Report On Mini Project

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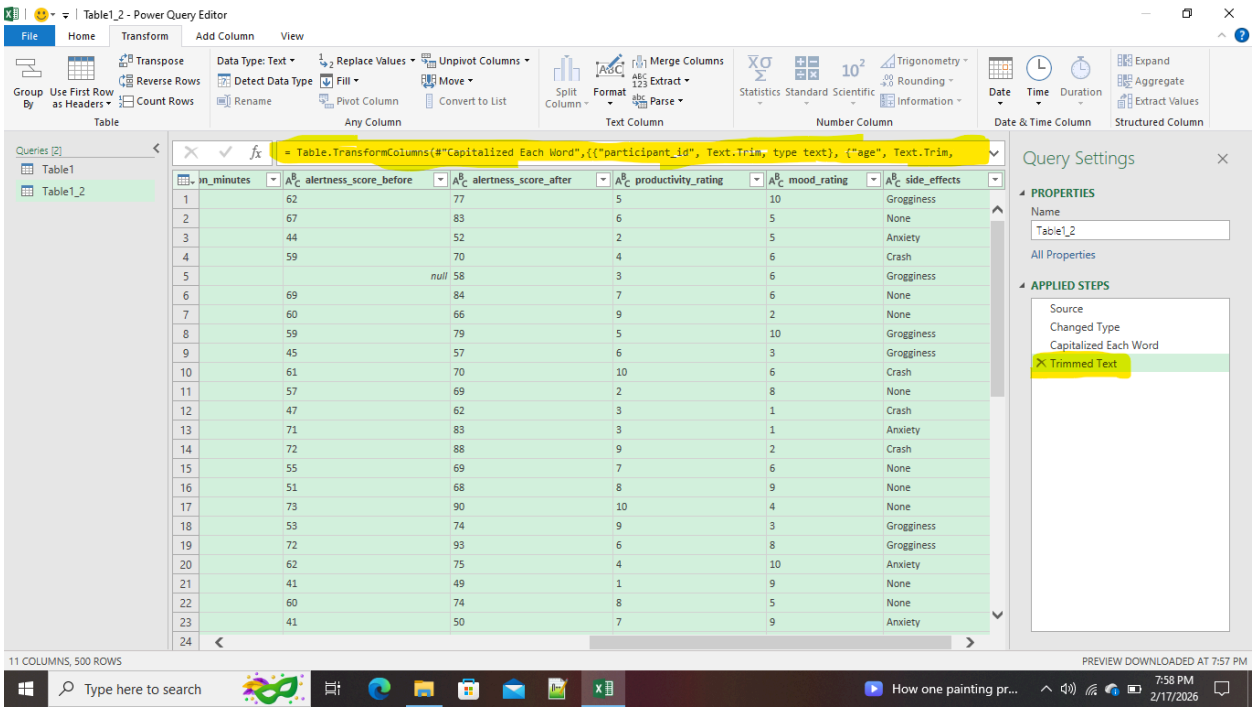
Project Title:Power_Nap_vs_Coffee_Effectiveness
Project Domain: Health Care Domain
Tools Used: Excel And Power BI
Submission Date: 21-02-2026
Mentor Name: Kumaran.M
Raw Data Set Link:
power_nap_vs_coffee_effectiveness_dataset…
Cleaned Data Set Link:
POWER BI MINI PROJECT.xlsx
Report Data Set (Pdf):
Power nap vs coffee effectiveness

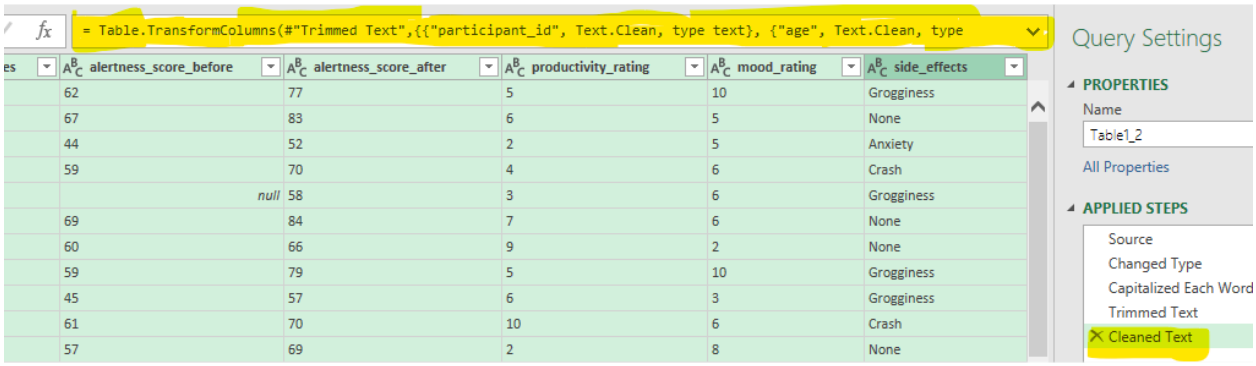
1) ■ Removing duplicates
2) ■ Handling missing values
3) ■ Standardizing formats
4) ■ Creating calculated fields

5) ■ Filtering and sorting

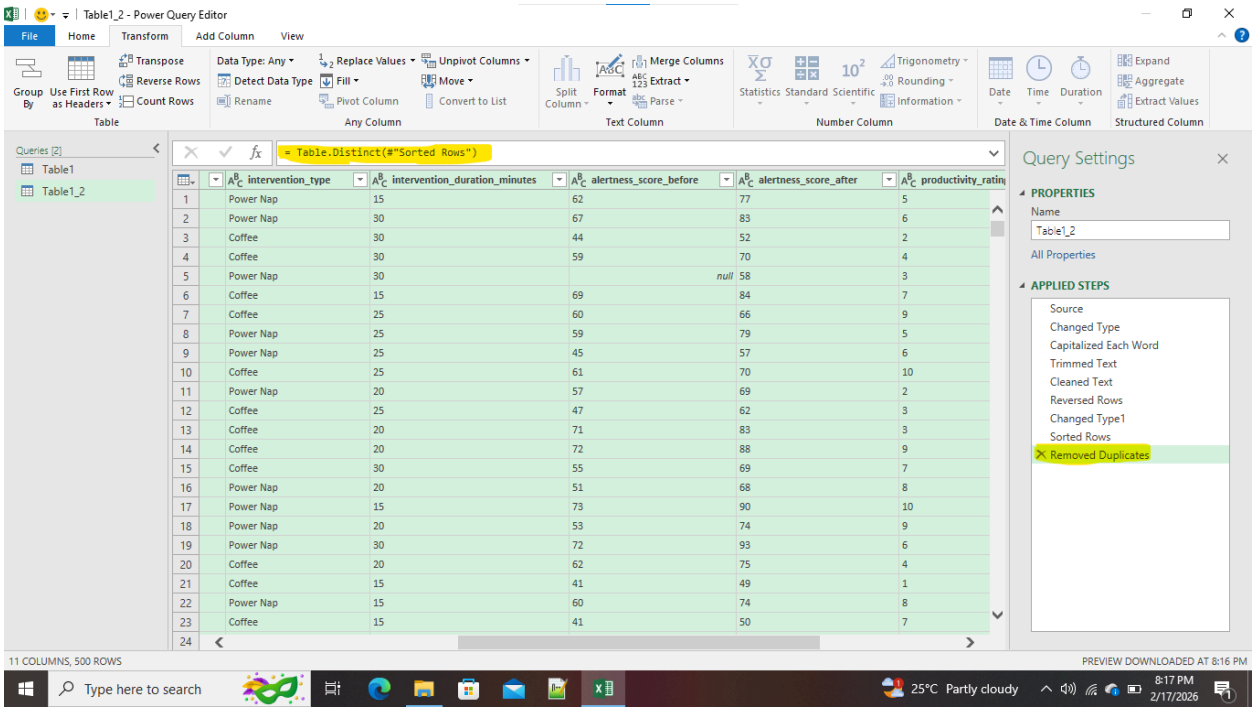
1)I got the dataset from kaggle and uploaded the dataset into power query for trim the data set first



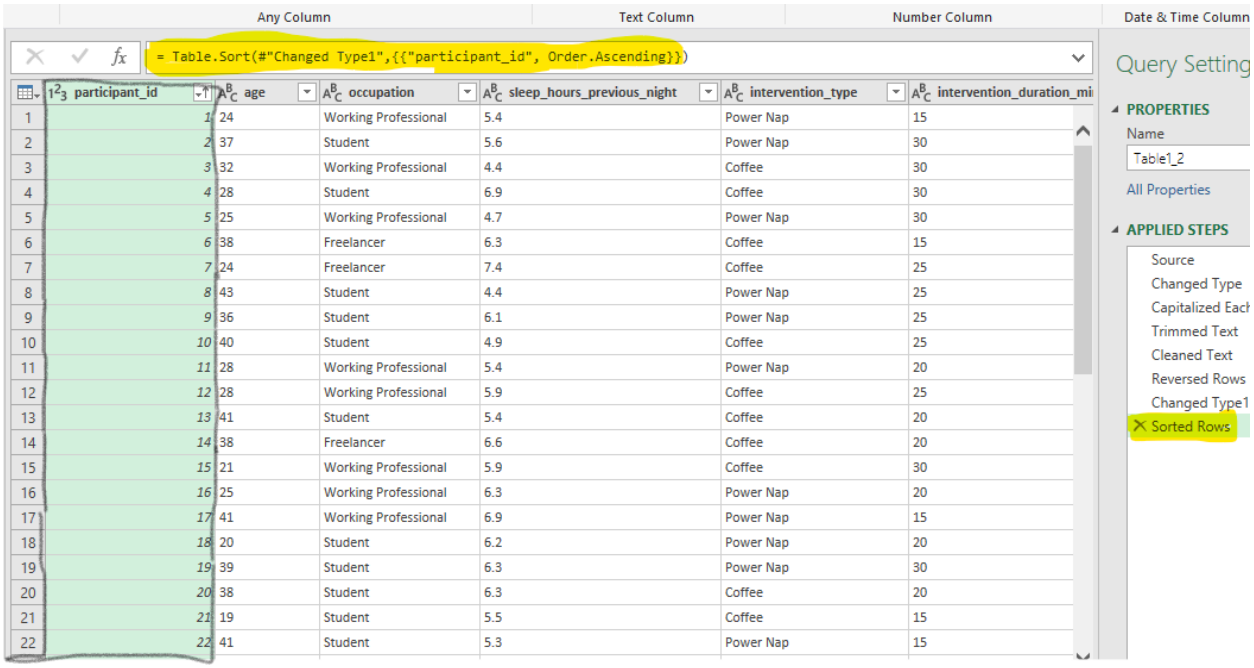
2)used cleaned function to clean the dataset



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



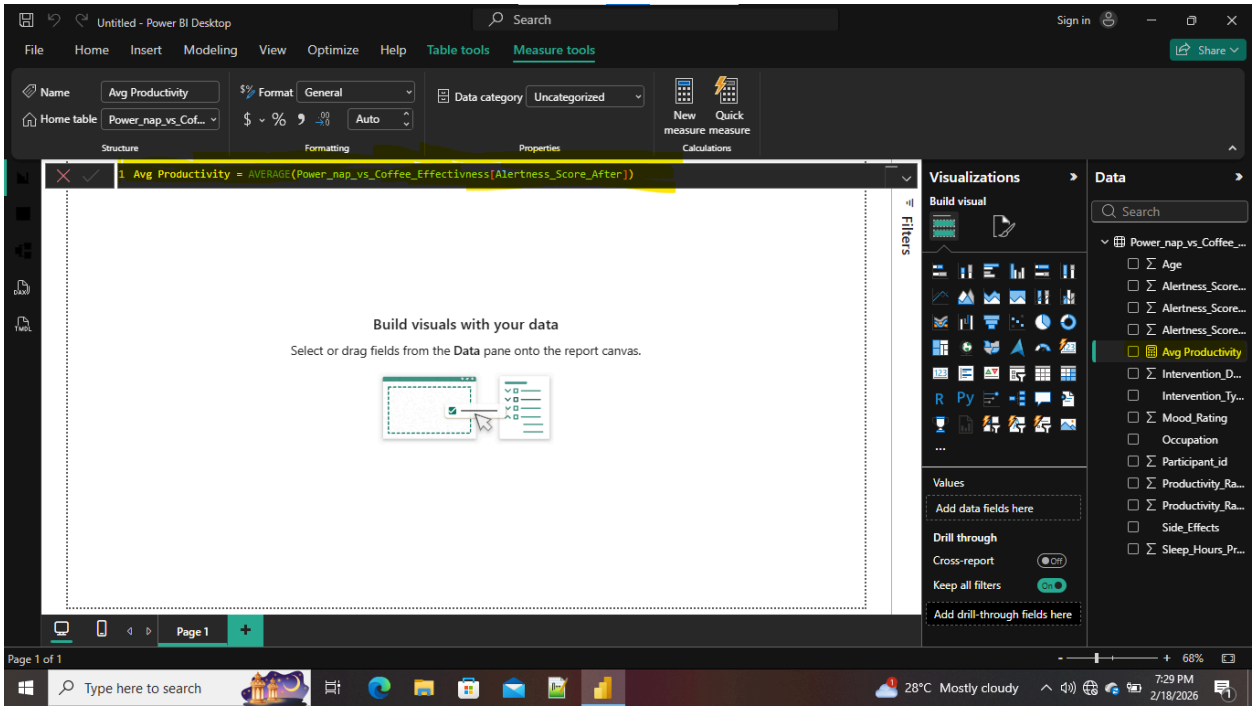
4)Sorted the rows in hole Dataset



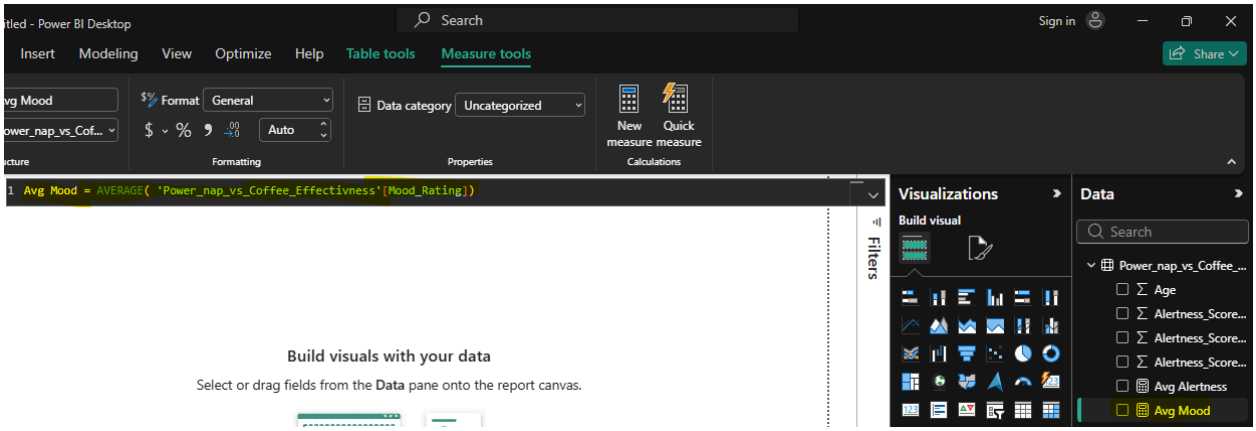
	participant_id	age	occupation	sleep_hours_previous_night	intervention_type	intervention_duration_mi
1	1	24	Working Professional	5.4	Power Nap	15
2	2	37	Student	5.6	Power Nap	30
3	3	32	Working Professional	4.4	Coffee	30
4	4	28	Student	6.9	Coffee	30
5	5	25	Working Professional	4.7	Power Nap	30
6	6	38	Freelancer	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

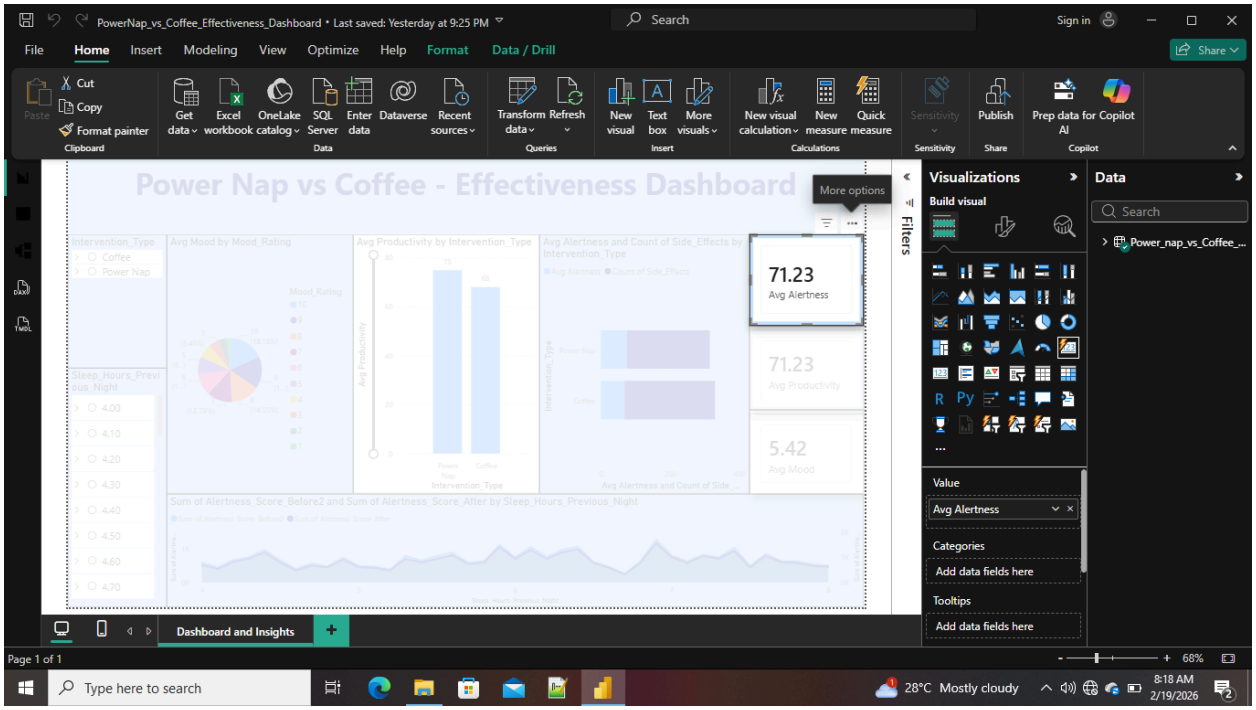
6)After finished the data cleaning and load the dataset into power BI for create visualization and did the average productivity



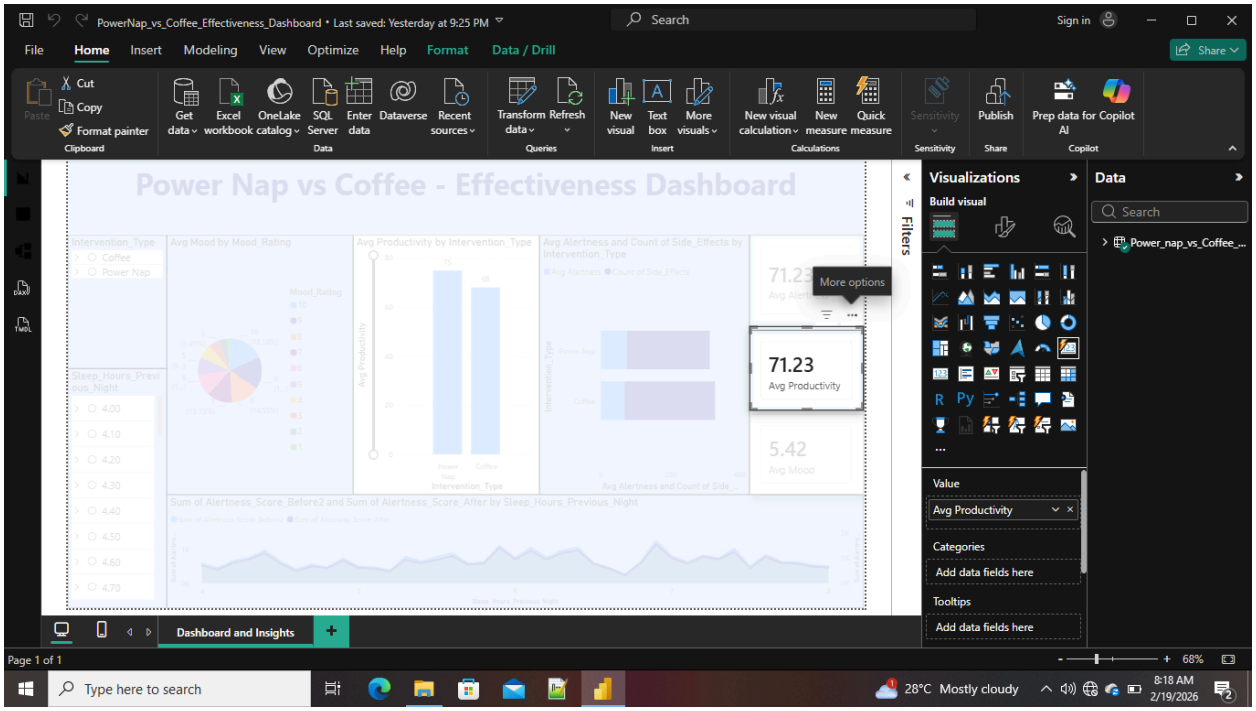
7) used dax function to create average mood



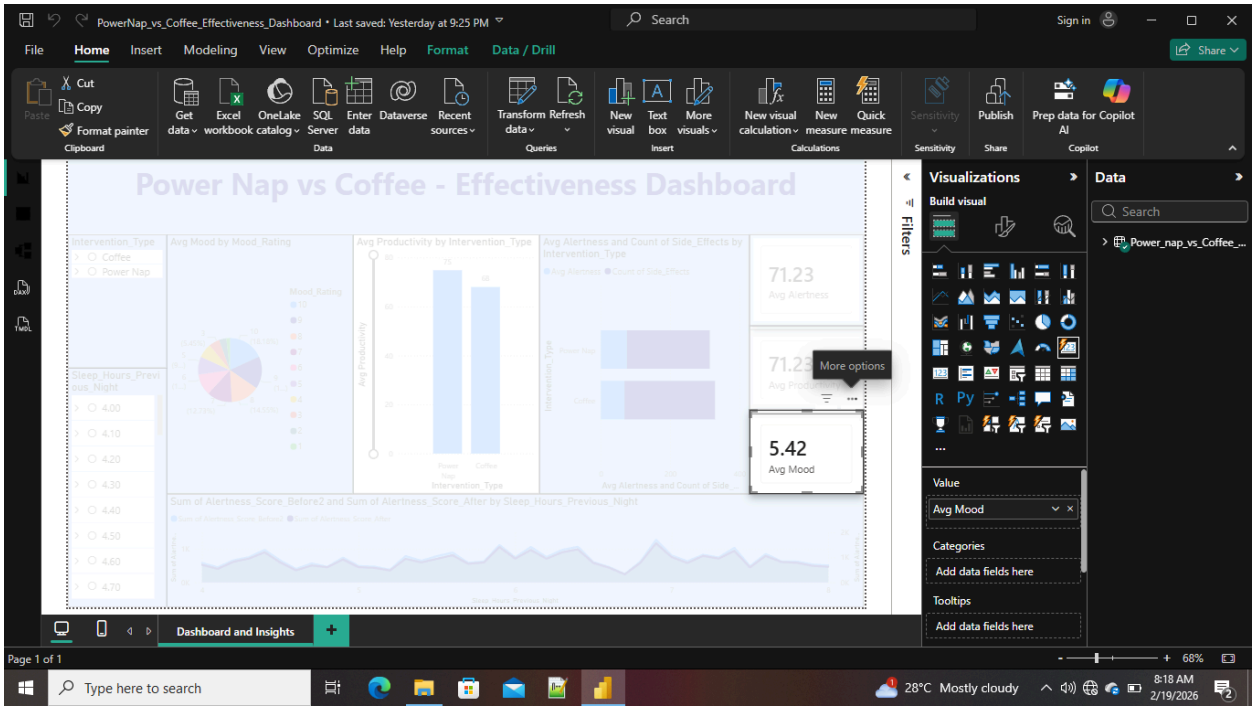
8) used car visual to show the average of Alertness



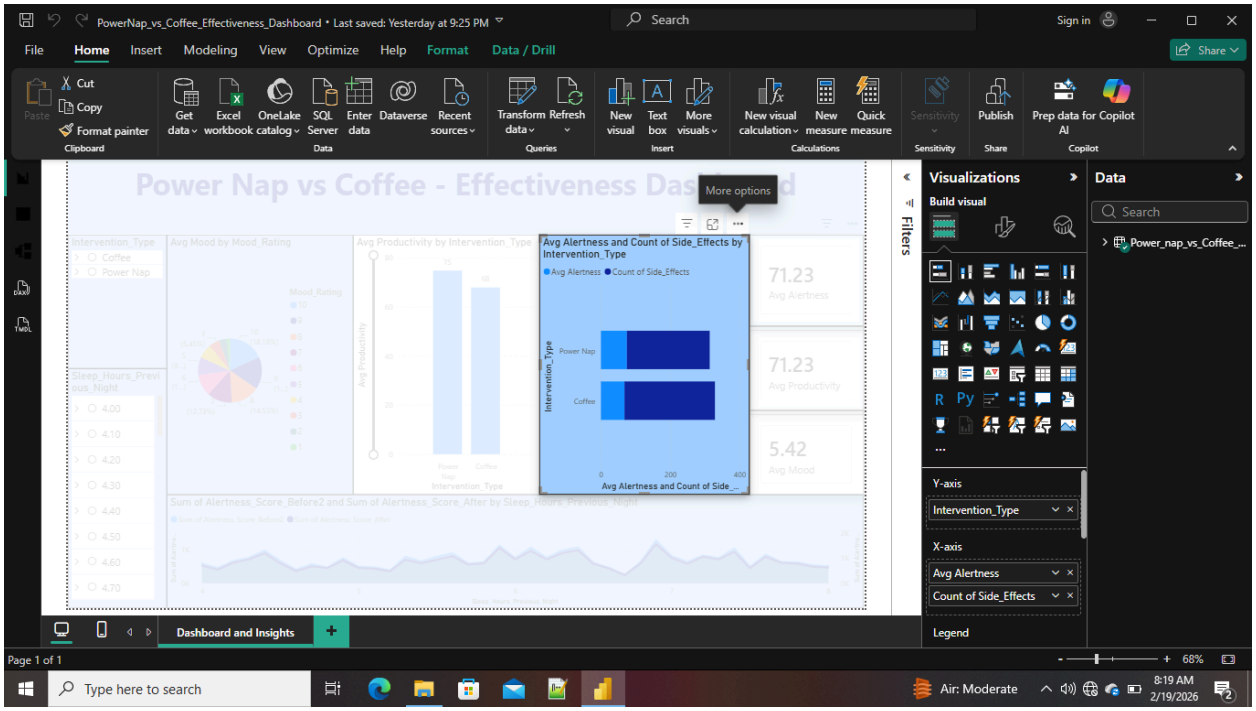
9)created the second card to show the Average of the productivity



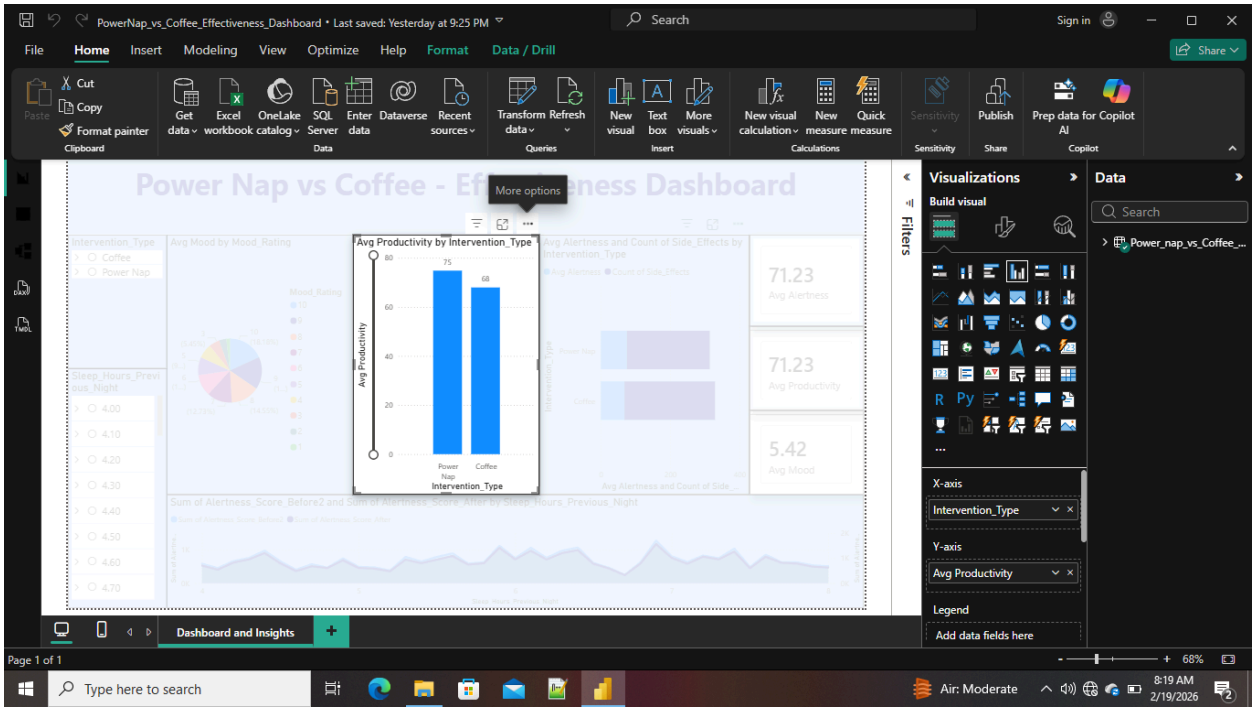
10)created the third card to how the average of the mood



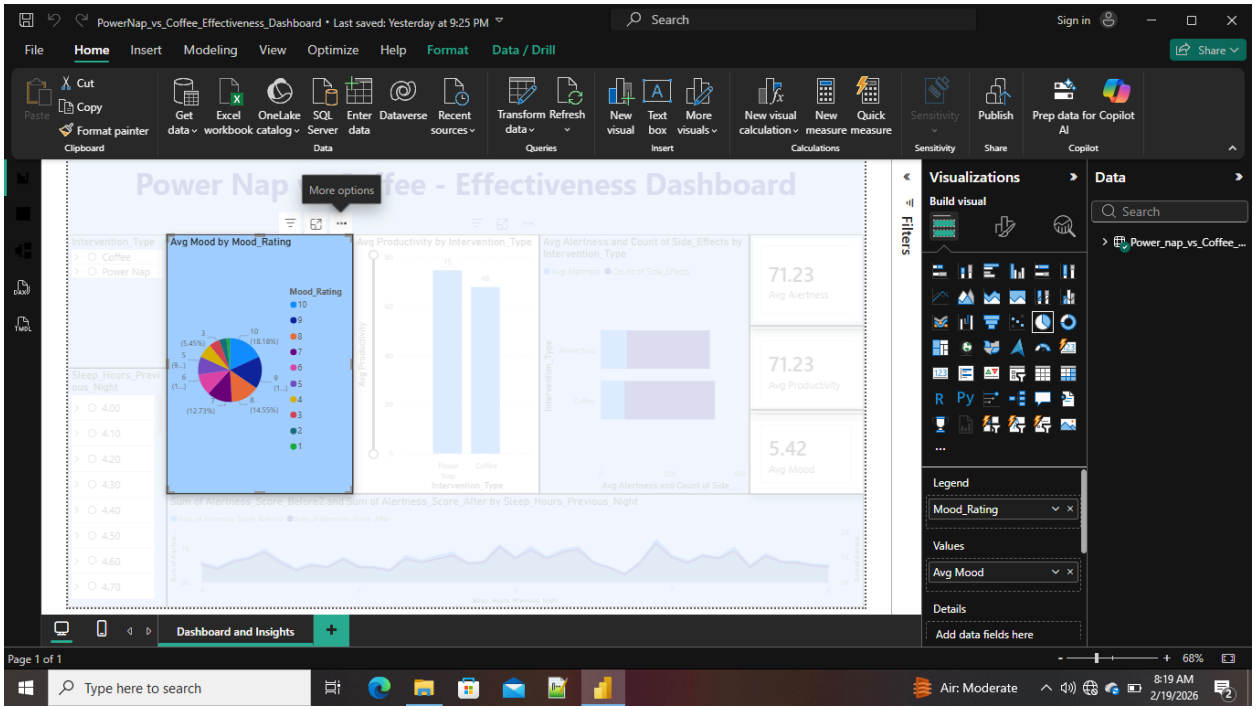
11)created the bar chart to show the average alertness and count of side effects intervention type



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