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- Highlighting The Importance of Sleep
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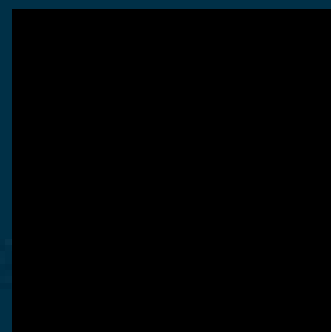
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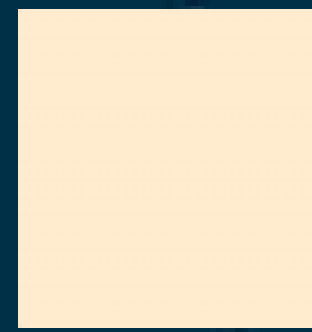
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Navbar - Arial

Footer - Times New Roman

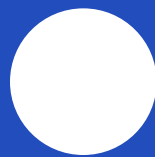
Homepage - ITC Franklin Gothic and Lato

Database - Lato

Conclusion - ITC Franklin Gothic

References - ITC Franklin Gothic/Times New Roman

About Me - Arial



Hello there! and welcome to my Statistics Page!

A research and survey project made by yours truly, Adrian Julian Garcia, Tatiana Margaret Pandatu and Daniel Sebastian De Rosa

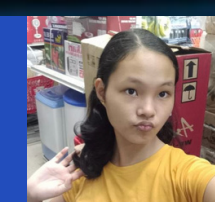
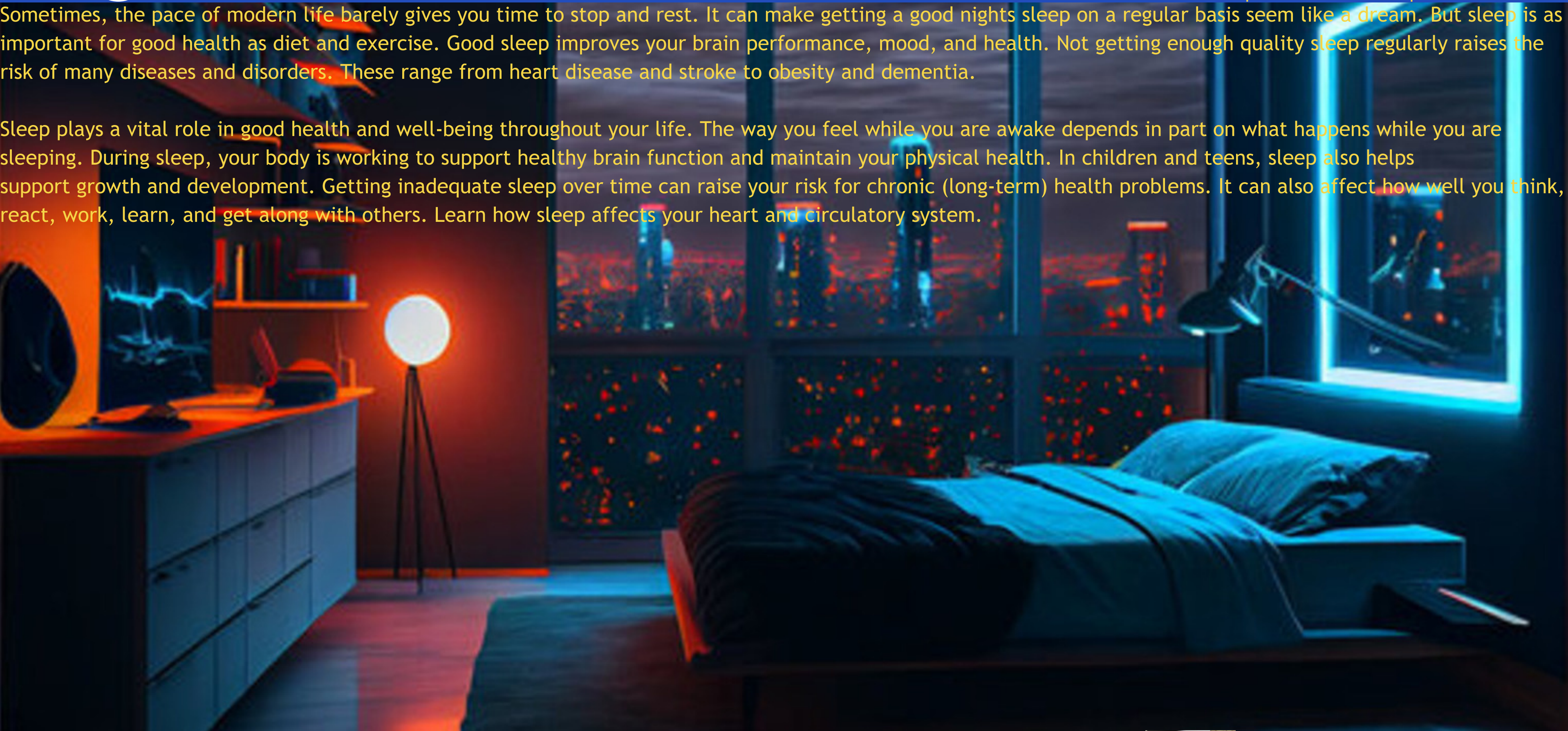
We surveyed 50 people from Batch 27 on how many hours per day do they sleep. We also asked them on why they get so much or so little sleep. This research aims to present students with opportunities on time management in order to get the ample amount of rest they all deserve.





Sometimes, the pace of modern life barely gives you time to stop and rest. It can make getting a good nights sleep on a regular basis seem like a dream. But sleep is as important for good health as diet and exercise. Good sleep improves your brain performance, mood, and health. Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

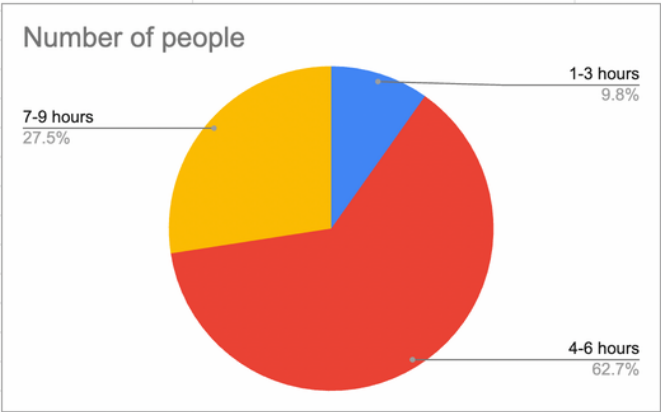
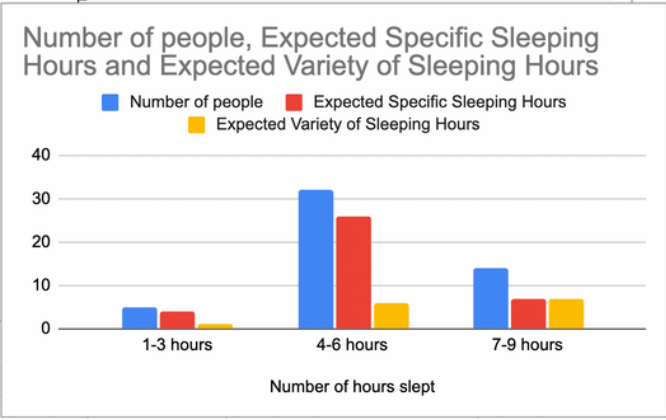
Sleep plays a vital role in good health and well-being throughout your life. The way you feel while you are awake depends in part on what happens while you are sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development. Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems. It can also affect how well you think, react, work, learn, and get along with others. Learn how sleep affects your heart and circulatory system.



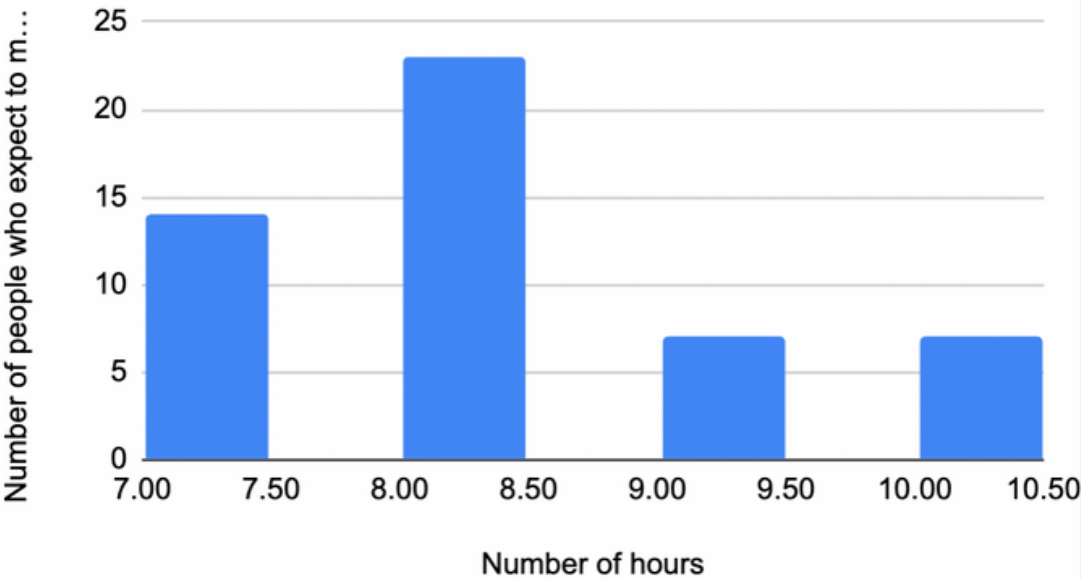


A	B	C	D	E	F	G
Number of hours slept	Number of people	Expected Specific Sleeping Hours	Expected Variety of Sleeping Hours	Most apparent reason for unhealthy sleeping hours	Most apparent strategy for solve the unhealthy habit	
1-3 hours	5	4	1			
4-6 hours	32	26	6			
7-9 hours	14	7	7	Heavy work or assessment workload	Time management/ Manage workload	
TOTAL:	51	37	14	-	-	

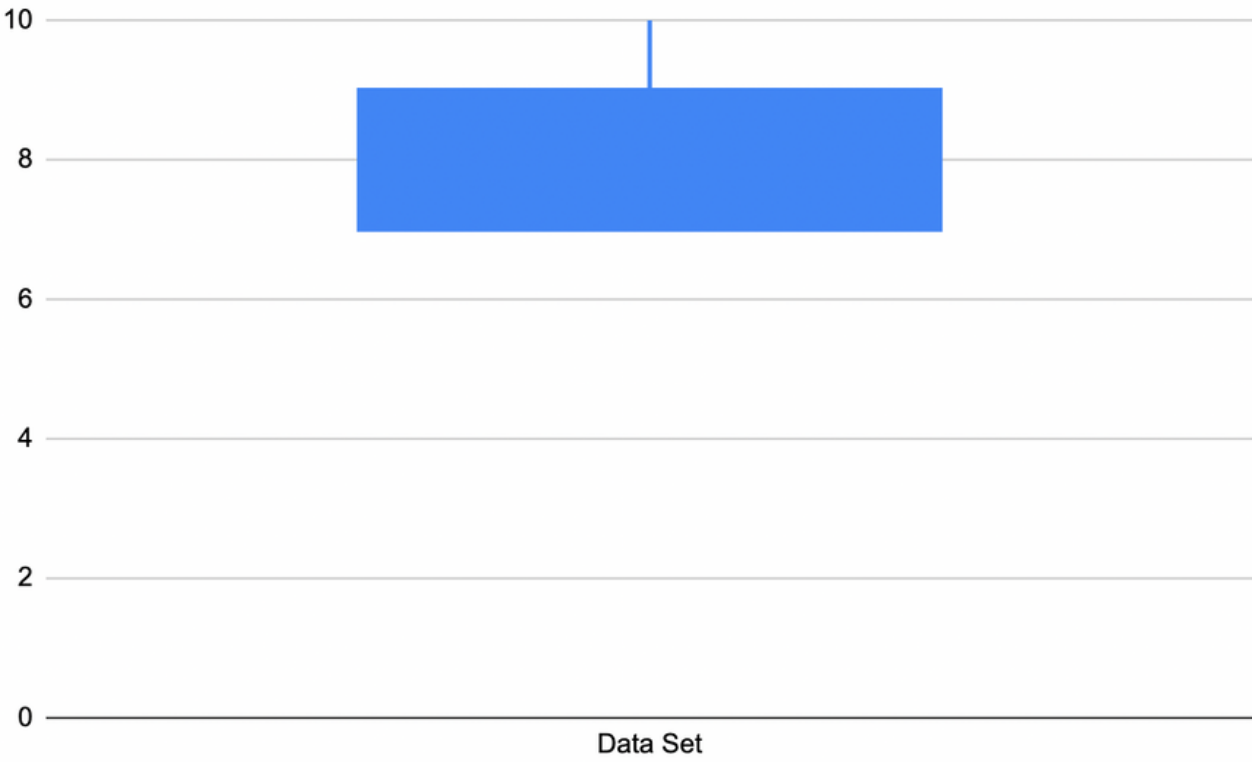
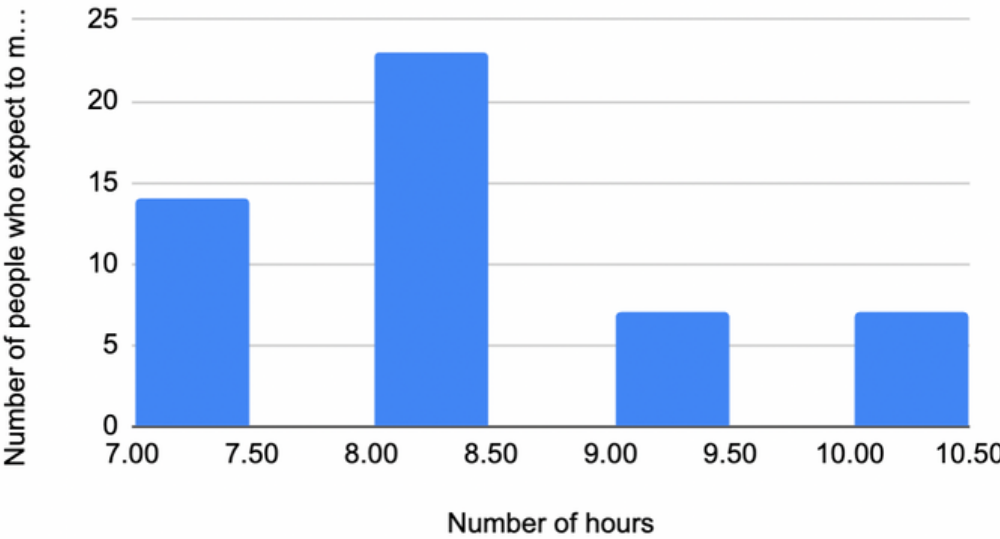
Number of people vs. Number of hours slept



Histogram of Number of people who expect to maintain a certain number of hours

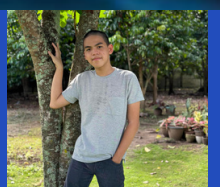
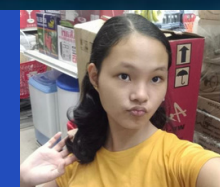
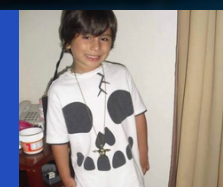


Histogram of Number of people who expect to maintain a certain number of hours



Class limit	Bin	Frequency
7-8	8	37
8-9	9	7
9-10	10	7

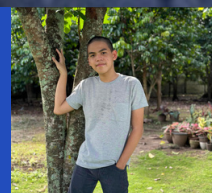
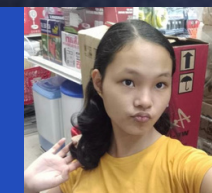
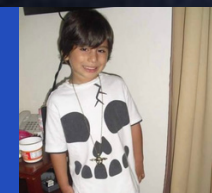






We have concluded that majority of Batch 2027 gets an average of 8 to 8.5 hours of sleep per day. We also discovered that any lack of sleep is mostly due to many assignments or heavy workloads. The students plan to increase their sleep time by practicing time management.

This research serves as a reference and highlights the importance of Sleeping Habits. Though we do not delve into the effects of not having a sleeping habits, we did delve into how one's self can increase rest time and limit usage of devices. Everything stated in this website is set to be a reminder to everyone, that you should get sufficient rest no matter the daunting tasks burdening upon you.





Personal Background

- Currently 14 years old, born on July 28th 2009 at Brokenshire Hospital, Davao City Region XII, Philippines
 - Went to Precious International School of Davao from Kindergarten to Grade 6.
 - Currently at PSHS SMC (Philippine Science High School - Southern Mindanao Campus)
 - Grade 9, Section Sodium, under the advisory of Ma'am Ines Lingatong.
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Facts About Me:

- I travelled to 5 countries, my first international flight being in 2014.
- I plan to take medical school at Brokenshire Hospital.
- I plan to travel to Europe in 2025.

