**Problem Definition Worksheet**

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1. **Problem Statement:**  Sleep deprivation has been proven to have longtime adverse effects on memory, mood, immune system, blood pressure, weight, and heart disease. While, getting a good night’s sleep has proven to have positive effects in these same areas.
2. **Business Impact:**

* **Why should I fix this problem?**  I have found myself too tired to adequately juggle work, school, gym, and family responsibilities.Increased hours slept has been proven to have positive effects on cognitive function, mood, health, and physical prowess.
* **Estimated Benefit for fixing this problem:** Increased sleep time will leave me with more energy to focus on my physical health and have benefits to my mental wellbeing.
* **What is the problem worth in dollars?** Positive effects on cognitive function and physical prowess can lead to increased bonus from my job, and better utilization of my $120 a month gym membership.
* **How Will I Measure Success?** Increased time spent asleep
* **Main Output?**  Hours spent asleep

**C. Goals:** Increase hours slept by an average of one hour per night

**D. Project Scope:** The objectiveof this project is to increase my hours spent asleep by adjusting external factors including: Time of last meal, water consumption, screen time, stress levels of workday, minutes of exercise, Caffeine consumption, and time to bed.

**E. Team:** myself

F. **Project Plan:** **Define**: 1 week, **Measure:** 1 week, **Analyze:** 6 weeks**,** **Improve:** 1 week**, Control:** 1 week

**G. Process Map** (see next page)

