

Survey Plan

How does __ affect your sleep? / How does your sleep schedule affect you?



Goal of survey: The main goal of our survey is to figure out what variables affect your sleep. Our prediction is that students in Seycove/PLP 9 students who have more pillows get a better sleep, have a healthier sleep schedule, and have a good attitude when it come to school. The second factor we are hoping to find a correlation with (and possibly a causation), is how your behaviours during the day (especially in school) are being affected by your sleep schedule. We will use the numbers document to gather, plot, and verify our data via looking at the graph to identify positive and or negative correlations.

Correlations to be looking for:

● Correlation

● possibility of Causation

- More pillows correlates to a better sleep schedule
- A better sleep schedule correlates to your behaviour and attitude in school
- The activities you do before bed correlate to your sleep patterns
- Your sleep correlates to your participation in extra curricular activities in school
- The colour of your room will correlate to your sleep schedule and mood
- People who own funky socks are more likely to have better sleeps

Who our are we surveying?:

Sample population of 5 people from each grade **-or-** the **population** of grade 9 PLP students

Questions ?

We are hoping to narrow down the questions in the future:

1. How many pillows do you have on your bed?

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5+

2. On average, what time do you fall asleep on school days

- A. 8:30-9:00
- B. 9:00-10:00
- C. 10:00-11:00
- D. 11:00-12:00
- E. 12:00-1:00AM
- F. 1:00AM+

3. On average, how many hours do you sleep on weekends?

- A. 6h
- B. 7h
- C. 8h
- D. 9h
- E. 10h+

4. On average, how many hours do you sleep on weekdays?

- A. 6h
- B. 7h
- C. 8h
- D. 9h
- E. 10h+

5. How much would you rate the regularity of your sleep schedule?

1-5

Regular sleep schedule/irregular sleep schedule

6. How often do you fall asleep at the same time on weekdays?

1-5

Going to bed at at the same time; consistently/going to bed at different times; inconsistently

7. Are you on your screen before bed, if so, for how long?

- A. I don't go on my screen before bed.
- B. 30min
- C. 1h
- D. 2h
- E. 3h
- F. 4+

8. How difficult do you find it to go to sleep?

1-5

I find it easy to go to sleep/I find it difficult to fall asleep

9. How much stress do you feel before going to sleep on weeknights?

1-5

I do not often feel stressed before bed/I often stressed before bed

10.On average, how many times do you wake up during the night?

- A. I don't wake up in the night
- B. 1 time
- C. Around 1 to 2 times
- D. Around 2 to 3 times
- E. Around 3 to 4 times
- F. 4+ times

11.On average, how many nights do you think you get poor sleep in?

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5+

12.How sleepy/exhausted do you feel during the day?

1-5

I do not often feel sleepy/I almost always feel sleepy

13.In a week, how often do you get a good sleep?

1-5

I have great sleep/I almost never have a good sleep

14. Do you find it difficult to be productive or motivated in the morning?

- A. Yes
- B. No

15.Do you find it difficult to be productive or motived in the evening?

- A. Yes
- B. No

16. What do you do between dinner and sleep?

Choose the following:

- A. Read
- B. I am on my device
- C. I have a shower
- D. I complete homework
- E. Exercise

F. Other

17. Are you proud of the work and performance you express in school?

A. Yes

B. No

18. Do you feel that you perform well in school?

A. Yes

B. No

19. How easy do you find it to stay motivated in school?

1-5

It is easy/I find it difficult

**20. Do you participate in extra curricular activities inside of school?
(Sports, Music, Clubs, etc..)**

A. Yes

B. No

21. What colour is your room?

A. White

B. Black/grey

C. Red

D. Orange

E. Yellow

F. Green

G. Blue

H. Purple

I. Brown

J. Other

22. Do you own at least one pair of funky socks?

A. Yes, I do

B. No, I do not