

Project 1 Summary

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- Data Source: Extracted using NirSoft's BrowserHistoryView tool, which retrieves local browser history from Chrome, Edge, Firefox, and other browsers
 - Timeframe: December 1, 2024 – February 23, 2025
- Key Findings:
 - Sleep reduced during the period before semester (1/13/25 – 2/23/25)
 - Most sleep recorded on: Sundays
 - Least sleep recorded on: Thursdays
 - Most common sleep duration category: <4 hours
 - Total days with less than 4 hours of sleep: 29
 - Total days with more than 10 hours of sleep: 6
 - Semester Period Sleep Average: 4.02 hours
 - Before Semester Period Sleep Average: 3.67 hours
 - Average Sleep Start Time: ~12:00 AM
 - Average Wake Time: ~9:00 AM

