Using the RANDBETWEEN function (Analysis ToolPak must be loaded!):
This is a great way to add noise or random error to data. Click on the dropdown arrow on AutoSum on the toolbar and select more Functions...

This will open up the Insert Function menu.

The RANDBETWEEN function is in the “Math & Trig” category.

Select RANDBETWEEN and then click on the OK button.

Here you set the upper and lower limits of the random numbers you want.