**實例練習5**

利用單元2睡眠與壓力調查所介紹之資料輸入R中，並命名為sleepdata，根據單元5完成下表。

> sleepdata<-read.csv("c:/RData/sleepdata.csv",header=T)

> sleepdata

> attach(sleepdata)

|  |  |  |  |
| --- | --- | --- | --- |
| 變數名稱 |  | 女性(n=28)  平均數±標準差  人數(%) | 男性(n=22)  平均數±標準差  人數(%) |
| 年齡(age) |  | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  |  |  |  |
| 壓力程度(pressure) | 無 | 12(42.9) | 5(22.7) |
|  | 有但不困擾 | 9(32.1) | 8(36.4) |
|  | 有且困擾 | 7(25) | 9(40.9) |
|  |  |  |  |
| 職場壓力(pressuID) | 無 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  | 有 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  |  |  |  |
| 去年平均睡眠小時(sleepHR0) |  | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  |  |  |  |
| 最近兩個月平均睡眠小時(sleepHR1) |  | 8.06±1.09 | 7.42±1.42 |
|  |  |  |  |
| 睡眠品質(sleepQOL) | 很不好 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  | 不好 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  | 普通 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  | 好 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  | 很好 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  |  |  |  |
| 去年睡眠困擾問題(sleepTR0) | 無 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  | 有 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  |  |  |  |
| 最近兩個月睡眠困擾問題(sleepTR1) | 無 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |
|  | 有 | \_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_ |