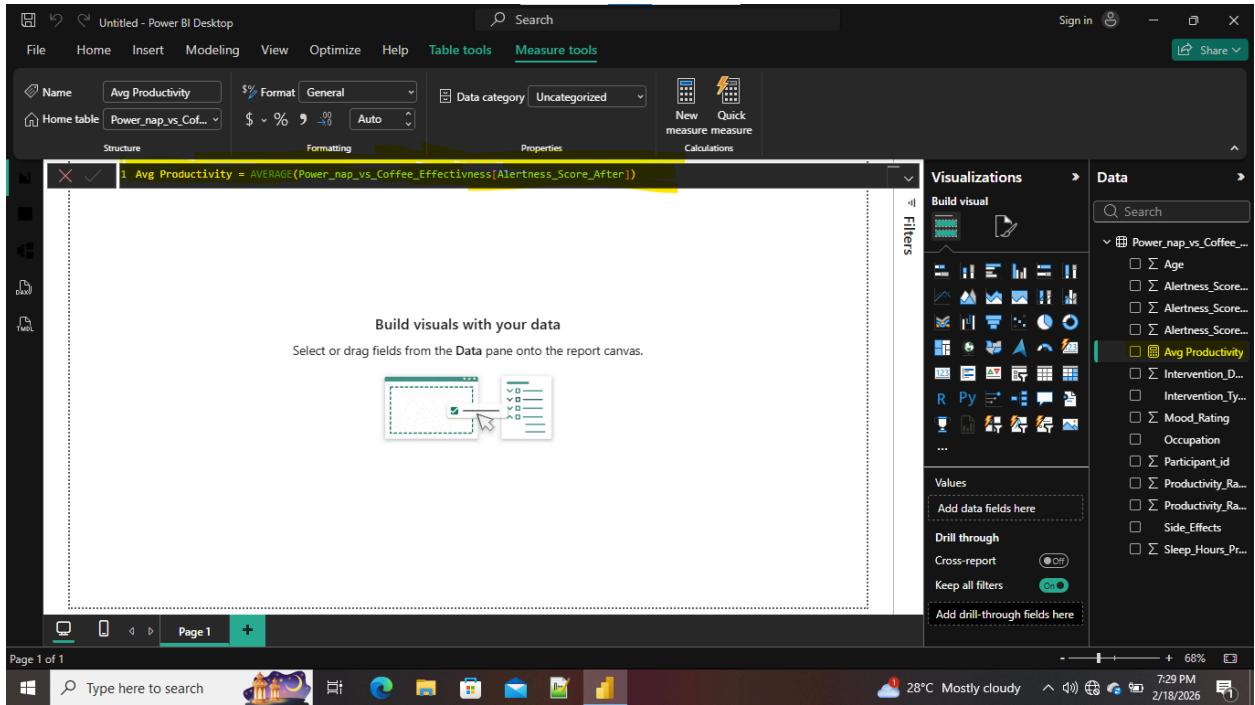
Date & Time Column

fx = Table.Sort(#"Changed Type1",{{"participant_id", Order.Ascending}})

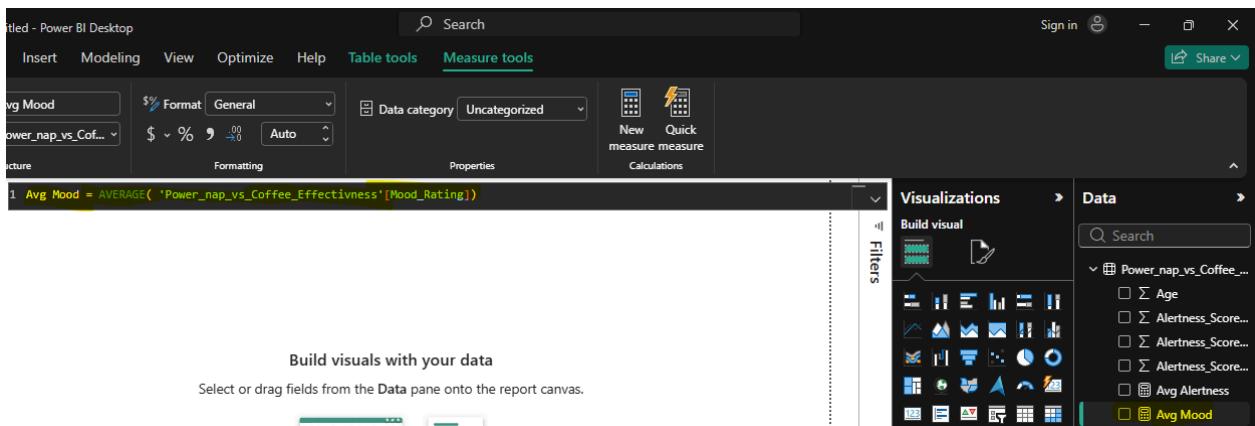
	participant_id	age	occupation	sleep_hours_previous_night	intervention_type	intervention_duration_mi
1	1 24	Working Professional	5.4	Power Nap	15	
2	2 37	Student	5.6	Power Nap	30	
3	3 32	Working Professional	4.4	Coffee	30	
4	4 28	Student	6.9	Coffee	30	
5	5 25	Working Professional	4.7	Power Nap	30	
6	6 38	Freelancer	6.3	Coffee	15	
7	7 24	Freelancer	7.4	Coffee	25	
8	8 43	Student	4.4	Power Nap	25	
9	9 36	Student	6.1	Power Nap	25	
10	10 40	Student	4.9	Coffee	25	
11	11 28	Working Professional	5.4	Power Nap	20	
12	12 28	Working Professional	5.9	Coffee	25	
13	13 41	Student	5.4	Coffee	20	
14	14 38	Freelancer	6.6	Coffee	20	
15	15 21	Working Professional	5.9	Coffee	30	
16	16 25	Working Professional	6.3	Power Nap	20	
17	17 41	Working Professional	6.9	Power Nap	15	
18	18 20	Student	6.2	Power Nap	20	
19	19 39	Student	6.3	Power Nap	30	
20	20 38	Student	6.3	Coffee	20	
21	21 19	Student	5.5	Coffee	15	
22	22 41	Student	5.3	Power Nap	15	

5)used IF and ISBLANK formulas to handling missing values

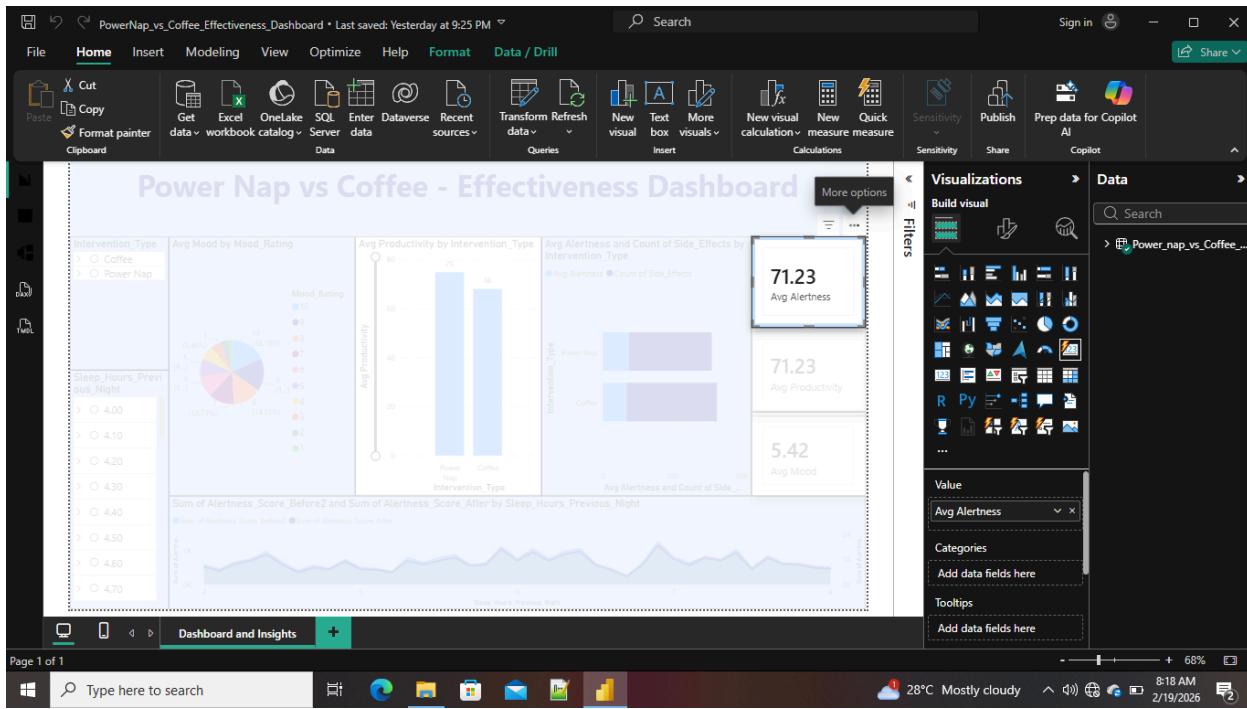
6)After finished the data cleaning and load the dataset into power BI for create visualization and did the average productivity



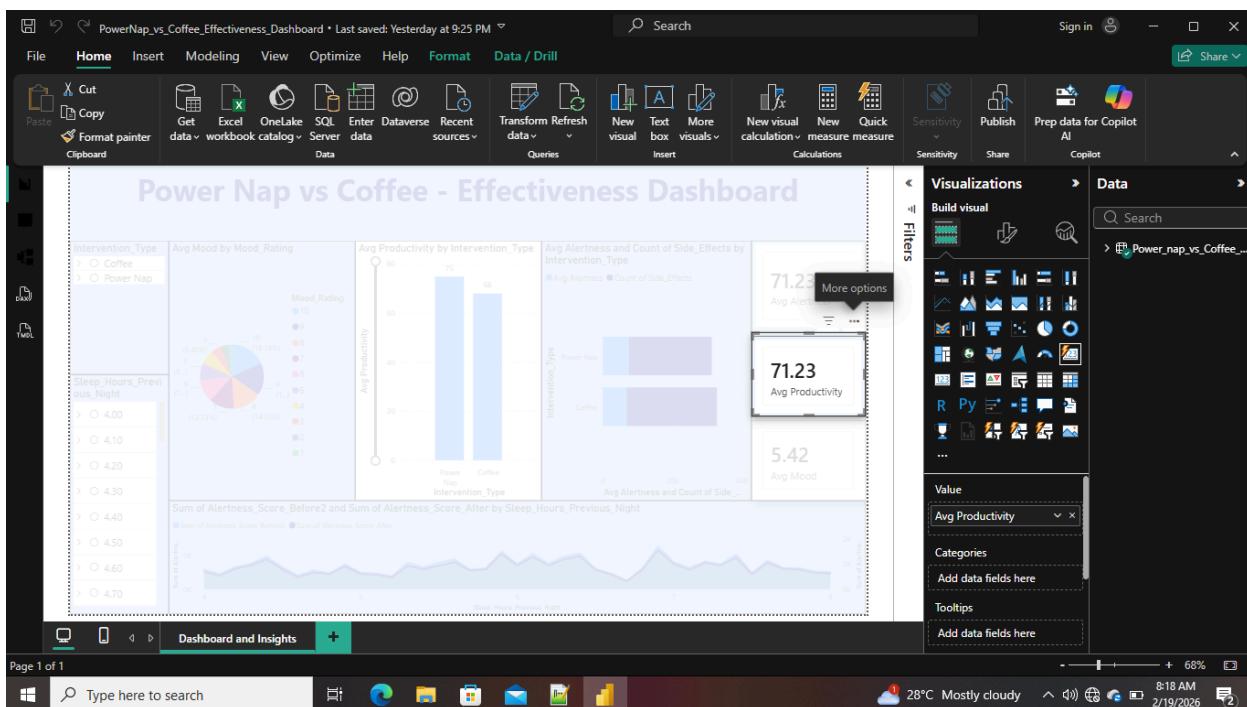
7) used dax function to create average mood



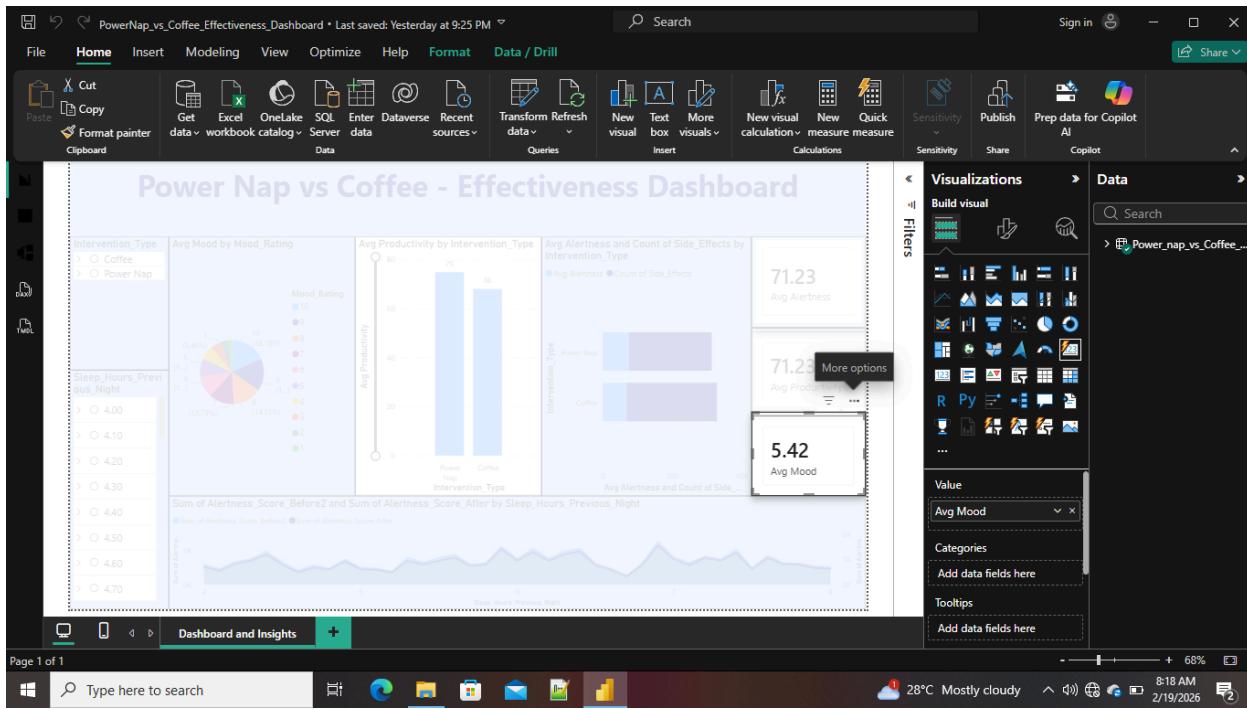
8) used car visual to show the average of Alertness



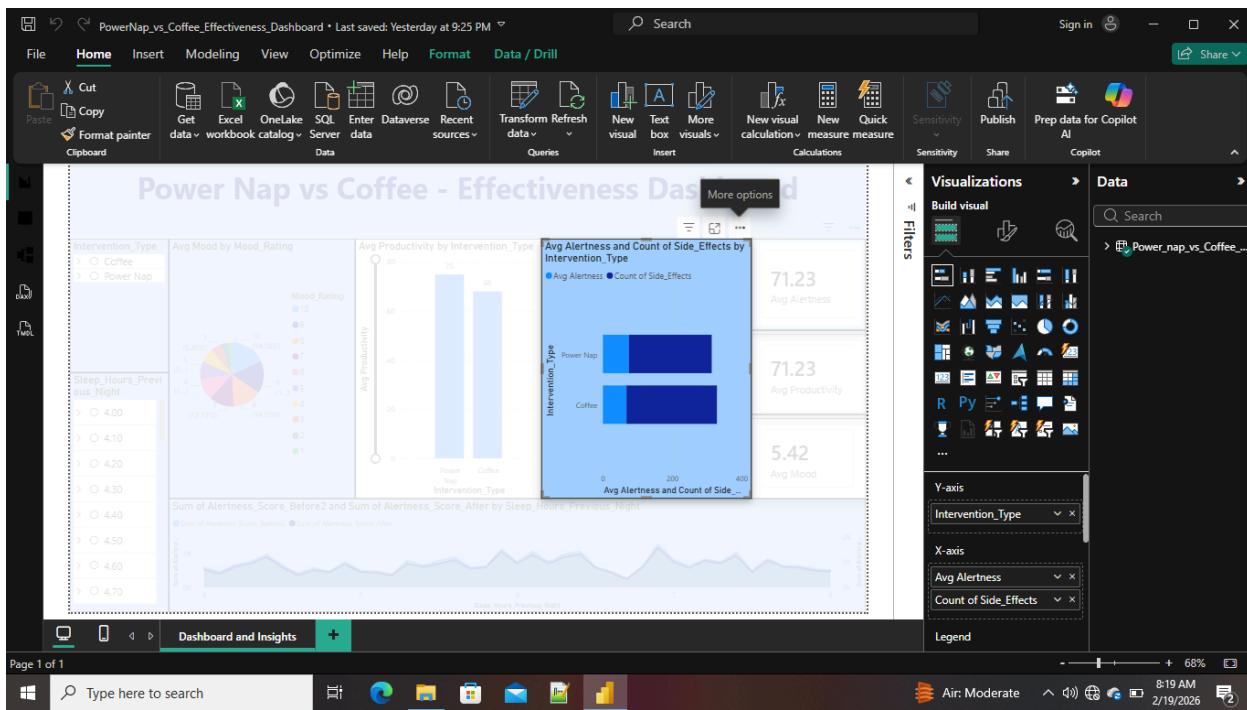
9)created the second card to show the Average of the productivity



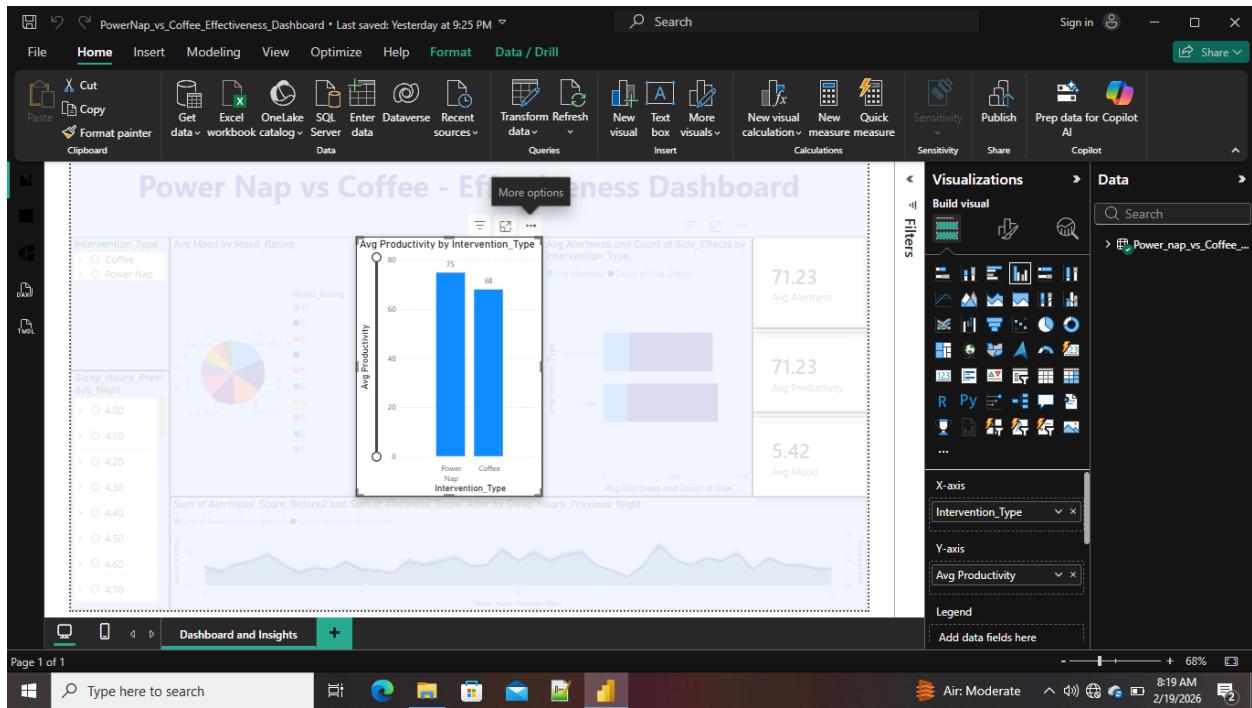
10)created the third card to how the average of the mood



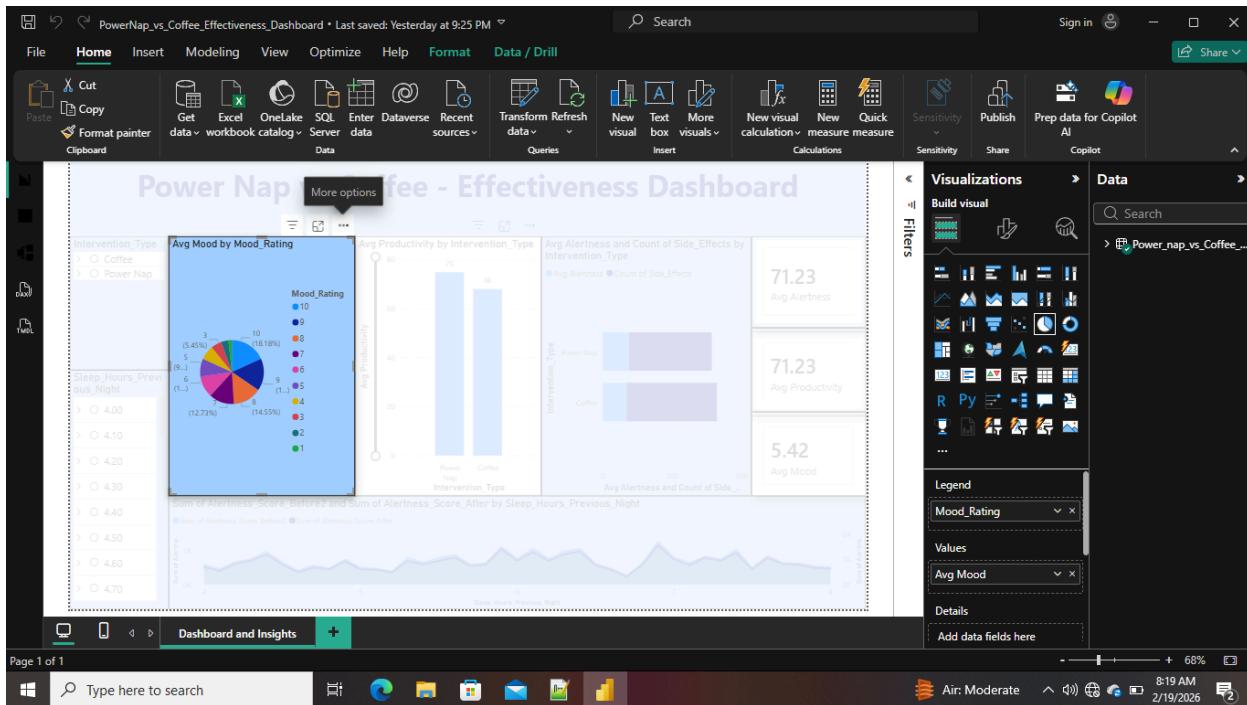
11) created the bar chart to show the average alertness and count of side effects intervention type



12)created column chart to show the average productivity by intervention type



13)created the pie chart to show average mood by mood rating



14) created the area chart to show the trend of alertness score before and after

