**Variables**

**Dataset :** Sleep Efficiency

**Variables**

**ID –** unique identifier for each test subject – not needed in our analysis

**Age –** age of the test subject

**Gender** – male or female – binary – female = 1, male = 0

**Bedtime** – the time the test subject goes to bed each night

**Wakeup time** – the time the test subject wakes up each morning

**Sleep duration** – the total amount of time the test subject slept (in hours)

**Sleep efficiency** – a measure of the proportion of time in bed spent asleep

**Rem sleep percentage** - the percentage of total sleep time spent in REM sleep

**Deep sleep percentage** - the percentage of total sleep time spent in deep sleep

**Light sleep percentage ­-** the percentage of total sleep time spent in light sleep

**Awakenings -** the number of times the test subject wakes up during the night

**Caffeine consumption -** the amount of caffeine consumed in the 24 hours prior to bedtime (in mg)

**Alcohol consumption** – the amount of alcohol consumed in the 24 hours prior to bedtime (in oz)

**Smoking status** – whether or not the test subject smokes – binary -> Yes = 1 , No = 0

**Exercise frequency** – the number of times the test subject exercises each week