מספר צעדים
סטרס
שינה

איך זה משתנה כשנכנסים לתקופת בחינות?
לבדוק את ההבדלים בין טיפוסי בוקר לטיפוסי ערב?

תהליך שהופך את ערימות הדאטא האלה לדאטא שאפשר לבצע עליהם את הניתוחים הסטנדרטיים שמתאימים
לשאלות המחקר.

אנחנו לא צריכים מידע של כל דקה. למשל דופק - אנחנו רוצים דופק ממוצע - סכימה של יממה או של שעות
עירות לעומת שעות שינה. מה הדופק הממוצע לימה? הפרדה - בימי השבוע הרגילים מול ימי סוף שבוע.
בתקופה של לימודים רגילים לעומת הבחינות. להפוך את הדאטא הזה למשהו שהם יכולים לשים בתוכנה
הסטטיסטית שלהם וככה ליצר את הגרפים הסטנדרטיים שלהם.

רשימה:
דופק ממוצע
מספר צעדים
מספר שעות שינה
סטרס - מדד של HRV (תנודתיות בדופק)
השעה שהולכים לישון
השעה שקמים

להפריד:
טיפוסי בוקר לעומת טיפוסי ערב
ימי חול לעומת סופ"ש
תקופת בחינות לעומת תקופת לימודים "רגילה"
גם מעניין לראות מה קורה ביום לפני בחינה (וביום הבחינה?)

לכל יום - ממוצעים:
דופק ממוצע
מספר צעדים
מספר שעות שינה
סטרס - מדד של HRV (תנודתיות בדופק)
השעה שקמים
השעה שהולכים לישון

שלב א': להפיק 52 טבלאות -
לכל סטודנט:

מספר סטודנט: _____

		מספר שעות שינה	שעה שהלכו לישון	שעת השכמה (השעה שקמים בה)	סטרס (נוסחה שקשורה ל HRV) - ממוצע	מספר צעדים (סך הכל יומי)	דופק (ממוצע)	תאריך

שלב ב: וגם טבלאות נוספות של ממוצעים:
● ממוצע לכל קבוצה (טבלה אחת לטיפוסי בוקר, טבלה אחת לטיפוסי ערב)
● ממוצע של ימות שבוע לעומת ימות סוף-שבוע - 4 טבלאות - 2 עבור טיפוסי ערב, 2 עבור טיפוסי בוקר.
● ממוצע בזמן בחינות לעומת ממוצע בזמן לא-בחינות

הערה: בעבר היתה בעיה עם השעה שהלכו לישון כי השעה היא 60 דקות, למשל 7:16, לא לגמרי ברור, האם זה 16 דקות או 0.16 - מעדיפים לכתוב את זה במאיות כלומר 7.5 זה 7 וחצי שעות. רוצים את הפורמט הזה.

לדוגמא: נוכל לראות קורלציה יפה בין המדד של מתי אדם הולך לישון (לפי השעון) לעומת שאלון MEQ.

https://codebeautify.org/jsonviewer

דוגמאות לשאלות:
בהכל להפריד בין weekend לבין non-weekend

Sleep duration on exam days : weekend / non-weekend
Steps exams weekend / non-weekend

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