

Codebook for sleep.sav

Description of variable	SPSS Variable name	Coding instructions
Identification Number	id	
Gender	gender	0=female, 1=male
Age	age	In years
Marital status	marital	1=single, 2=married/defacto, 3=divorced, 4=widowed
Highest education level achieved	edlevel	1=primary 2=secondary 3=trade 4=undergrad 5=postgrad
Weight (kg)	weight	In kg
Height (cm)	height	In cm
Rate general health	healthrate	1=very poor 10=very good
Rate physical fitness	fitrate	1=very poor 10=very good
Rate current weight	weightrate	1=very underweight 10=very overweight
Do you smoke	smoke	1=yes 2=no
How many cigarettes per day	smokenum	Cigs per day
How many alcoholic drinks per day	alcohol	Drinks per day
How many caffeine drinks per day	caffeine	Drinks per day
Hours sleep/ week nights	hourwnit	Hrs sleep on average each weeknight
Hours sleep/ week ends	hourwend	Hrs sleep on average each weekend night
How many hours sleep needed	hourneed	Hrs of sleep needed to not feel sleepy
Trouble falling asleep?	trubslep	1=yes 2=no
Trouble staying asleep	trubstay	1=yes 2=no
Wake up during night	wakenite	1=yes 2=no
Work night shift	niteshft	1=yes 2=no
Light sleeper?	liteslp	1=yes 2=no
Wake up feeling refreshed weekdays	refreshhd	1=yes 2=no
Satisfaction with amount of sleep	satsleep	1=very dissatisfied 10=very satisfied
Rate quality of sleep	qualslp	1=very poor 2=poor 3=fair 4=good 5=very good 6=excellent
Rating of stress over last month	stressmo	1=not at all 10=extremely
Medication to help you sleep?	medhelp	1=yes 2=no
Do you have a problem with your sleep	problem	1=yes 2=no
Rate impact of sleep problem on mood	impact1	1=not at all 10=to a great extent
Rate impact of sleep problem on energy level	impact2	1=not at all 10=to a great extent

All Possible Regression Report

Dataset C:\...\---CLASES---\7 REGRESIÓN\2020-1\sleep.dta
 Dependent hourwnit

All Possible Results Section

Model Size	R-Squared	Root MSE	Cp	Model
1	0.059222	1.056502	-4.663138	D (edlevel)
1	0.041059	1.066652	-4.270498	I (smokenum)
1	0.032880	1.071192	-4.093683	J (alcohol)
1	0.023031	1.076632	-3.880792	E (weight)
1	0.014619	1.081257	-3.698950	B (age)
1	0.011482	1.082977	-3.631127	C (marital)
1	0.003256	1.087474	-3.453307	K (caffeine)
1	0.001268	1.088558	-3.410327	A (sex)
1	0.001155	1.088619	-3.407891	F (height)
1	0.000713	1.08886	-3.398340	H (fitrate)
1	0.000090	1.089199	-3.384872	G (healthrate)
2	0.109200	1.04764	-3.743517	DI
2	0.078352	1.065626	-3.076653	DH
2	0.075350	1.06736	-3.011764	DE
2	0.073435	1.068465	-2.970374	DJ
2	0.072499	1.069004	-2.950149	IJ
2	0.068193	1.071483	-2.857054	DK
2	0.065245	1.073176	-2.793339	DF
2	0.064722	1.073476	-2.782024	DG
2	0.063988	1.073897	-2.766165	BD
2	0.062361	1.074831	-2.730976	AD
3	0.128588	1.056697	-2.162619	DHI
3	0.121163	1.06119	-2.002106	DIJ
3	0.115822	1.064409	-1.886662	DEI
3	0.115035	1.064883	-1.869649	ADE
3	0.112267	1.066547	-1.809800	DGI
3	0.111999	1.066708	-1.804010	ADI
3	0.111149	1.067218	-1.785640	DIK
3	0.110562	1.067571	-1.772951	DFI
3	0.109361	1.068292	-1.746979	CDI
3	0.109303	1.068326	-1.745738	DEF
4	0.145161	1.068182	-0.520885	DHIJ
4	0.142163	1.070054	-0.456072	ADEK
4	0.141739	1.070318	-0.446896	ADEH
4	0.141222	1.07064	-0.435732	DEFH
4	0.140628	1.071011	-0.422886	ADEI
4	0.138987	1.072033	-0.387415	DEFK
4	0.135816	1.074005	-0.318873	DEHI
4	0.133688	1.075326	-0.272871	DGHI
4	0.132305	1.076184	-0.242980	ADHI
4	0.131780	1.07651	-0.231629	DFHI
5	0.170609	1.074793	0.929020	DEFHK
5	0.166883	1.077204	1.009550	ADEHK
5	0.166001	1.077774	1.028624	ADEHI
5	0.157451	1.083285	1.213451	DEFHI
5	0.154542	1.085153	1.276337	ADEIK
5	0.154539	1.085155	1.276405	ADEJK

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5	0.153785	1.085639	1.292689	DEHIJ
5	0.153745	1.085665	1.293565	ADEFK
5	0.152942	1.086179	1.310916	DEFJK
5	0.152612	1.086391	1.318051	ABDEH
6	0.188521	1.087016	2.541795	DEFHJK
6	0.184454	1.089737	2.629722	ADEFHK
6	0.183244	1.090545	2.655885	DEFGHK
6	0.183187	1.090583	2.657104	ADEHJK
6	0.181381	1.091788	2.696145	ADEGHK
6	0.178775	1.093525	2.752486	ADEHIK
6	0.174078	1.096648	2.854022	DEFHIK
6	0.173772	1.096851	2.860637	ADEHIJ
6	0.173206	1.097227	2.872880	ADEGHI
6	0.171223	1.098541	2.915745	BDEFHK
7	0.199893	1.104773	4.295968	DEFGHJK
7	0.198558	1.105695	4.324826	ADEFHJK
7	0.196941	1.106809	4.359785	ADEFGHK
7	0.196278	1.107266	4.374120	ADEGHJK
7	0.193154	1.109417	4.441662	ADEHIJK
7	0.193111	1.109446	4.442581	ADEGHIK
7	0.191252	1.110723	4.482773	DEFHIJK
7	0.188608	1.112538	4.539933	CDEFHJK
7	0.188522	1.112596	4.541786	BDEFHJK
7	0.187809	1.113085	4.557195	ADEFHIK
8	0.209939	1.124926	6.078803	ADEFGHJK
8	0.206184	1.127597	6.159983	ADEGHIJK
8	0.202938	1.1299	6.230157	DEFGHIJK
8	0.201274	1.131079	6.266128	ADEFHIJK
8	0.200630	1.131534	6.280040	ADEFGHIK
8	0.199963	1.132006	6.294453	CDEFGHJK
8	0.199893	1.132056	6.295965	BDEFGHJK
8	0.199025	1.13267	6.314733	ACDEFHJK
8	0.198558	1.133	6.324825	ABDEFHJK
8	0.197888	1.133473	6.339312	ACDEFGHK
9	0.212968	1.151936	8.013332	ADEFGHIJK
9	0.210368	1.153837	8.069543	ACDEFGHJK
9	0.209941	1.154149	8.078775	ABDEFGHJK
9	0.206892	1.156374	8.144672	ACDEGHIJK
9	0.206283	1.156817	8.157835	ABDEGHIJK
9	0.203087	1.159144	8.226926	CDEFGHIJK
9	0.203020	1.159193	8.228386	BDEFGHIJK
9	0.201914	1.159997	8.252283	ACDEFHIJK
9	0.201840	1.160051	8.253891	ACDEFGHIK
9	0.201467	1.160322	8.261948	ABDEFGHIK
10	0.213573	1.183047	10.000262	ACDEFGHIJK
10	0.213036	1.18345	10.011863	ABDEFGHIJK

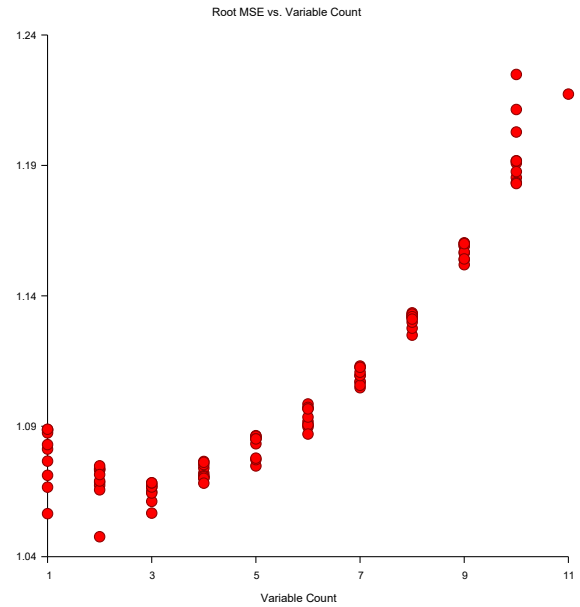
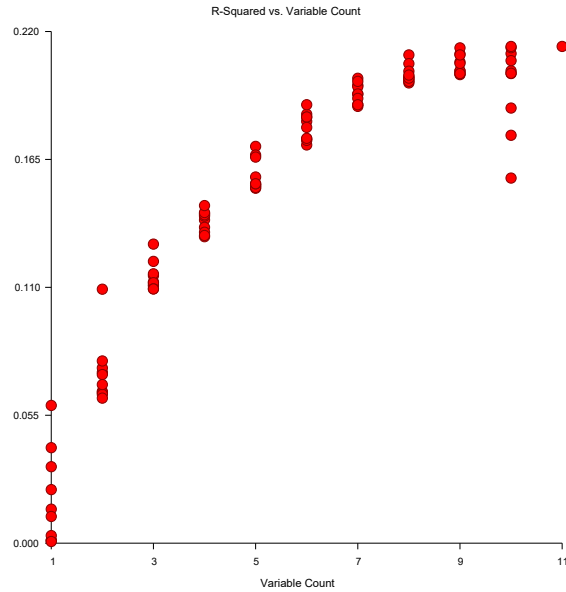
All Possible Regression Report

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All Possible Results Section

Model Size	R-Squared	Root MSE	Cp	Model
10	0.210516	1.185344	10.066347	ABCDEFGHIJK
10	0.207484	1.187618	10.131881	ABCDEFGHIJK
10	0.203102	1.190896	10.226597	BCDEFGHIJK
10	0.202045	1.191686	10.249464	ABCDEFGHIJK
10	0.201925	1.191776	10.252057	ABCDEFGHIJK
10	0.187093	1.202799	10.572678	ABCDEFGHIJK
10	0.175382	1.211432	10.825841	ABCDEFGHIJK
10	0.156986	1.22487	11.223494	ABCDEFGHIJK
11	0.213585	1.217336	12.000000	ABCDEFGHIJK

Plots Section



Dataset

Dependent

All Possible Regression Report

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hourwnit

