POWER ANALYSIS:

From This article: “Effects of sleep extension on sleep duration, sleepiness, and blood pressure in college students”

Sample: college students at a large university, between ages 18 and 23!

Exclusion criteria: smoking, or diagnosis or history of cardiovascular or sleep disorder.

N = 53

Blood Pressure baseline

Mean Systolic: 117.1 , SD = 19.1

Mean Diastolic: 69.9, SD = 10.4