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| **Materials/ Procedure**  Materials:  S Computer  S Printer  S Information on sleep deprivation and its effects on teens (to form survey)  S Class to sample  S 230 copies of completed survey to distribute  Procedure:  1. Research the field of sleep and sleep deprivation, know the effects, and identify the key points to prove with the experiment.  2. Once research is complied with notes, take information and format questions for survey, and take the following steps into consideration.  3. Once done with survey pass out to each grade level and collect.  4. Determine how to format and analyze survey, steps will follow.  5. Begin with some general questions such as sex, ethnicity, and grade level for sorting purposes.  6. Begin eliminating some of the possible variables by making specific questions such as: How many naps do you take and how long are they? This will give a more accurate sleep total because although a person might not sleep well at night they might make up for it during the day. Without this information you would be basing the experiment solely on when they went to bed and woke up when they could be getting extra hours in.  7. Ask some basic questions such as whether or not they are in honors classes or regular. This can be key when evaluating the sleeping habit of an honors student verses a regular one.  8. Ask for ill days since part of the reason of the survey is to find out if they might be ill due to lack of sleep and whether or not more are due to lack off sleep. Record results.  9. Ask for GPA to see if that has any correlation with sleep. When doing this also separate those who sleep less than those that sleep more. Figure this out by total of hours a person slept per day and average the totals. Separate male and female totals and compare to average. Record results.  10. When averaging do not forget to add the naptime and subtract the time up during the night. Record.  11. Next evaluate the stress. Do this by averaging the people who sleep less stress verses those who sleep more. Also break up into male and female groups this will allow you to view which gender might exhibit more stress. Record results.  12. Compare those that exercise to those who are more sedentary, this can be figured by what they listed as activities. Count sport or other exercise as active and the rest as sedentary. Record results.  13. Average the amount of sleep per grade level. This is where it would be good to have equal amounts from each grade level. See which class has the highest GPA by doing the averages. Record results  14. Evaluate the anti-depressant use; see if those on them get more or less sleep. Record results.    [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |