Problem: Sleeping late/irregular sleep

Variables

- Phone time
- Youtube time
- Disney+ time
- Assignments (especially Computer science)
- Work (I grade worksheets)

Independent variable: phone time

Dependent variable: more sleep time

Hypothesis: if the amount of time spend on the phone decreases, then the time sleeping will increase

Control group: not caring about how much time I sleep on my phone. Just go with the flow

Experimental group: limit time spend on phone to 5 hours a day, then 4, then 3... maybe 0? (this is highly unrealistic)

Materials: bed and phone (the phone has the timer already)

Type of data: everything will be measured in hours (time spend sleeping). I can get this data by looking aththe time right before I sleep and subtracting from the time I wake up. If I wanted anything specific, I could start a timer on my phone right before I sleep

Issues: there is a margin of error to consider because people don't go to sleep right when they close their eyes or right when their alarm goes off.