

Question 3: On an average, how long do you sleep?

The yellow bar represents 4 hours or less; the green bar 5 to 7 hours; the cyan bar 8 to 10 hours and the pink bar more than 10 hours. Most people sleep from 5 to 7 hours, 56%. 36% sleep 8 to 10 hours, 7% 4 hours or less and only 1% more than 10 hours.



Question 8: How long does it take for you to fall asleep?

The purple bar is form the people that choose “i fall asleep instently“. The green bar one next to it is for “up to 15 minutes“. The bright yellow bar stands for “up to a half an hour“. The pink bar is for “up to an hour“. And the last bar stands for “more than an hour“. The majorty of people choose the green bar. I was not suprised that only 6% of people choose “more than an hour“.

**What helps you sleep when you can`t**?

**Bar1**: music

**Bar2**: scents

**Bar3**:reading

**Bar4**: foor or

drinks

**Bar5**:medicine

**Bar6**: milk

**Bar7**: other

**Description:**

* The least amount of people that took part in this quiz use scents to fall asleep. This is 2%.
* Music and reading are equally used.This is 27%.
* Surprisingly the majority of the people have other methods of falling asleep. This is 30%.

How does little sleep affect your learning?

**Bar1**: i concebtrate

Better

**Bar2**: i can`t concentrate.

**Bar3**: Doesn`t

make a difference

**Bar4**: a little worse

**Description:**

* As expected, most people concentrate worse with a lower amount of sleep. This is 35%.
* Surprisingly there is still 8% of people that actually concentrate better with less sleep. This could be because their bodies are trying to compensate for sleep deprivation.
* There are people that don`t have a change in learning when they have/had less sleep.
* Question 10: Would you say your body is adapted to a regular sleep schedule?
* Over 100 stundents have answered this question. The graph above shows how many studnets clicked yes and how many pressedno. The majority have answered with yes. (Pink is yes and blue is no)

Group description:

* We had a project to see how sleep affects your life. Some of the answers were expected, but some surprised us.
* We expected that most people sleep 5 to 7 hours, because most teenagers don´t sleep enough. We also expected that 1% sleep more than 10 hours. We didn´t expect more than 5% to only have 15-30 minutes sleep difference between week days and weekends because we thought most people would sleep in on the weekends. We didn´t expect most people to have other ways of falling asleep but we did expect many people to pick music and reading because these are the most common methods. It was obvious that most people can´t concentrate as well when they are tired. We expected that it takes people up to 15 minutes to fall asleep because most people can´t fall asleep immediately. Also as expected, most people do not get up immediately. Most people do not have a regular sleep schedule.