

	Nationality	Physical exercise (hours/week)	Sleep (hours/night)
1	UK, not Scottish	5	6
2	Scottish	1	8
3	Scottish	3	6
4	EU, not UK	5	5
5	Not EU	20	7
6	Not EU	6	8
7	EU, not UK	8	5
8	EU, not UK	10	7
9	EU, not UK	6	7
10	EU, not UK	10	8
11	EU, not UK	10	7
12	EU, not UK	5	7
13	Scottish	4	5
14	UK, not Scottish	3	8
15	EU, not UK	8	6
16	Scottish	8	7
17	Scottish	3	6
18	Scottish	15	6
19	Scottish	7	7
20	Scottish	10	8
21	Scottish	5	8
22	UK, not Scottish	5	6
23	EU, not UK	10	8
24	UK, not Scottish	7	7
25	EU, not UK	0	7
26	EU, not UK	3	7
27	Not EU	3	7
28	Scottish	4	5
29	EU, not UK	0	9
30	Not EU	9	8
31	Not EU	9	9
32	EU, not UK	0	9
33	Scottish	8	8
34	UK, not Scottish	3	6
35	EU, not UK	4	7
36	Scottish	4	6
37	EU, not UK	5	6
38	Scottish	10	9
39	Scottish	5	6
40	Scottish	3	5
41	Scottish	5	10
42	EU, not UK	6	5
43	Not EU	0	4
44	EU, not UK	6	9
45	EU, not UK	5	7
46	EU, not UK	2	7
47	Scottish	5	7

48	EU, not UK	9	8
49	EU, not UK	0	9
50	Scottish	8	6
51	Scottish	5	8
52	Scottish	7	7
53	Scottish	3	6
54	Scottish	6	6
55	Not EU	5	10
56	Scottish	7	9
57	UK, not Scottish	5	6
58	UK, not Scottish	7	6
59	EU, not UK	7	7
60	EU, not UK	4	8
61	EU, not UK	4	11
62	EU, not UK	8	8
63	Not EU	0	5
64	EU, not UK	4	9
65	UK, not Scottish	4	9
66	EU, not UK	3	6
67	Scottish	10	7
68	EU, not UK	3	8
69	EU, not UK	3	4
70	EU, not UK	3	6
71	EU, not UK	9	6
72	Scottish	7	6
73	Not EU	7	6
74	Not EU	0	11
75	Scottish	2	6
76	Scottish	4	5
77	EU, not UK	5	7
78	EU, not UK	1	10
79	UK, not Scottish	4	7
80	UK, not Scottish	4	7
81	Not EU	2	8
82	UK, not Scottish	7	9
83	UK, not Scottish	4	9
84	UK, not Scottish	10	5
85	Scottish	1	3
86	UK, not Scottish	12	6
87	UK, not Scottish	1	8
88	EU, not UK	4	4
89	Scottish	0	5
90	UK, not Scottish	4	7
91	EU, not UK	5	8
92	EU, not UK	12	6
93	EU, not UK	0	5
94	EU, not UK	7	8
95	EU, not UK	10	8
96	EU, not UK	2	7
97	EU, not UK	1	6

98	EU, not UK	6	6
99	EU, not UK	3	8
100	EU, not UK	4	8
101	EU, not UK	10	8
102	EU, not UK	3	8
103	EU, not UK	15	8
104	EU, not UK	8	6
105	EU, not UK	6	8
106	EU, not UK	3	8
107	EU, not UK	8	9
108	EU, not UK	12	5
109	EU, not UK	6	6
110	EU, not UK	4	6
111	EU, not UK	5	9
112	EU, not UK	10	7
113	EU, not UK	3	10
114	Not EU	5	6
115	Not EU	1	7
116	Not EU	2	8
117	UK, not Scottish	2	6
118	UK, not Scottish	3	6
119	UK, not Scottish	4	6
120	UK, not Scottish	12	5
121	UK, not Scottish	3	5
122	UK, not Scottish	0	9
123	UK, not Scottish	3	7
124	UK, not Scottish	5	5
125	UK, not Scottish	5	7
126	UK, not Scottish	5	6
127	Scottish	5	3
128	Scottish	5	7
129	Scottish	0	6
130	Scottish	3	6
131	Scottish	5	5
132	Scottish	10	7
133	Scottish	3	8
134	Scottish	5	5
135	Scottish	6	8
136	Scottish	2	8
137	Scottish	0	5
138	Scottish	3	7
139	Scottish	5	10
140	Scottish	3	8
141	Scottish	0	6
142	EU, not UK	2	3
143	EU, not UK	3	7
144	EU, not UK	6	9