

Influence the amount of sleep on people's state during the day

Semi-Science Conference Project
Made by Basil Medvedev

Observation

The idea for the project came to me suddenly. I noticed that when I'm sleep more than 8 hours per day, after waking I feel myself broken, sleepy and it's much hard to concentrate and stay active. So, I decided to check if the other people feel the same as me if they sleep longer than needed and what exactly they feel.

Research question

Do people feel worse if they sleep longer than 8 hours per day?

How exactly do they feel?

Hypothesis

I suppose that the majority of people feel worse if they sleep more than 8 hours per day, than if they sleep less. Also, I think that the most of them feeling sleepy, broken and zoned out after long sleep.



Method of Research

A survey among
the teenagers

Strongly agree ☐

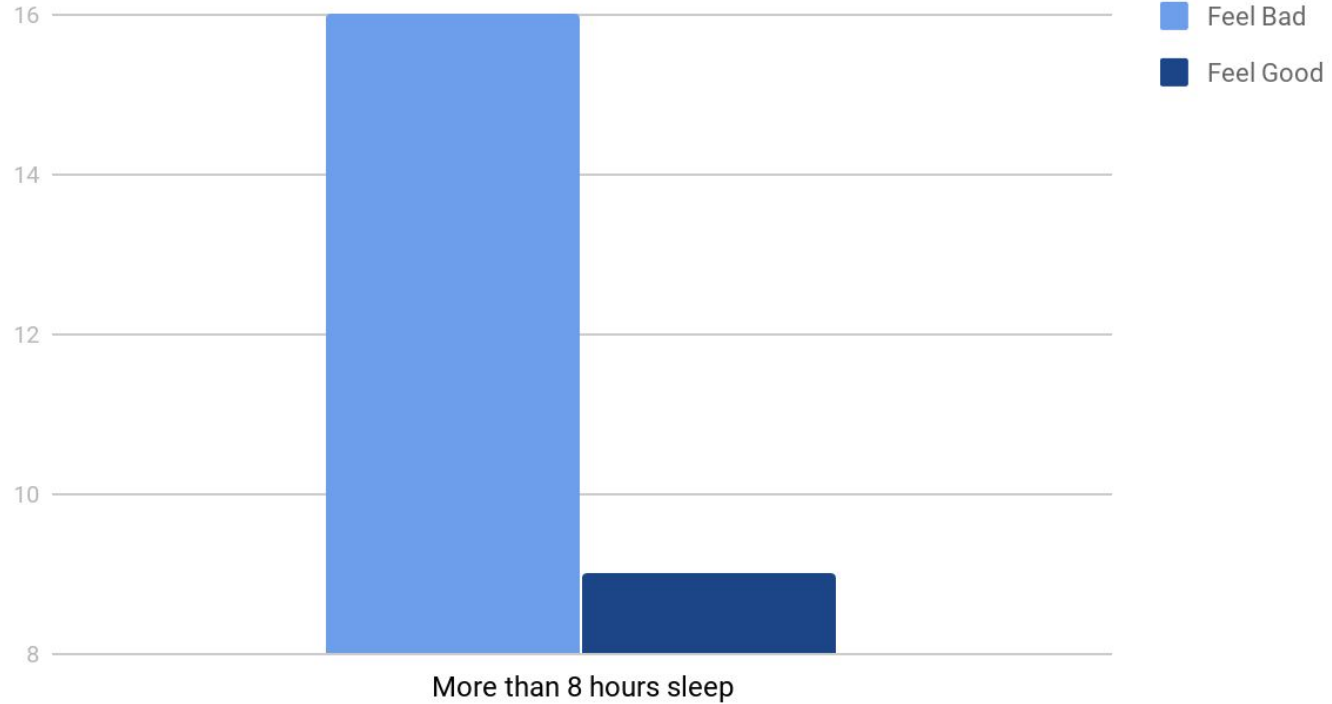
Agree ☒

Disagree ☐

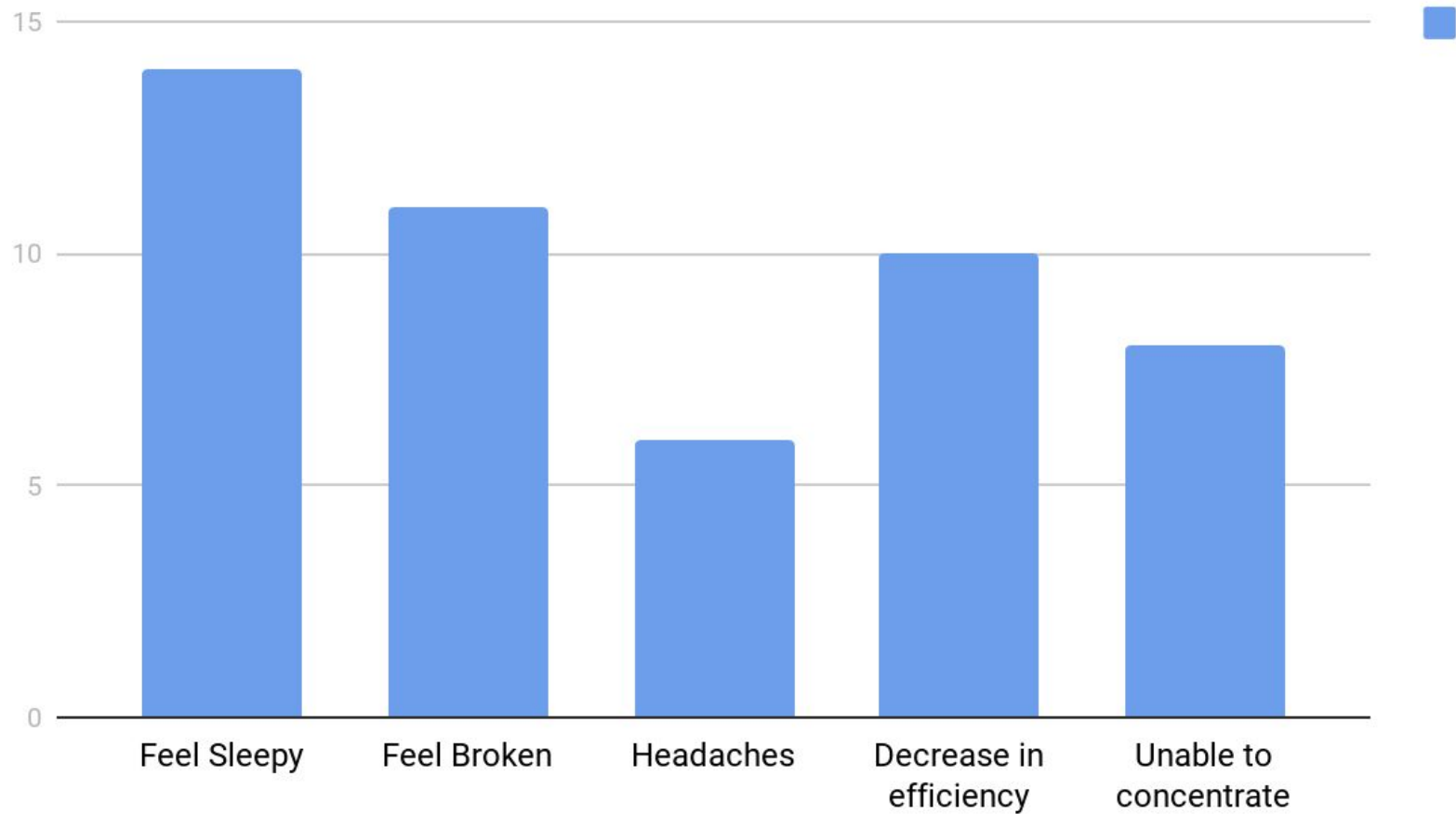
disagree ☐

Results

Points scored



Points scored



Conclusion

To sum up, the majority of people actually feel worse if they sleep overtime. Moreover, the majority of people suffer from symptoms that I wrote in survey. I proved my hypothesis and fulfilled my curiosity.