



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

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Project Title You Are Getting Sleepy...	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals Our objective was to determine what causes high school students to be deprived of sleep (out of the five main contributors that we are focusing on: depression/anxiety, stress, late night eating, relationships, and lack of exercise) and whether the student#s gender and grade had something to do with their lack of sleep.</p> <p>Methods/Materials Human volunteers Board (paper, Velcro, wood, hinges, and screws) Resources (Books and Internet) Three 3-ring binders</p> <p>Results After our first round of surveys, we were not able to support our hypothesis that homework is a main contributor in sleep loss for Sophomores and Seniors and stress is a main contributor in sleep loss for Freshman and Juniors. After our second round of surveys, we were able to support our first hypothesis that the student#s gender affected their sleep loss, but we were not able to support second hypothesis that the student#s grade affected their sleep loss.</p> <p>Conclusions/Discussion Our conclusion is that the gender of the student affects their sleep loss. Now that we know this, my partner and I plan on surveying more people in order to find out which main contributor affects each gender the most and how. Over all, through our surveys, we have found out that the students get an average of 6.5 hours of sleep when they should be getting about 7-8 hours of sleep.</p>	
Summary Statement Our project focuses on the causes and effects of sleep deprivation among high school students.	
Help Received Rachel#s father helped build our board; Rachel#s mother helped type our research paper; various teachers, about 9, helped distribute surveys among their students	