Proposal for Additional Data

I have provided reasons below for which I intend to collect data on nutrition and sleep quality.

Research has shown that healthy eating tends to increase the productivity of an individual and improves greater cognitive function. “The WHO reports that adequate nutrition can raise productivity levels by 20 percent on average”, (Alton, 2018). A study published by (Baumeister and Tierney, 2011) conducted an experiment in which children were split into groups, one being provided a nutritious breakfast and one not receiving any food. The results had shown that children from the group that had eaten had displayed ‘fewer behavioural problems and higher learning patterns than those who had not’ (Alton, 2018). In theory, this concept can be translated across humans in higher levels of education and in the workplace as the choice to eat unhealthily is responsible for loss of productivity (Grimani, Aboagye and Kwak, 2019). Therefore, I found this to be a significant additional information for my journal.

Sleep is an essential action for the physical recovery in the body. It affects the immune system and is critical for mental health and brain function (Hoffman, 2021). A lack of sleep can cause loss in productivity due to fatigue-related issues; these were estimated to cost $1967 per employee annually (Rosekind et al., 2010). Overall, sleep quality was determined to be statistically significant in predictive factor for productivity (Park, Lee and Park, 2018). Therefore, I have selected this as the second additional information due to the outstanding impacts that sleep quality has on our day-to-day wellbeing and actions.

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