



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

Name(s) Kyle A. Zimmerman	Project Number J1723
Project Title Many ZzZs a Day Keeps the Counselor Away	
Objectives/Goals Does the average amount of weeknight sleep an eighth grade student get, effect his/her academic performance in school?	
Abstract	
Methods/Materials 1. Make a survey to collect data on the average amount of week night sleep and report card grades earned by 8th grade students. 3. From the surveys returned, record the gender, average hours of week night sleep, and report card grades earned for each student. Record the report card grades under the categories: Male and Female, Math, Science, English, History, and total GPA. 4. Study the data recorded to determine if the average amount of week night sleep an 8th grader gets has any effect on her and/or his earned report card grades.	
Results 500 survey copies pencils report card data 1 calculator Motorola Star Max 3000/180 Power PC Claris Works and Microsoft Word Software adult assistance to obtain report card data	
Conclusions/Discussion My science project was fun! The hypothesis I arrived at for my experiment was partially correct and partially incorrect. My hypothesis is, #My research has led me to believe that people with an average of 9 to 9.5 hours of sleep will preform better academically than people who average less or more sleep than 9 to 9.5 hours of sleep.# My experiment proved to me that 8th graders with a sleep average between 8 and 9 hours of sleep get better grades. I did not think that 8th graders with an average of 8 hours of sleep would earn the highest percentage, straight A#s. The 8 hour sleep range was also the best when it came to A and B GPA#s. If I was to do this experiment again I would conduct the experiment with more 8th graders, and do more research on the specific age of 8th graders. One way I would gather more data is to ask teachers to fill out a section on work habits for the students in the experiment. I would possibly survey an entire high school for a better range of teenagers, not just 13 year-olds.	
Summary Statement My project is all about trying to find out how much sleep effects grades in a positive way.	
Help Received I recieved help from my principal by blacking out all the names on my survey so that their names would not reach me. My biology teacher placed me in a gook category and helped improve my project. My mother helped make my board look wonderful!	