

## Report On Mini Project

NAME : S.Sanagavi

Batch Code : TN\_DA\_FNB10

Mail ID : [sangavisilambarasn@gmail.com](mailto:sangavisilambarasn@gmail.com)

Contact Number: 9042750558

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 displays the Microsoft Power Query Editor interface. The main area shows a data table with 24 rows and 6 columns. The columns are: **in\_minutes**, **alertness\_score\_before**, **alertness\_score\_after**, **productivity\_rating**, **mood\_rating**, and **side\_effects**. The data is as follows:

in_minutes	alertness_score_before	alertness_score_after	productivity_rating	mood_rating	side_effects
62	77	5	10	Grogginess	
67	83	6	5	None	
44	52	2	5	Anxiety	
59	70	4	6	Crash	
	58	3	6	Grogginess	
69	84	7	6	None	
60	66	9	2	None	
59	79	5	10	Grogginess	
45	57	6	3	Grogginess	
61	70	10	6	Crash	
57	69	2	8	None	
47	62	3	1	Crash	
71	83	3	1	Anxiety	
72	88	9	2	Crash	
55	69	7	6	None	
51	68	8	9	None	
73	90	10	4	None	
53	74	9	3	Grogginess	
72	93	6	8	Grogginess	
62	75	4	10	Anxiety	
41	49	1	9	None	
60	74	8	5	None	
41	50	7	9	Anxiety	

The 'Query Settings' pane on the right shows the 'APPLIED STEPS' list, which includes: Source, Changed Type, Capitalized Each Word, and **Trimmed Text** (highlighted in yellow). The status bar at the bottom indicates '11 COLUMNS, 500 ROWS' and 'PREVIEW DOWNLOADED AT 7:57 PM'.

2) used cleaned function to clean the dataset

fx

= Table.TransformColumns(#"Trimmed Text",{{"participant\_id", Text.Clean, type text}, {"age", Text.Clean, type

es

A<sup>B</sup>

alertness\_score\_before

A<sup>B</sup>

alertness\_score\_after

A<sup>B</sup>

productivity\_rating

A<sup>B</sup>

mood\_rating

A<sup>B</sup>

side\_effects

62	77	5	10	Grogginess
67	83	6	5	None
44	52	2	5	Anxiety
59	70	4	6	Crash
	null	3	6	Grogginess
69	84	7	6	None
60	66	9	2	None
59	79	5	10	Grogginess
45	57	6	3	Grogginess
61	70	10	6	Crash
57	69	2	8	None

Query Settings

PROPERTIES

Name

Table1\_2

All Properties

APPLIED STEPS

Source

Changed Type

Capitalized Each Word

Trimmed Text

Cleaned Text

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

Table1\_2 - Power Query Editor

File Home Transform Add Column View

Group By Use First Row as Headers Count Rows

Transpose Reverse Rows

Data Type: Any Detect Data Type Fill

Replace Values

Unpivot Columns

Move

Convert to List

Split Column

Format

Parse

Merge Columns

Extract

Statistics Standard Scientific

Trigonometry

Rounding

Information

Date Time Duration

Expand

Aggregate

Extract Values

Structured Column

Queries [2]

Table1

Table1\_2

fx = Table.Distinct(#"Sorted Rows")

	Intervention Type	Intervention Duration (minutes)	Alertness Score Before	Alertness Score After	Productivity Rating
1	Power Nap	15	62	77	5
2	Power Nap	30	67	83	6
3	Coffee	30	44	52	2
4	Coffee	30	59	70	4
5	Power Nap	30		58	3
6	Coffee	15	69	84	7
7	Coffee	25	60	66	9
8	Power Nap	25	59	79	5
9	Power Nap	25	45	57	6
10	Coffee	25	61	70	10
11	Power Nap	20	57	69	2
12	Coffee	25	47	62	3
13	Coffee	20	71	83	3
14	Coffee	20	72	88	9
15	Coffee	30	55	69	7
16	Power Nap	20	51	68	8
17	Power Nap	15	73	90	10
18	Power Nap	20	53	74	9
19	Power Nap	30	72	93	6
20	Coffee	20	62	75	4
21	Coffee	15	41	49	1
22	Power Nap	15	60	74	8
23	Coffee	15	41	50	7

Query Settings

PROPERTIES

Name

Table1\_2

All Properties

APPLIED STEPS

Source

Changed Type

Capitalized Each Word

Trimmed Text

Cleaned Text

Reversed Rows

Changed Type1

Sorted Rows

Removed Duplicates

11 COLUMNS, 500 ROWS

PREVIEW DOWNLOADED AT 8:16 PM

4)Sorted the rows in hole Dataset

	Any Column	Text Column	Number Column	Date & Time Column		
	= 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

### Query Setting

**PROPERTIES**

Name

Table1\_2

All Properties

**APPLIED STEPS**

Source

Changed Type

Capitalized Each

Trimmed Text

Cleaned Text

Reversed Rows

Changed Type1

**Sorted Rows**

## Query Setting

### PROPERTIES

Name

Table1.2

All Properties

### APPLIED STEPS

Source

Changed Type

Capitalized Each

Trimmed Text

Cleaned Text

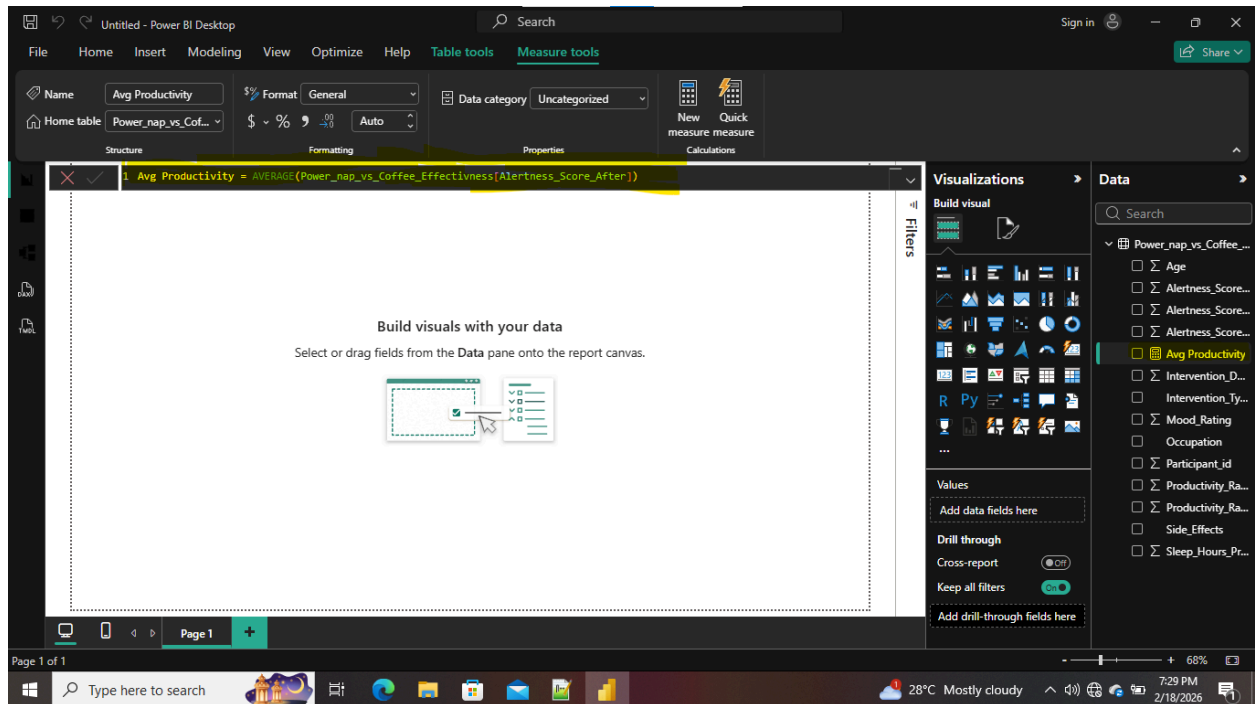
Reversed Rows

Changed Type1

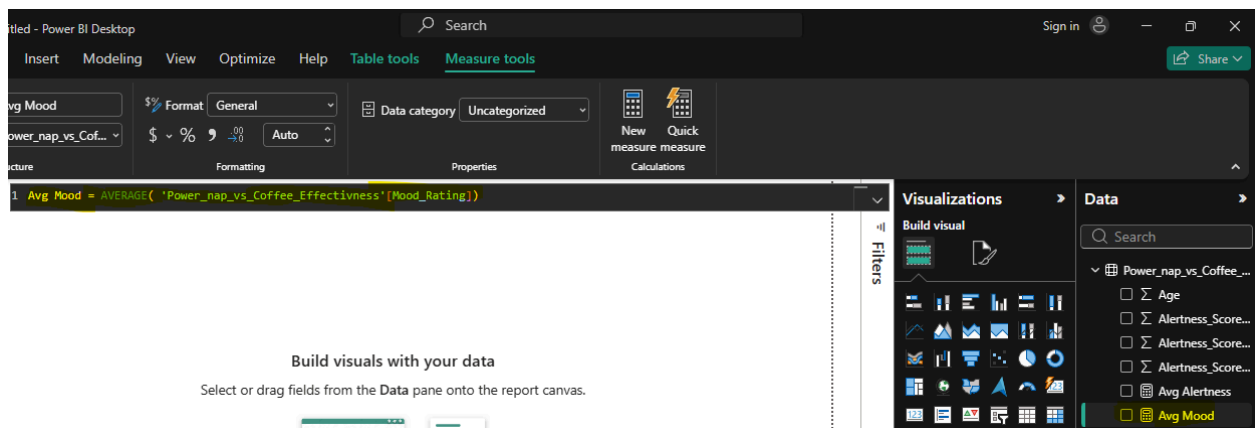
Sorted Rows

5)used IF and ISBLANK formulas to handling missing values

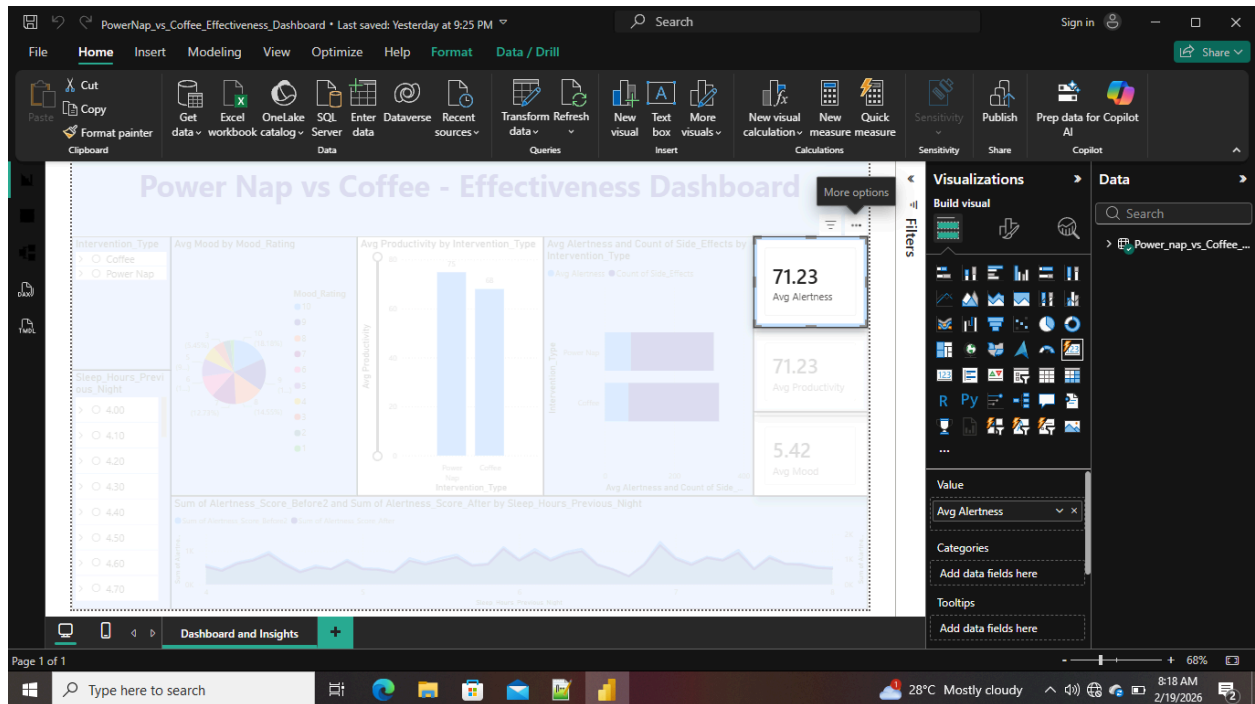
6)After finished the data cleaning and load the dataset into power BI for create visualization and did the average productivity



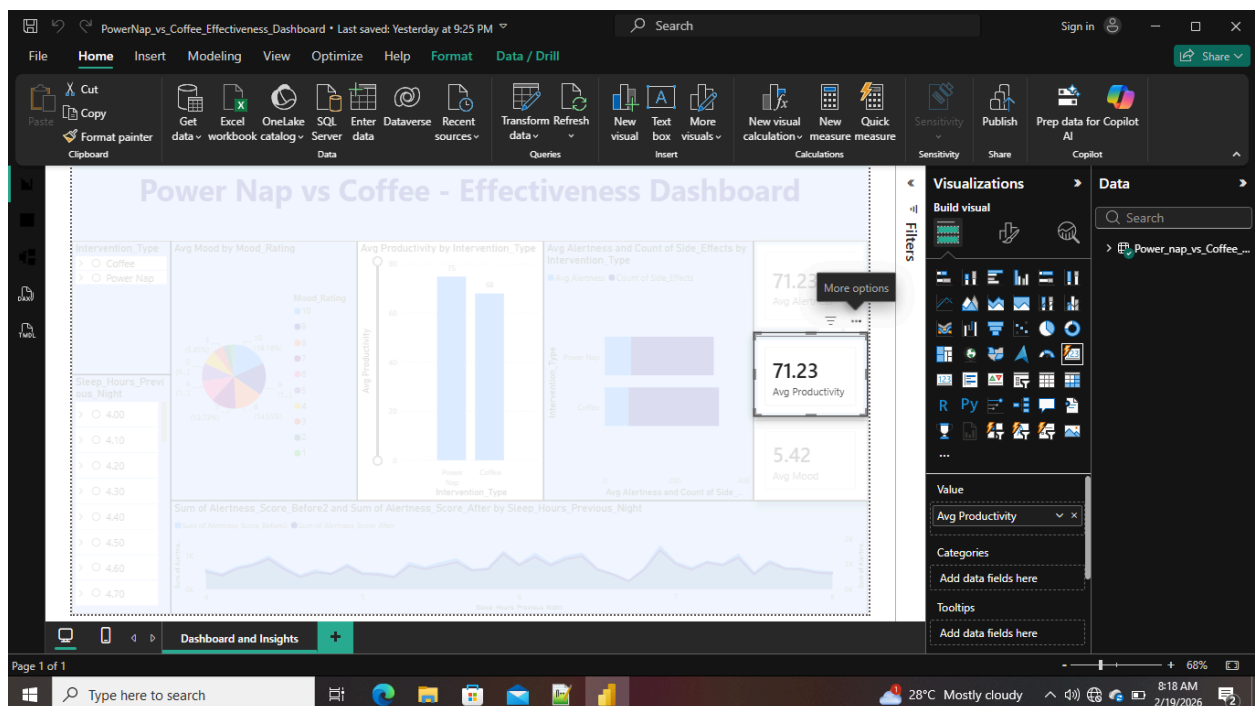
7) used dax function to create average mood



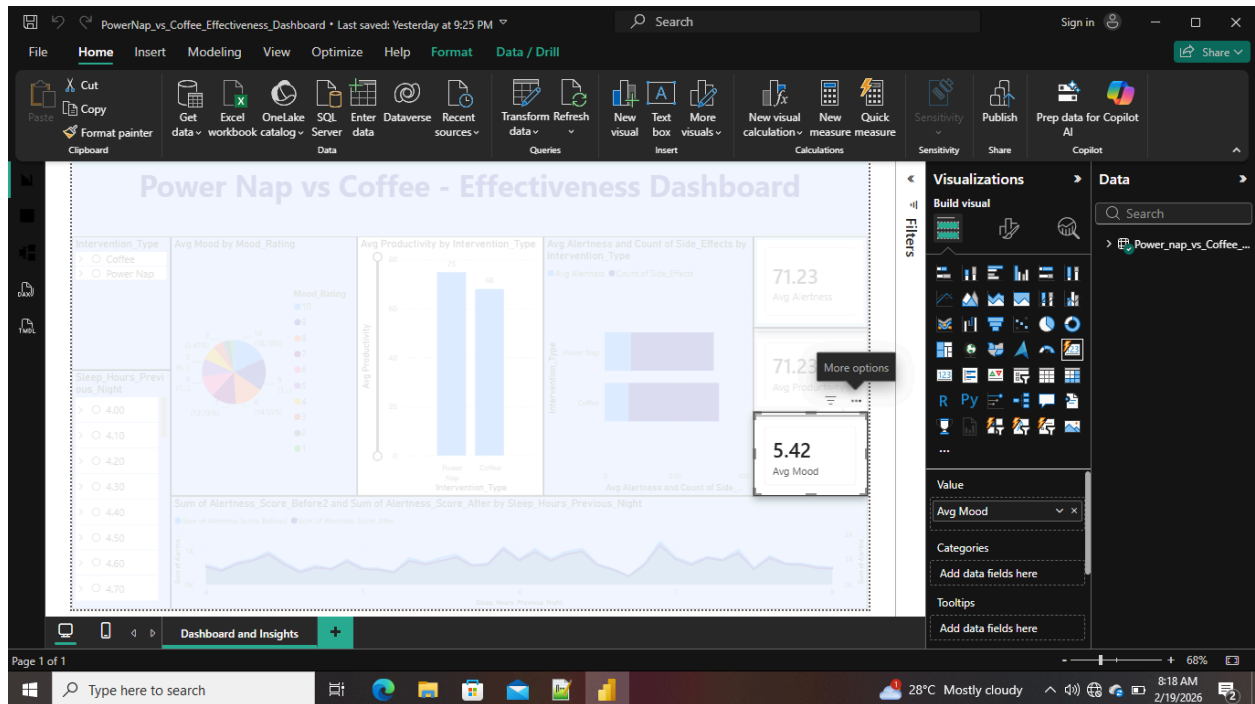
8) used car visual to show the average of Alertness



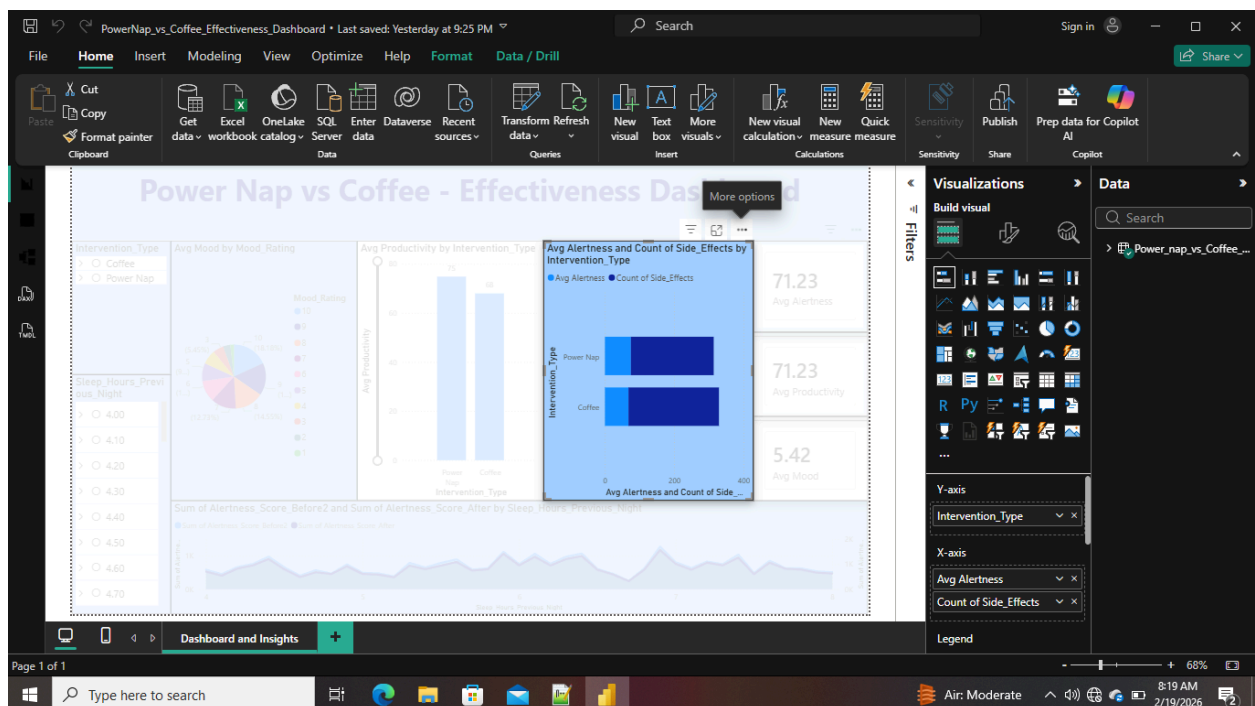
9) created the second card to show the Average of the productivity



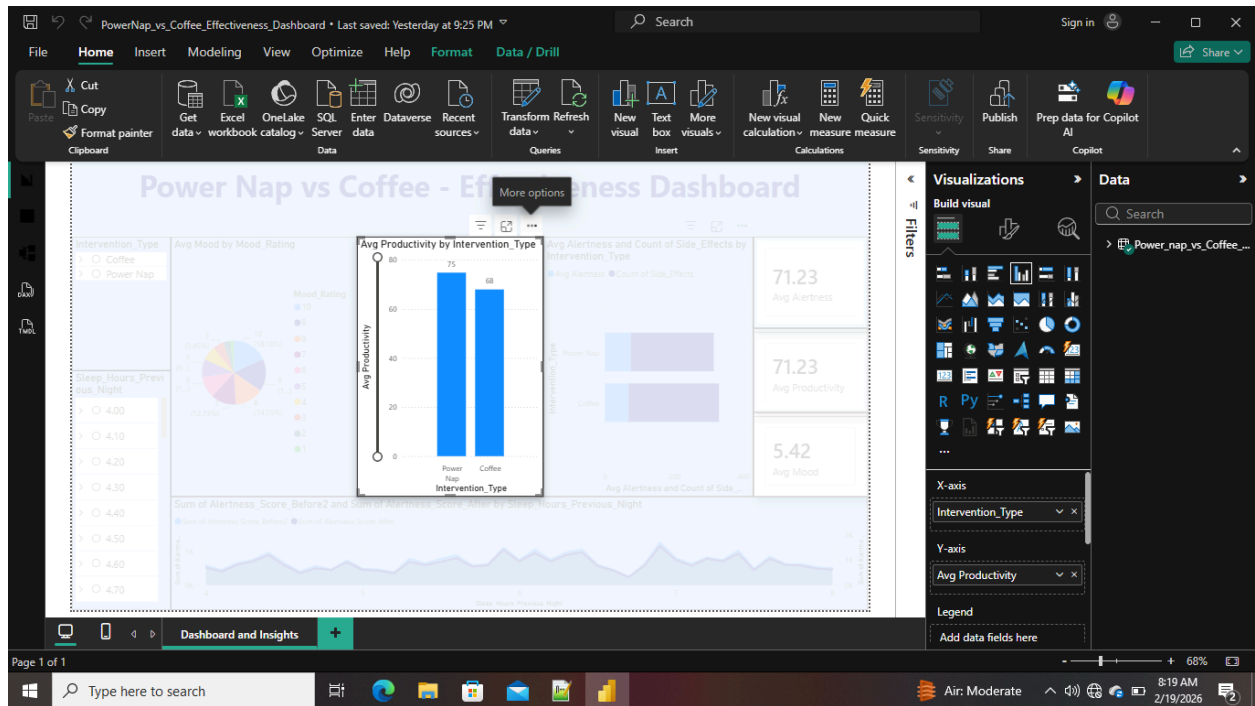
10) created the third card to how the average of the mood



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

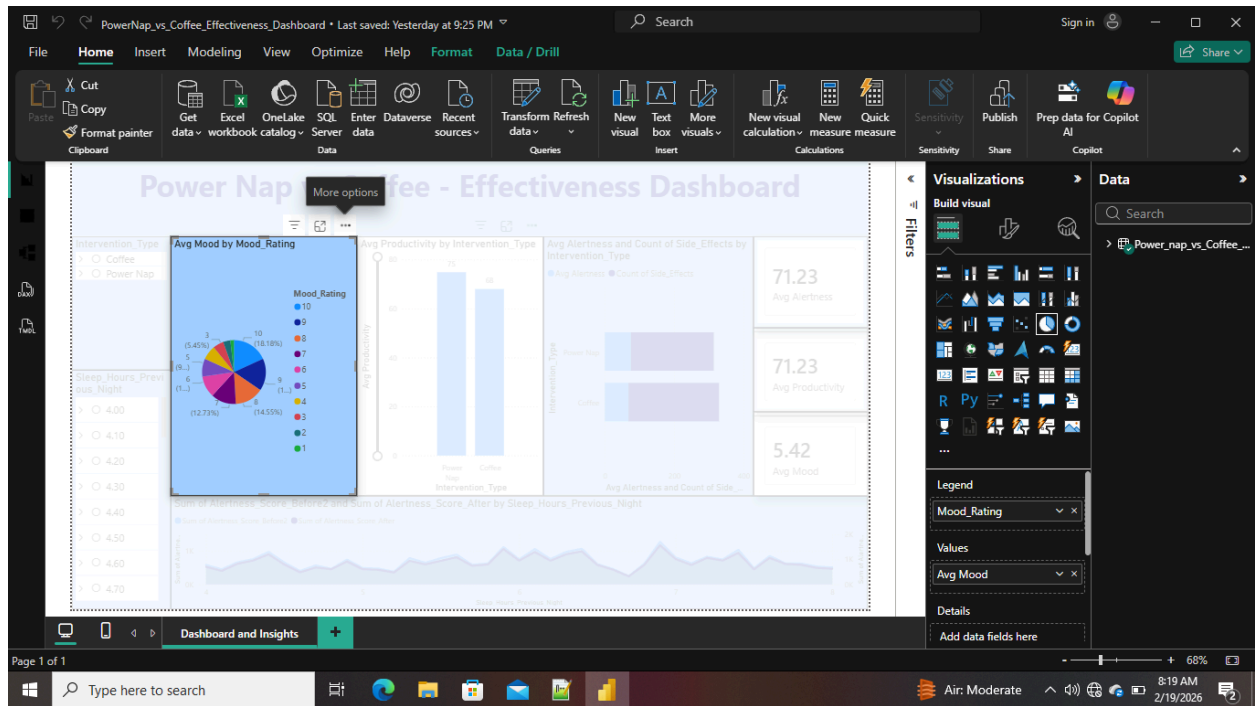


12) created column chart to show the average productivity by intervention type



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

