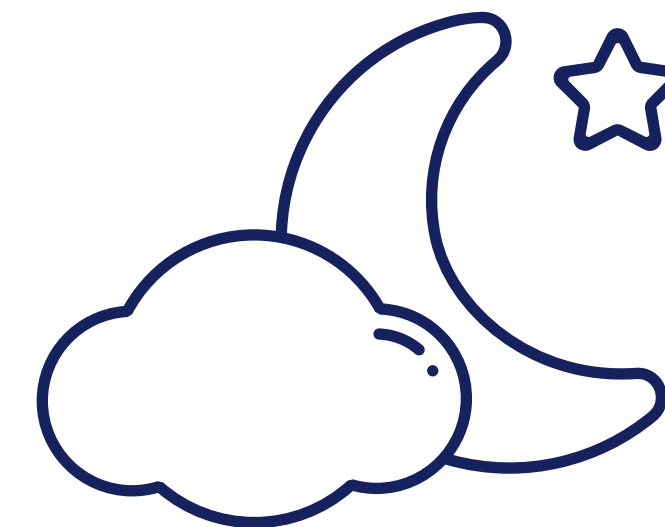




How Sleep Affects Mood & Productivity at School

Duru Karayol, Teresa Neupert & Linda Shu, North Sydney Girls High School



01. Aim

The aim of our research is to find the effect of sleep on overall levels of productivity and mood during school. We aim to gather data on how long students sleep and find its correlation to their moods at school.

02. Hypothesis

We were able to collectively form a hypothesis predicting that, the less sleep an individual manages to receive on average, the more likely it was to result in a generally negative unpleasant mood at school.

03. Method

In order to get necessary and sufficient data for our investigation, we sent out a Google Form to 55 students from year 7 and year 8.

We included numerical questions such as

- 1.How much sleep do you get on an average school night?
- 2.What is your usual mood at school? (on a scale of 1 to 5)

We also included some categorical questions such as

- 1.What other factors influence your mood at school?
- 2.What factors influence the amount of sleep you get?
- 3.What best describes your mood at school?

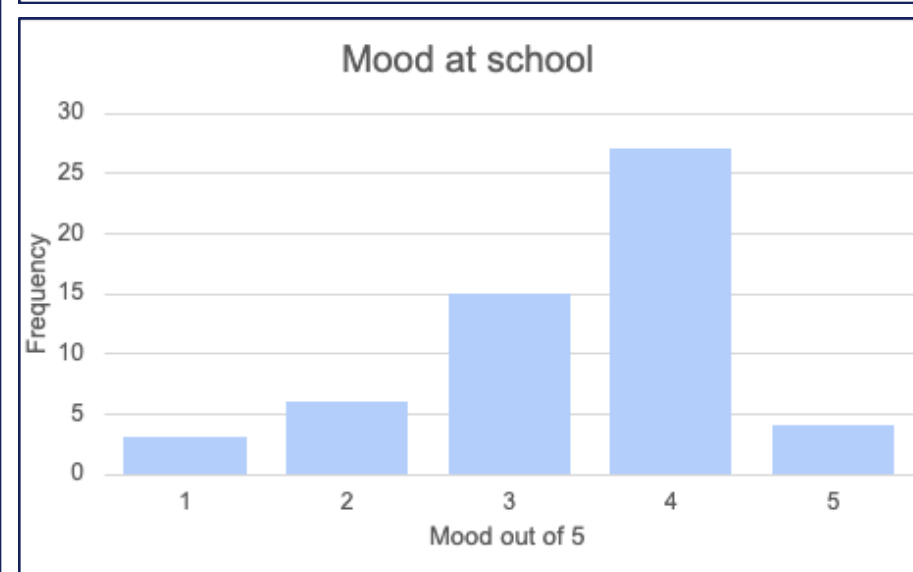
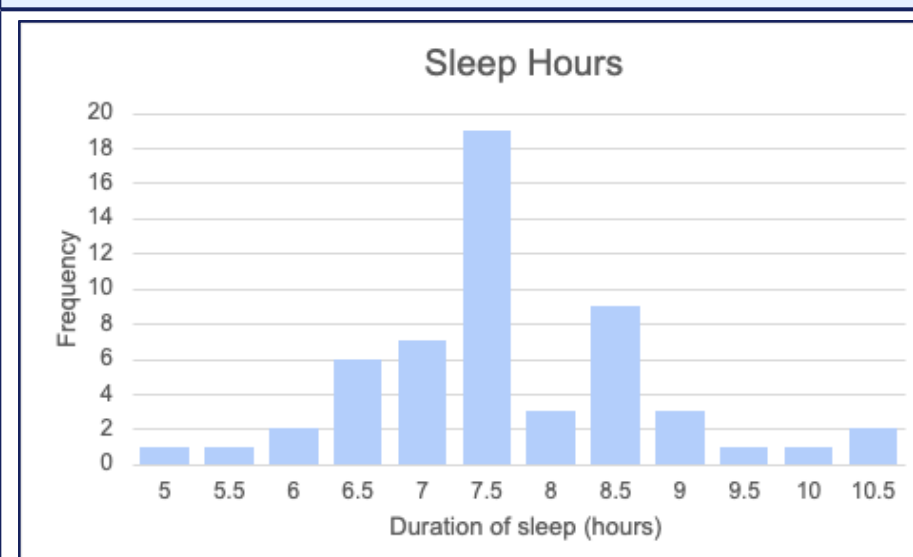
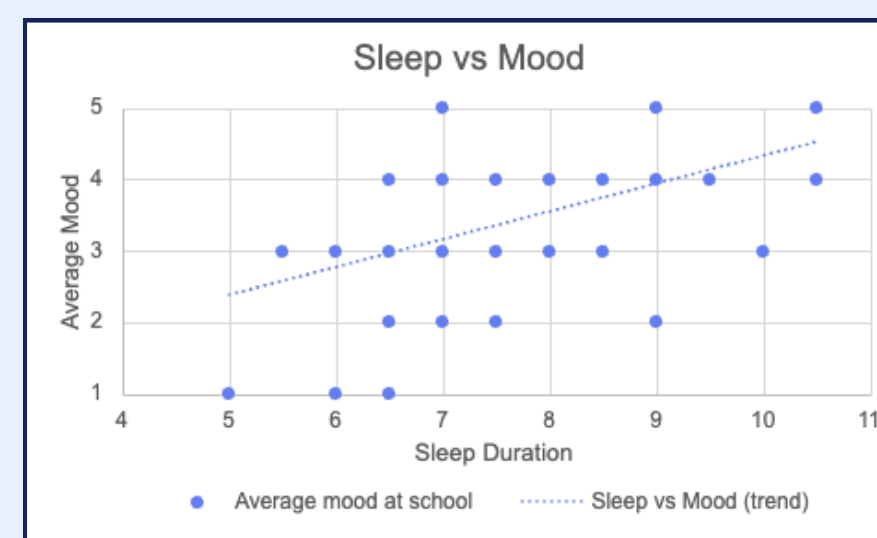
We then converted the 55 responses we received into several graphs.

04. Limitations

Limitations and roadblocks we encountered included ethical considerations, as per student privacy and confidentiality concerns, and we managed to overcome this by not collecting student emails. Furthermore, we created a guarantee stating that we would not disclose any information, and promising to use it for research purposes only. Additionally, the amount of sleep students receive may vary over time, potentially resulting in an inaccurate or imprecise average. Furthermore, certain students failed to respond to the form with useful data.

05. Results/Findings

Results show that the majority of students who get a low amount of sleep, from 5 to 7, do not feel very positive at school. The trendline in our graph indicates that generally, as the duration of sleep increases, students' moods become more positive.



06. Analysis

Hours of sleep:

Mean: 7.65 hours (2 d.p.)

Median: 7.5 hours

Mode: 7.5 hours

Range: 5.5 hours

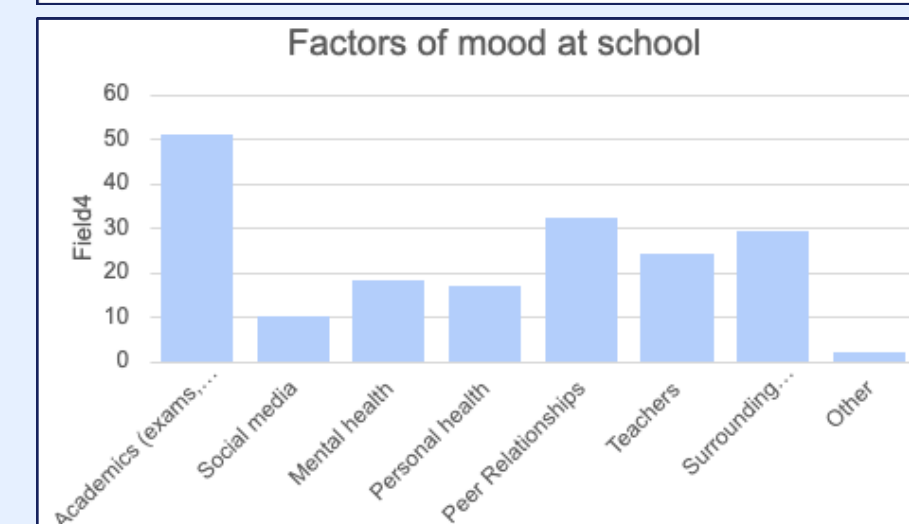
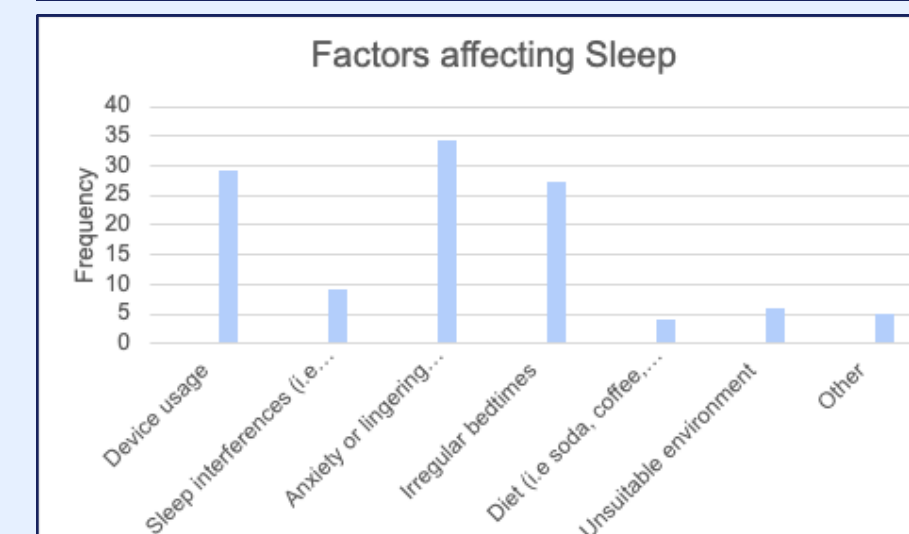
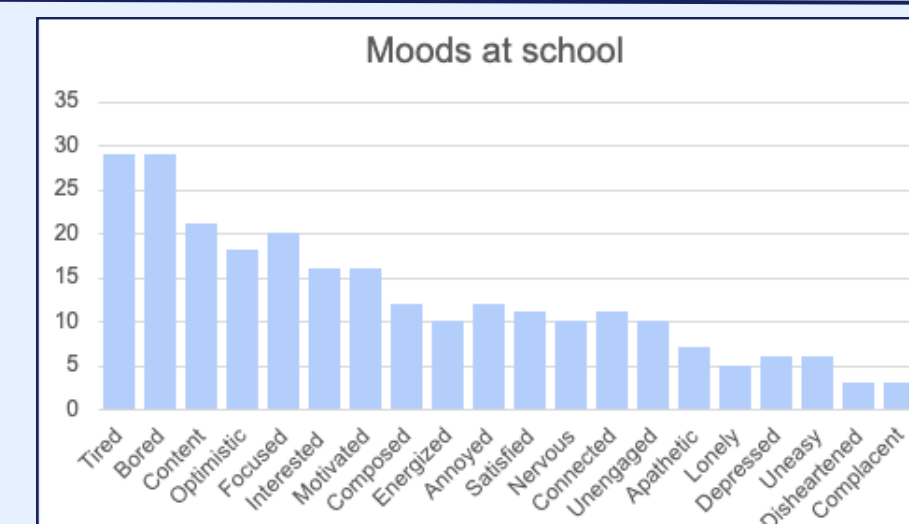
Mood at School:

Mean: 3.42/5 (2 d.p.)

Median: 4/5

Mode: 4/5

Range: 4



07. Conclusion

The results of our investigation shows that the amount of sleep a young person gets does in fact affect their overall mood at school. Students who received a higher amount of sleep, ranging from 8 to 10.5 hours, reported that they felt more positive at school. This suggests that sleeping for longer improves performance and mood at school.