



# HOW ARE YOUR SLEEPING HABITS AFFECTED MOST?

NOISE? STRESS? OVERTHINKING?  
DOES IT VARY BECAUSE OF YOUR AGE?



## INTRODUCTION

We researched young people's sleeping habits and thought about what may affect them most. Children aged 9-11 years need 9-11 hours of sleep each night. Adolescents and teenagers need 8-10 hours of sleep each night according to the website raisingchildren.net.au. Research conducted from the same website says that some of the most common reasons children cannot sleep is as follows: poor sleeping habits, anxiety, sleep. In adolescent, the most common disruptions for sleep are very similar to the same distractions as children.

## HYPOTHESIS:

Older teenagers have less sleep than younger children due to increase of stress from schoolwork and other concepts in their lives.



## METHOD

We went out to our neighbouring school and conducted a paper sample survey on 26 year 3 students, 11 year 4 students, 7 year 5 students and 13 year 6 students. We got the teachers of each class to select these students randomly. When we got all our data and statistics we came back and sent out a forms survey to all 240 students at our school. Out of these students 39 year 7 students answered and 86 year 8 students answered. This survey was optional and that is why the numbers are somewhat uneven. When we got all the statistics, we put all the data into an excel spreadsheet. We then put it into graphs. We gathered all our information, charts and graphs and put them all into one poster.



## DATA AND RESULTS:



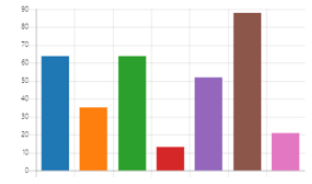
Year 7 39  
Year 8 86



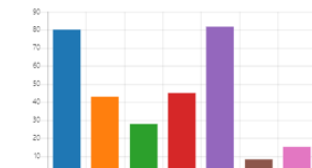
Female 84  
Male 41



12+ hours 1  
10-12 hours 24  
7-9 hours 66  
4-6 hours 11  
Other 23



noise 64  
devices 35  
stress 64  
drinking or eating sugar prior ... 13  
sleeping at a bad temperature 52  
over thinking 88  
Other 21



school work/ school 80  
devices (e.g phone, iPad, lapto... 43  
sporting activities 28  
getting home late 45  
worries/thoughts 82  
unfit/unhealthy 8  
Other 15

## ANALYSIS:

We had many complications and limitations with our gathering of data as our most reliable source was the high school students. Majority of them completed the survey, not everyone did though. We also got results from year 3, 4, 5 and 6 at St Aloysius. We surveyed 25 year 3 students, 10 year 4 students, 6 year 5 students and 12 year 6 students. The method we used to survey students from our neighbouring school is we prepared a paper survey with 12 questions on each and went to each class, talked to the teacher and each teacher picked a certain amount of kids.



## CONCLUSION:

In conclusion, we found that our hypothesis for older teenagers' years 7-8 was correct. Their sleep was mainly affected by stress from school, overthinking, worries/thoughts and schoolwork. For younger children our hypothesis was correct as their main effect of sleep was noise. However, this data wasn't as reliable as it was a sample survey, so we didn't get the results we needed. Due to these results, we think high school students should get less homework as it causes many effects and younger students should be in a less distracting environment.

