



# How electronics affect our sleep?

## Introduction

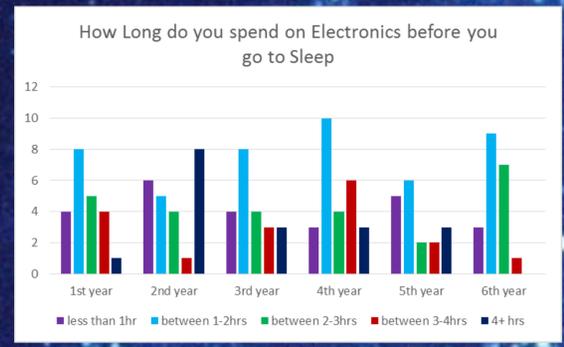
"How Electronics affect your sleep" is the topic which me and my partner decided to be the most interesting for both of us as we live in an "age of technology" and we wanted to find out if that has any effects on our sleeping patterns.

Research has shown that the light from your phone or other electronic devices affects your sleep. We did a survey on this question to find out if teenagers get enough sleep and roughly how much time do they spend on their electronic devices.

Referring to our question, the main piece of information which we wanted to find out was how teenagers feel when they don't get enough sleep and if they suffer from any symptoms after staying up late at night. After doing some primary research in form of surveys in our school and some secondary research from the internet we found out some interesting facts about the affects electronics have on our sleep. On our survey we asked the following questions:

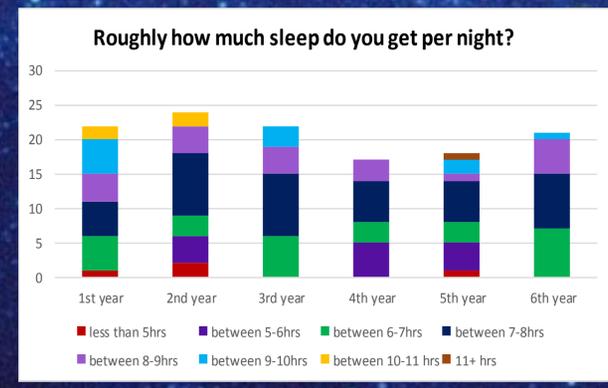
### How long do students spend on electronics before they go to sleep?

By doing some secondary research on this question via the internet, we found a study from 2012 which said that "Teens said that they use their electronic devices within an hour of going to bed". By doing our research on this question we can prove that this information is right. We showed results of this survey question on a clustered column chart, which shows that most students spend between 1-2hrs. on their electronic devices, especially 2nd years. After getting an answer to this question, it led us to the next one: How much sleep do teenagers get per night.



### How much sleep do you get per night?

To answer this second question we did more research via the internet. We found out that students roughly get between 5-6 hrs. of sleep per night due to spending more time on their electronic devices. We asked students in our school this same question to see if this is actually true. We showed results of this survey on a stacked column chart. To our surprise most students voted that they get between 7-8 hrs. of sleep per night, which is how much sleep they should actually get. Yet from the information displayed on the graph we can see that secondly students spend between 5-6 hrs. of sleep, which is accurate with the 2012 study, which we used as our secondary source of information.



### How do you feel when you don't get enough sleep?

We asked our fellow students to tick how they feel when they don't get enough sleep. We showed these results on a pie chart. From this survey we can see that most students (57%) said that they simply are just tired. Other 18% of students said that they feel grumpy, 12% said that they feel grumpy and tired, 5% said that they are happy, and 4% said that they are emotional, and the last 4% said that they feel grumpy, tired and emotional at the same time. From a 2012 study we can see that this information is accurate. Most students do feel tired. The reason to this is, that when you get less hours of sleep it may result negatively on your overall health which might be the reason why you might feel tired, grumpy, or even emotional.



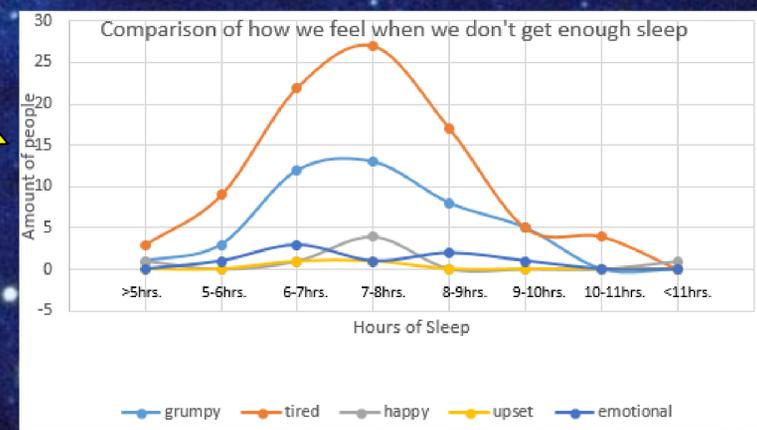
## Conclusion

During this project we found out lots of interesting facts about lack of sleep. In conclusion, we found out that most teenagers do not get enough sleep. They spend too much time on their electronic devices, and have difficulty with sleeping, which results, for example, in decrease in their grades. From our survey we found out that students in our school on average get between 5-6 hrs. of sleep, where in reality they should get between 7-9 hrs. of sleep. When they don't get enough sleep they often claim to feel tired, grumpy, upset, and emotional. The last question on our survey was about symptoms of lack of sleep which shows that students claim that they have difficulties with concentrating the next day.

This information proved to us that not getting enough sleep can have a huge impact on how we feel physically and mentally and that we really should stop watching that one more episode of our favourite TV series, or talk to our friend for another minute or two, and get a good night of sleep. Our body and brain will thank us later.

### Comparison of how we feel when we don't get enough sleep

On the graph below we showed the comparison of how we feel when we get a certain amount of sleep. We made this graph to find out if the amount of sleep we get each night affects how we feel the next day. This graph shows that majority of people who took our survey feel tired after 7-8 hours of sleep. It also shows that when people get between 6-8 hours of sleep they feel very grumpy. The rest of the students who took part in our survey feel upset, emotional or even happy. The graph clearly shows that it doesn't matter how many hours of sleep you get, students still complained that they feel tired. Is this the cause of being on their phones all day and night? We think so.



### Do any of these symptoms apply to you?

We asked students if any of the following symptoms apply to them: Headaches, lack of concentration, sore eyes, unfocused eyes, or no symptoms at all. 54 students said that they find it hard to concentrate, which can result in decrease in grades and they can find it hard to focus in school. 42 students said that their eyes are sore. This can be because the blue light released from the screen which restrains the production of melatonin, the hormone which is in charge of our sleep/wake cycle. 33 students get headaches. Study shows that we tend to get headaches because our lack of sleep disrupts migraine proteins. 32 students have unfocused eyes which ones again can happen because of the blue light released from the screen, and 12 students claim to get no symptoms at all. This was the last question on our survey.

